

Saratoga Spa State Park, NY 5 & 10 Km Walks

And Winter Sports (Snowshoe/Ski) Opportunity

A 5 Km walk, a 10 Km walk and a snowshoe/ski opportunity (winter sports), are available and they are rated **1B**.

Starting Point for walks: Hilton Garden Inn
125 South Broadway (Route 9)
Saratoga Springs, NY 12866

Phone: (518) 587-1500

Please park at the far rear of the Hilton Garden Inn. Restrooms are available through the lobby.

Starting Point for winter sports: Saratoga Spa State Park Warming Hut parking area is suggested. There are other parking areas available, please refer to the winter sports map included in the packet.

DIRECTIONS TO START POINT: Saratoga Spa State Park and the Hilton Garden Inn are located on the south side of Saratoga Springs approximately 36 miles north of Albany, New York. The walk and winter sports are available daily from dawn to dusk.

From the South: Take the Adirondack Northway (Interstate-87) North. Use Exit 13N and continue North on Route 9 for 3.4 miles to the Hilton Garden Inn on the left. For winter sports, also continue North on Route 9, but for a shorter distance, approximately 3 miles. Left at the traffic light at the main entrance to Saratoga Spa State Park. Turn left at .1 mile to the Warming Hut

From the North: Take the Adirondack Northway (Interstate-87) South. Get off at Exit 14 and go West on Route 9P (Union Ave) to Circular St, left on Circular St to Route 9 (Holiday Inn on right). Left (south) on Route 9 (South Broadway) approximately one-half mile to the Hilton Garden Inn on the right. For winter sports, pass the Hilton Garden Inn to the second traffic light. Right at the second light to use the main entrance to Saratoga Spa State Park. After .1 mile, turn left to park by the Warming Hut.

Course Description: **Rated 1B**, the mostly gentle terrain of the Spa State Park with its arched promenades offer mostly easy walking and winter sports with a few gradual hills. There is a 5k minimum distance for skiing and no minimum distance for snowshoeing. Saratoga Spa Park is a National Historic Landmark known for its cultural diversity. The glorious setting includes the only spouting geyser east of the Mississippi, natural mineral springs, and its mile-long Avenue of the Pines. It is home to the National Museum of Dance, Lincoln Mineral Bath, Gideon Putnam Hotel, the Saratoga Automobile Museum, the Saratoga Performing Arts Center (SPAC - summer home of the NYC Ballet & Philadelphia Orchestra), and the Hall of Springs.

The following map & 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.

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E-Mail: spaparkwalk@walkescv.org

Website: www.walkescv.org/20spa.html

Saratoga Spa State Park, NY 5 & 10 Km Walks

- 1. RIGHT** as you leave the Hilton Garden Inn on Route 9/South Broadway. Follow the sidewalk past the National Museum of Dance and the Lincoln Bath buildings. Cross the entrance road of the Spa Park, enjoy the beautiful entrance gardens and continue on the paved walkway between the entrance gardens.
- 2. CONTINUE** until you see an intersecting walkway. When looking to your left, there is a traffic light on Route 9.
- 3. RIGHT** on walkway. Continue to just past the Gideon Putnam Hotel (restrooms inside). At the end of the hotel is an intersection with several paths.
- 4. LEFT** at the intersection and take the path in the approximate direction of 1:00 which leads to the Spa Little Theater.
- 5. LEFT** in the front of the Spa Little Theater and walk to the STOP sign.

5K OPTION: Follow Directions 6, 7 and 8.

10K OPTION: Go to Direction 9.

- 6. RIGHT** at the STOP sign. Continue to the Roosevelt Mineral Bath sign just before the building. There is a paved/gravel path.
- 7. RIGHT** on the paved/gravel path and walk alongside the arched promenades.
- 8. CONTINUE** at direction **22**.
- 9. LEFT** at the STOP sign. Continue straight towards the Pro Shop and Catherine's Restaurant.
Take a few minutes to climb up the steps at the promenade on the left which overlooks the iconic Victoria Pool.
When finished, retrace your steps almost to the STOP sign. There is a road to the left with a park toll booth.
- 10. LEFT** to walk past the Park toll booth. Pass the Ferndell Picnic entrance and look for a dirt/gravel path on the right.

