

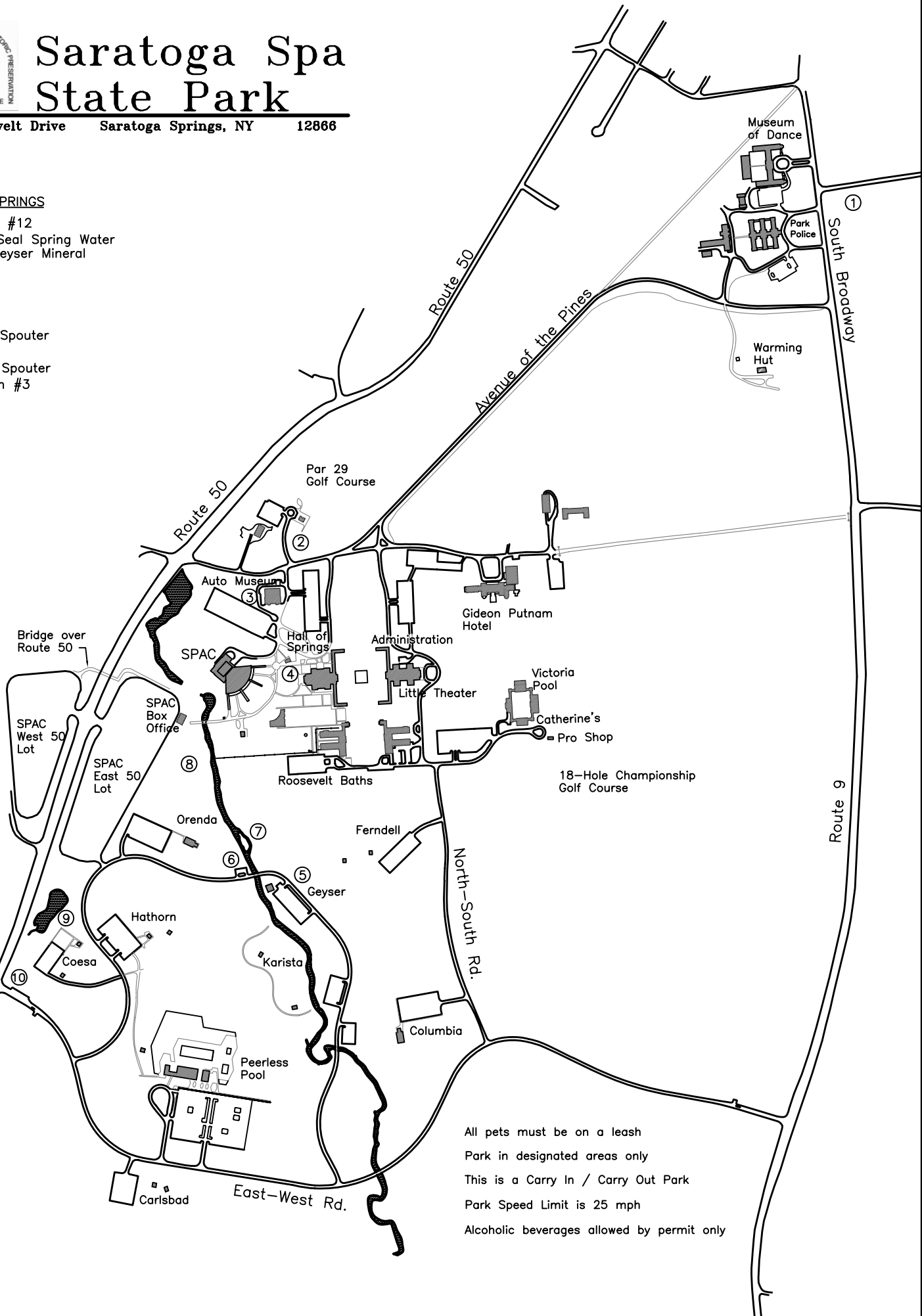


# Saratoga Spa State Park

19 Roosevelt Drive Saratoga Springs, NY 12866

## MINERAL SPRINGS

- ① Lincoln #12
- ② State Seal Spring Water & Geyser Mineral
- ③ Geyser
- ④ Charlie
- ⑤ Polaris
- ⑥ Hayes
- ⑦ Island Spouter
- ⑧ Orenda
- ⑨ Coesa Spouter
- ⑩ Hathorn #3



