

LAKE PLACID, NEW YORK

5K AND 10K walks

Directions to Start Point: I-87N. Take exit 30 for US 9 N, to NY 73 W, to left on Main St. (NY 86) to Lake Placid Visitors Bureau, 2608 Main St., Lake Placid, NY 12946, (518) 523-2445.

Open: M-F 8 a.m. - 5 p.m., Sa-Su 9 a.m. - 4 p.m. Restrooms available.

Special Programs: Ice Cream Parlors, Walk Like an Olympian, Walk the USA A-Z, Walking the USA-Street by Street, Little Free Libraries, Mayflower - 400th Anniversary, Rockin' Around the Clock

Route Ratings: 5k - 1A, suitable for wheelchairs/strollers; 10k - 2C, not suitable for wheelchairs/strollers.

These maps & directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

For immediate emergency assistance call 911

POC: Wayne C. Knapp, 518-469-7298, lakeplacidwalk@walkescv.org

1. **EXIT** the Lake Placid Visitors Bureau and face Main St. (NY 86)
2. **LEFT** on Main St. sidewalk along the large parking lot on the left. Restrooms at far end of parking lot.

(Rockin' Around the Clock on left at about 2502 Main St.)
3. **CONTINUE** on Main St. until you reach the Dancing Bears Rest. at the intersection of Saranac Ave. (NY 86 West).
4. **5K WALKERS SKIP TO DIRECTION #18.**
5. **10 K WALKERS: LEFT** on Saranac Ave. on red brick pavers, continuing up the hill to the High Peaks Resort sign on left
6. **CROSS** Saranac Ave. on crosswalk, then turn **LEFT**, continuing uphill.
7. **CONTINUE** for 1k past the Quality Inn to Peninsula Way on the right.
8. **RIGHT** on Peninsula Way for about ½k as it curves right, then left, and runs into Old Peninsula Rd. and the Brewster Peninsula Nature Trails.
9. Walk **THROUGH** the gate with a STOP sign on it and continue along Old Peninsula Road into the trails section.
10. **LEFT** at the first trail on the left, which is Boundary Trail (once you enter the trail, you will see a rock mound on the right).
11. **CONTINUE** on the Boundary Trail to end at a "T". Do not turn left across a double culvert.
12. **CONTINUE** to the right on Boundary Trail, as it passes a stream on the left until reaching the dam at Lake Placid.
13. **CONTINUE** on Boundary Trail along the shore of Lake Placid for about 0.1 mile through cut up trees, roots and rocks until reaching a point where the Boundary Trail turns right and the Lakeshore Trail continues straight along the shore of Lake Placid.

14. **RIGHT** on Boundary Trail (note yellow arrow high on a tree) uphill on a narrow and rocky path to the first intersecting trail, which is Old Peninsula Rd.
15. **RIGHT** on Old Peninsula Road (just a path at this point), as it becomes the road back to the gate where you first entered the trails.
16. Go back **THROUGH** the gate and return along Old Peninsula Road, Peninsula Road and Peninsula Way to Saranac Ave.
17. **LEFT** onto Saranac Ave. to Main St./Mirror Lake Drive.

18. **CROSS** Main Street/Mirror Lake Drive on crosswalk to the lake side of the street.
19. **LEFT** on Mirror Lake Drive and walk clockwise all the way around Mirror Lake to the Robert J. Peacock Park and beach on the right.
20. **RIGHT** on the path to the park.