- 11. RIGHT** on the dirt/gravel path leading down through a geological fault to enter the lower portion of the park.
- 12. LEFT** at the end of this path onto a road known as the Geyser Loop Road to the end where it intersects with the East-West Rd. (no sign)
- 13. RIGHT** on East-West Road, continue past the large Peerless Pool parking lot.
- 14. RIGHT** on Geyser Loop Rd/Picnic Loop Road. Follow this road downhill to just before the bridge.
- 15. LEFT** on the sidewalk before the bridge, keep the pavilion on your right. Continue straight on sidewalk passing under a bridge (It's the pedestrian bridge from the parking area and Box Office to the grounds of SPAC.) Look for the steps on your right.
- 16. RIGHT** going down the steps.
- 17. RIGHT** on path at bottom of steps. Follow the path keeping Geyser Creek on your left until it returns to the park road and the bridge. There are several informational signs to read.
- 18. LEFT** onto the road to cross the bridge. Note the following points of interest:
Look for the Hayes Mineral Spring where you can partake in the legendary healing waters. From this point you can view the only spouter east of the Mississippi.
Across the road, is the State Seal water - it is pure, uncarbonated water, one of the first to be sold commercially. The building next to it has restrooms and the Creekside Classroom, a four-season environmental education center.
- 19. LEFT** onto a wide dirt path as the vehicle road curves to the right. This leads to the rear parking lot of the Saratoga Performing Arts Center.

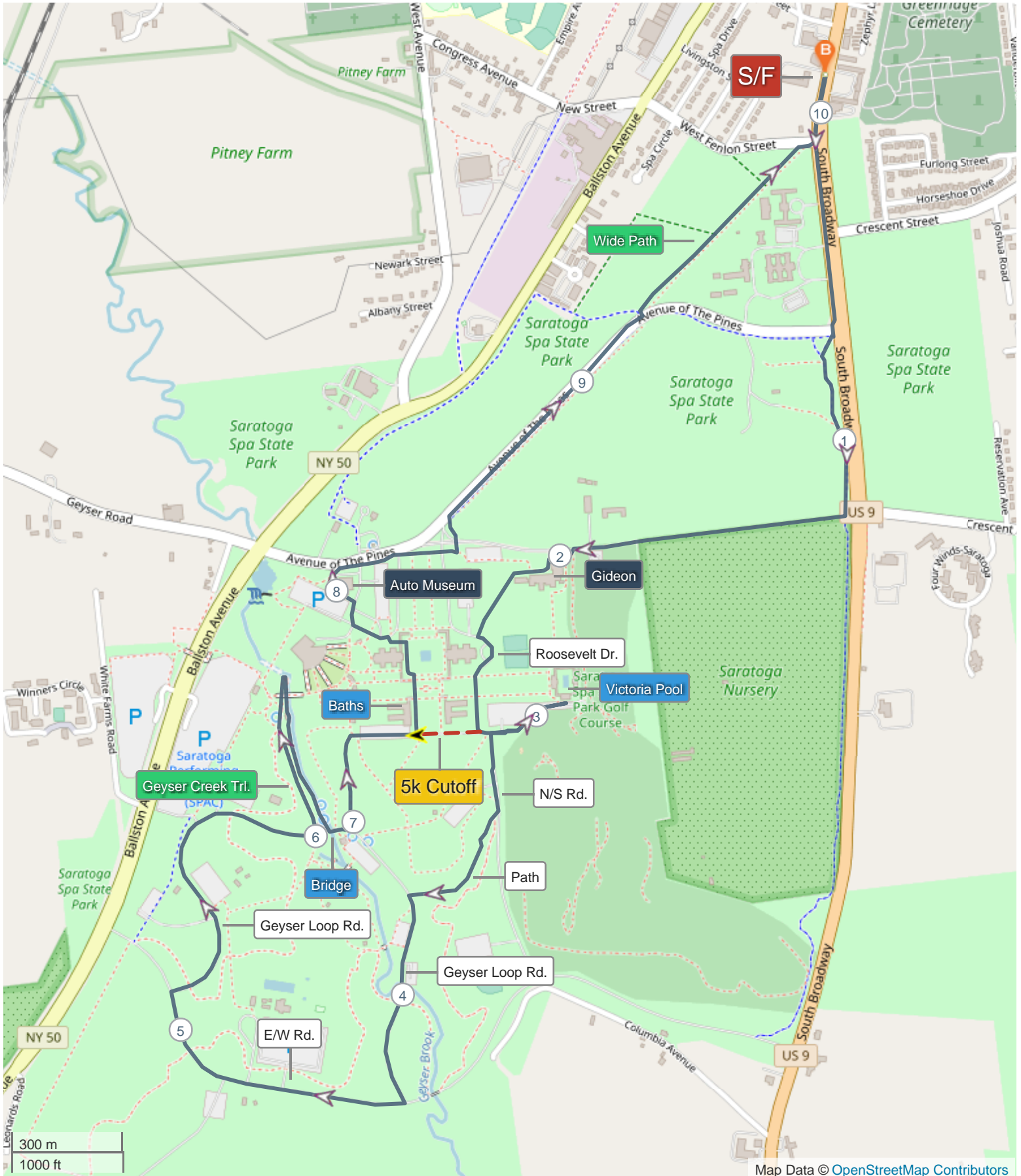
