
Spring Run Trail

The Spring Run Trail is a short, paved, but pretty trail that runs along a former railroad bed, past historic sites from the turn of the 20th Century. The Spring Run stream accompanies you along the trail in the nearby woods and the surroundings are rich with wetlands. A variety of wildflowers bloom in late summer. The site is popular with birders. It is reachable by public transportation.

Directions: From the Northway (I-87) take Exit-15 and head towards Saratoga Springs. At the third light take a left onto East Avenue. The first light will be at the intersection with Excelsior Avenue and the start of the trail will be just ahead on the left.

Parking: There is a parking lot on East Avenue, with overflow parking available on East Avenue and the large beverage center parking lot. There is a designated accessible parking space but access to the trail from that space requires traveling about 50 feet back to the sidewalk unless you are able to traverse a five-foot strip of grass between the parking lot and the trail.

Distance: 1.1 miles one way.

Trailhead: Central post with six feet of clearance on either side

Surface: Firm and stable asphalt for entire distance.

Width: 5 feet wide or more entire distance.

Slope: Less than 5%.

Cross slope: Most of the trail is under 2%, with two short sections of 3%.

Cautions and prohibitions: Park hours are dawn to dusk. Dogs must be leashed and under control at all times. Please clean up after your pet.

Description: The Spring Run Trail follows a spur of the old Boston and Maine Railroad bed, and later the Saratoga and Schuylerville Railroad. The trail lies in a valley caused by a geological fault that was once called the Valley of the Ten Springs.

Initially, the trail passes by an open field. The field was once part of a coal and gasification plant and is now known as a "brownfield." Here one can find chicory,



bird's foot trefoil, Queen Anne's lace, sunflowers, goldenrod and clovers. After a short distance, a small stream that is the outlet of Loughberry Reservoir appears on the left to produce a small wetlands and then joins the Spring Run, which you cross on a wide and well-surfaced wooden bridge. The Spring Run stream runs along the right side of the trail and is visible through the woods.

At a quarter mile, the trail passes a small natural surface side trail that leads to a commercial parking lot. Continue forward where the trail passes through a tunnel at 0.50 miles. This passes under Excelsior Springs Avenue. A trail renovation project in

2010 focused on incorporating historical elements and features into the trail. The stone bridge abutments here are reused. Other historical elements included are the reuse of the retaining wall stones along the trail edge and original railroad mileage markers seen along the trail.

After emerging from the underpass there is a collection of beige buildings that is the site of the old Excelsior Spring. The surrounding area was once known as Excelsior Park, and was a planned cluster of summer homes for people from the cities to come and “take the waters.” The remains of one



or two of these homes are still visible along the bluffs to the left. A second wooden bridge soon appears, followed by a stone abutment built by the railroad.

Along the way, in late summer, were jewelweed, Joe Pye weed, cattails, boneset, snakeroot, and purple loosestrife. At 0.9 miles, houses on a cul-de-sac become visible to the left above wetlands and the overpass of Eureka Road. The plateau on the left of the trail was previously the site of the famous Saratoga sulfur and mud baths called Eureka Park. The wetlands resume on the other side of Eureka Road and the noise of the Northway soon becomes apparent. The trail continues for another 0.2 miles until reaching its terminus at 1.1 miles.

Owner: City of Saratoga Springs

For more information: Contact www.saratogaplan.org, (518) 587-5554, info@saratogaplan.org

TRAILS FOR ALL IN SARATOGA COUNTY

This trail report is part of a series of documents describing outdoor spaces with accessible features in Saratoga County. It was created by ECOS: The Environmental Clearinghouse, a regional environmental organization. For more information, or to find more descriptions of trails for users of different ability levels, go to ecosny.org. ECOS also publishes a series of guides describing natural areas in Albany, Rensselaer, Saratoga and Schenectady counties.