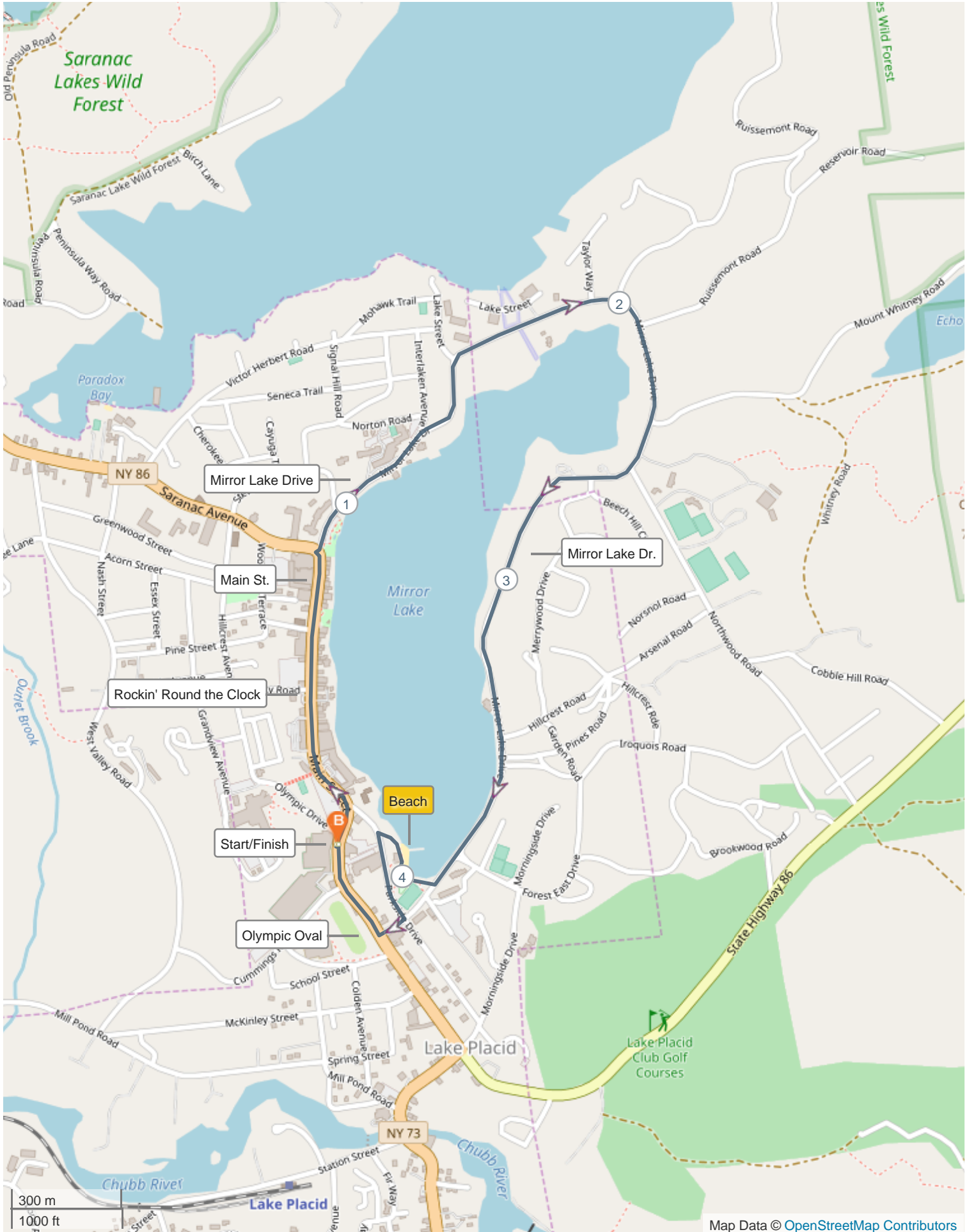
(On the left is the *St. Eustace Little Free Library, Charter #76828*).
21. **CONTINUE** along the path past the beach and under the toboggan chute. (when the lake is frozen, the toboggan chute spills riders out onto the icy lake).
22. At the toboggan chute, **LEFT** on Parkside Drive to Mirror Lake Drive.
23. **RIGHT** on Mirror Lake Drive to Main St.
24. **RIGHT** onto Main St. back to the Finish at the Lake Placid Visitor's Bureau.

(As you proceed back to the start point you will pass the site of the outdoor speed skating rink where Eric Heiden won his record setting five gold medals in the 1980 Winter Olympics. (*Walk Like an Olympian*). Overlooking the rink is the Olympic Center, used for figure skating and hockey competitions during the 1980 Olympics, and site of the "Miracle on Ice" victory of the U.S. men's amateur hockey team over the Russian professional team. The 1980 Olympics were the second to be held in this village. The first was in 1932).

FOR ONLINE START BOX WALKERS ONLY

After your walk, be sure to log back into the OSB system to "finish/complete" your online registration. The OSB system does not deduct any walking fee from your Event Bank until you have submitted walk completion info including the date the event was walked, the distance walked, and the selection of applicable special programs you're participating in. (Nevertheless, a fee of \$2 for a downloaded pdf is deducted from your Event Bank when the pdf is downloaded. Later, any pdf fee is credited back to your Event Bank when you submit the walk completion info as a paying-for-credit walker. Note, however, the \$2 coupon for the downloaded pdf will expire in 60 days).

Lake Placid 5k



Lake Placid 10k