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- 20. RIGHT** through the parking lot walking past the grounds of the Saratoga Performing Arts Center. Look for the Roosevelt Mineral Baths building.
- 21. LEFT** on the paved/gravel path just after the Roosevelt Mineral Bath sign. Walk alongside the arched promenades.
- 22. LEFT** at the third portico, it's the one after the flag pole on the right. Walk up the steps thru the portico, down the steps pass the main entrance of the Hall of Springs banquet facility. Continue past the turnstiles (rear entrance) of the Saratoga Performing Arts Center. Proceed in the approximate direction of 2:00 to the rear of the Saratoga Automobile Museum. This was the former New York State Bottling plant.
- 23. CONTINUE** clockwise around to the front of the museum. After passing the front of the museum, continue straight following the sidewalk to Roosevelt Drive. **CROSS** Roosevelt Drive where there is a bench.
- Another outlet for State Seal Spring Water is across the road in a small pavilion. Many locals visit regularly to fill jugs for home use.*
- 24. LEFT** following the curve in the sidewalk and cross Gideon Putnam Road using crosswalk. Proceed on the Avenue of the Pines sidewalk keeping the road on the left. Continue to a bend in the road where there is a crosswalk.
- 25. LEFT** at the crosswalk to cross the road, Avenue of the Pines.
- 26. RIGHT** on the other side of the road onto a wide gravel path lined with street lights. Continue to Route 9/South Broadway.
- 27. LEFT** to cross West Fenlon Street. Continue to return to START/FINISH point.