All pets must be on a leash  
Park in designated areas only  
This is a Carry In / Carry Out Park  
Park Speed Limit is 25 mph  
Alcoholic beverages allowed by permit only

## What to do in the park...

**Picnicking**– Family Picnic areas consist of grills, picnic tables and comfort stations; no reservations are required. Group picnic areas, complete with shelter, require advance registration from the park office

**Swimming**– Peerless Pool Complex consists of a main pool with zero-depth entry, separate slide pool with a 19’ double slide and a children’s wading pool with a mushroom fountain. The Victoria Pool is a smaller swimming pool surrounded by arched promenades. Both pool areas include shower, locker and restroom facilities

**Golf**– Two courses, an 18-hole championship and a 9– hole executive course will challenge any golfer. Catherine’s in the Park (19th Hole) offers light meals and catered outings. The Pro Shop carries a complete line of golf equipment and apparel for both men and women. The indoor golf training center is open with both group and individual instruction available.

**Mineral Baths**– The Roosevelt Baths continue the tradition, offering mineral water baths, massages, and other spa treatments. Please call for reservations, schedules and rates.

**Tennis**– Hardtop courts and clay courts are available to park visitors.

**Walking**– The flat and gentle terrain of the park and its covered arcades offer easy walking. Stream–side trails have much to offer the naturalist of the casual hiker. Historical walks are offered in July & August. Walking trails are also available at the Hemlock trail and the Burl trail. Call the park office for days and times or additional information.

**Running**– Certified 5 and 10 km courses attract running events in the spring and fall. The park also serves as host to many high school and college cross country meets. Clubs or Schools may contact the Park Office to coordinate events.

**Winter Sports**– The park offers 20km of cross country skiing and snowshoeing trails. Skiing along the golf course offers good practice for beginners while good downhill terrain can be found in the valley carved by the Geyser Brook. Skating is also available in the park with two different skating areas. The recreational rink is located at the Victoria pool mall while the hockey rink is located near the Warming Hut, which is available for your comfort. Snowshoes may be rented at the Park Office during the winter season.

## History

During the fourteenth century, the Iroquois were initially attracted to this area for its hunting. What they did not know was that it was high content of the salt in the waters that attracted the animals to this site. When the Iroquois discovered the springs they guarded them with secrecy. It was their belief that the springs had special healing powers and that the springs were a gift from the great spirit. Eventually, the Iroquois introduced the early settlers to the springs as a cure for ailments.

By the mid 1800’s bathing in the mineral waters had become a popular health treatment and several bathhouses came into operation in Saratoga Springs. Saratoga had become the seasonal “watering hole” for the rich and famous, and was referred to as “The Queen of Spas”.

By, 1880 private industry also discovered a use for the springs. Over 200 mineral water wells were in operation in the area, many of these wells were used for the extraction of carbon dioxide gas. Inevitably, this process became abused by 1908 and the state of New York stepped in and passed the anti pumping legislation, followed by the formation of a state reservation to protect the mineral waters.

In 1930 construction of the “New Spa” was initiated. By 1935 the complex of buildings and landscaped malls, modeled by the spas of Europe, were completed as they are seen today. The new facility brought in individuals seeking medical treatment for heart and internal afflictions, followed by the wealthy and fashionable, who came for preventative therapy, social amenities and the overall atmosphere of health, and well being.

## Telephone Directory 518 Area Code

Park Office	584-2535
Park Police	584-2004
Regional Administration	584-2000

### Golf Courses

18– Hole Championship	584-3137
Par 29– Executive	584-2007
Pro– Shop	584-2006
Reservations	584-2008

### Mineral Baths

Roosevelt	226-4790
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### Hotel

Gideon Putnam Hotel	584-3000
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### Museums

National Museum of Dance	584-2225
Saratoga Automobile Museum	587-1935

### Restaurants

Hall of Springs	583-3003
Catherine's in the Park	583-4657
Gideon Putnam	584-3000

### Performing Arts

SPAC offices	584-9330
Box Office	584-3330

### Swimming Areas

Peerless Pool	584-2009
Victoria Pool	584-2003



**“Carry– In/ Carry Out” Park**  
Trash cans have been removed from park. Please take litter with you and dispose of it properly.