SPECIAL PROGRAMS	
Rockin' Round the Clock	Walking the USA, A to Z

AFTER YOUR WALK, please be sure to log back into the OSB system to "finish/complete" your online registration after completing the walk. 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, that the \$2 coupon for the downloaded pdf will expire in 60 days).

Saratoga Spa 5k & 10k Map



Saratoga Spa State Park

Cross Country Ski Trails

19 Roosevelt Drive, Saratoga Springs, NY 12866

Park Office: (518) 584 - 2535
 Regional Office: (518) 584 - 2000
 Park Police: (518) 584 - 2004



Features

- XC Ski Trails
- Roads
- Highway
- Pathway
- State Park Boundary
- Building
- Water
- Wetland

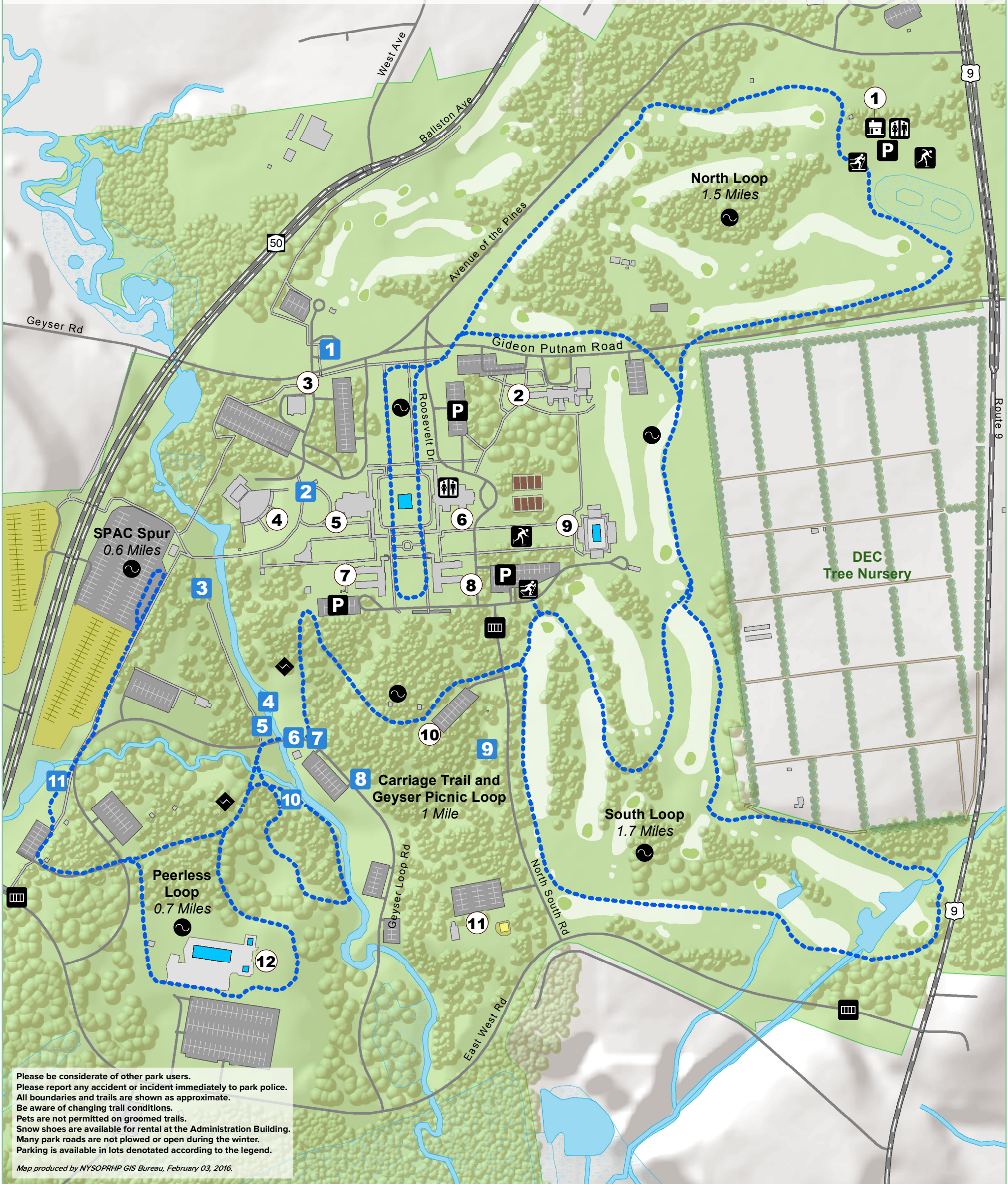
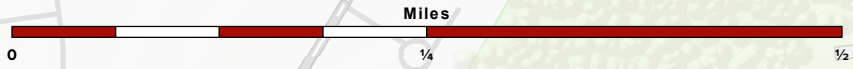
- Parking
- Trailhead
- Skating Rink
- Restrooms
- Warming Hut
- Gate
- Ski Trail - Easy
- Ski Trail - Hard

Mineral Springs

- 1** State Seal
- 2** Charlie
- 3** Orenda
- 4** Island Spouter
- 5** Hayes
- 6** State Seal
- 7** Polaris
- 8** #5
- 9** Ferndell
- 10** Karista
- 11** Cosea

Buildings

- 1**- Warming Hut
- 2**- Gideon Putnam Hotel
- 3**- Auto Museum
- 4**- SPAC
- 5**- Hall of Springs
- 6**- Park Office
- 7**- Roosevelt Bath House I
- 8**- Roosevelt Bath House II
- 9**- Victoria Pool
- 10**- Ferndell Pavillion
- 11**- Colombia Pavillion
- 12**- Peerless Pool



Please be considerate of other park users.
 Please report any accident or incident immediately to park police.
 All boundaries and trails are shown as approximate.
 Be aware of changing trail conditions.
 Pets are not permitted on groomed trails.
 Snow shoes are available for rental at the Administration Building.
 Many park roads are not plowed or open during the winter.
 Parking is available in lots denotated according to the legend.

Map produced by NYSOPRHP GIS Bureau, February 03, 2016.