

LAKE PLACID

HIGH PEAKS AREA TRAVEL GUIDE



LAKE PLACID VILLAGE | KEENE & KEENE VALLEY
SARANAC LAKE VILLAGE | WILMINGTON

Cover Photograph (c) Colin Neal





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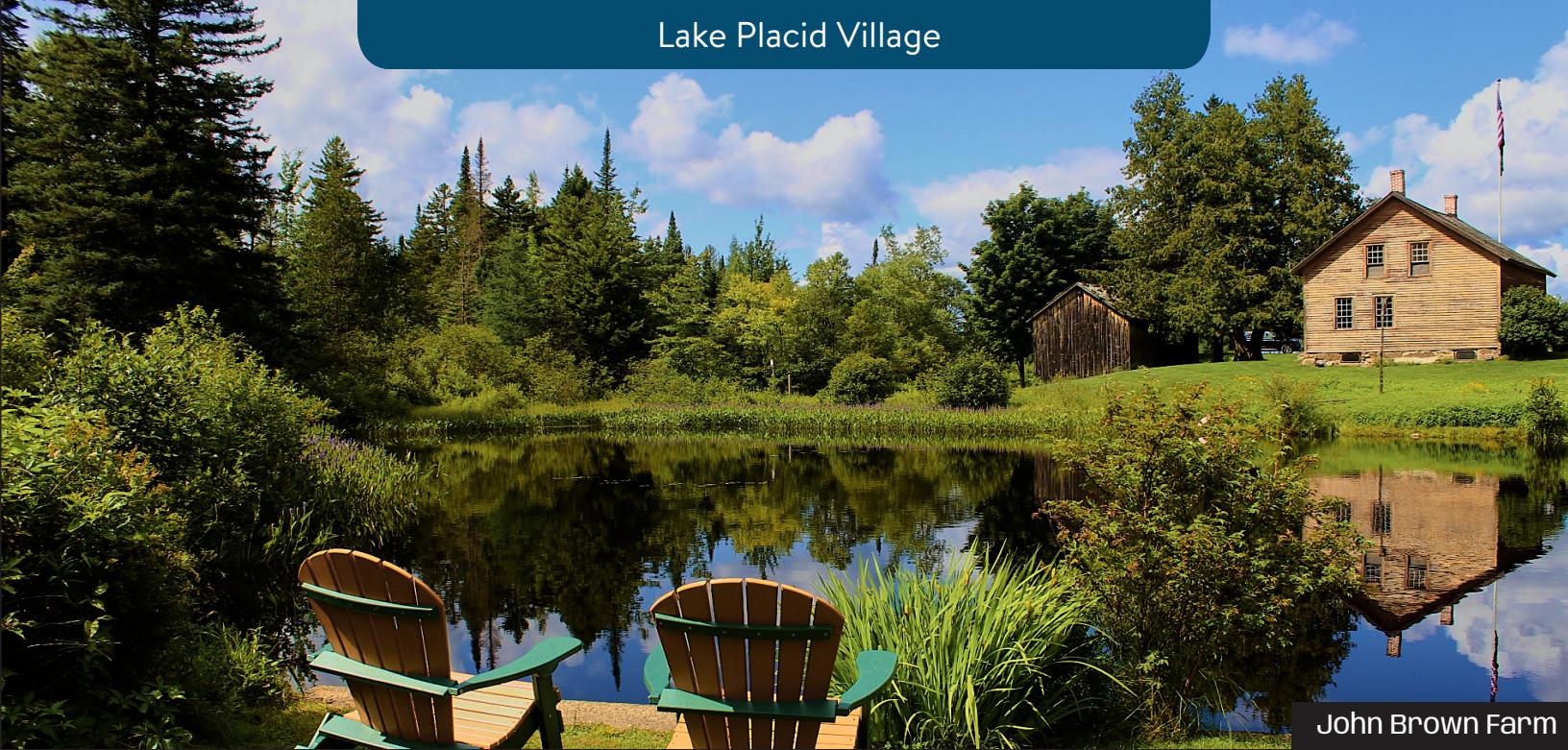
Home of Whiteface Mountain



Mirror Lake

LAKE PLACID VILLAGE

The cornerstone of New York's Adirondack High Peaks Region, the historic Lake Placid village was the site of both the 1932 and 1980 Winter Olympic Games, as well as the home of the iconic slave abolitionist John Brown. Today, many of the former Olympic venues in Lake Placid continue to host many major athletic events, including the annual Winter Empire State Games and the USA Ironman Triathlon during the summer.



John Brown Farm

KEY ATTRACTIONS

Downtown

Lake Placid features a wide variety of locally owned shops and restaurants that overlook serene Mirror Lake, which for over 60 years has been famous for its 30 feet high toboggan chute (which operates from December through March depending on weather conditions).

Olympic Center

The recently refurbished Olympic Center arena complex is best known for being the site of the "Miracle On Ice" hockey tournament where the United States unexpectedly defeated the Soviets by 4 to 3 during the 1980 Winter Olympic Games.

Ski Jumps

The ski jumping towers that were originally constructed for the 1980 Winter Olympic Games recently were modernized and now are the only jumping facility in North America to feature both winter and summer competitions.

Mirror Lake

This bucolic lake in the heart of the Lake Placid village is a true year-round recreation destination. Throughout the winter, Mirror Lake becomes a paradise for ice skaters, dog sledders and toboggan thrill-seekers, while during the summer the lake is best known for hosting the swimming component of the annual USA Ironman Triathlon.

John Brown Farm

The John Brown Farm State Historical Site was the final home and the current burial ground of the famous Civil War-era slave abolitionist. The state historical site is also home to several year-round recreational trails for hiking, snowshoeing and cross-country skiing.



Cascade Pass

KEENE & KEENE VALLEY

Keene is the home of Mount Marcy, the tallest mountain in the State of New York, as well as several of the 46 designated Adirondack High Peaks. During the summer months, Marcy Field, a designated public airport, serves as the site of the popular Keene Valley Farmers' Market. Cascade Pass, seen above, has become a popular destination for rock climbers from all over the Northeastern United States.



Keene Valley Farmers' Market

KEY ATTRACTIONS

Cascade Pass

The canyon, which is traversed by Route 73, is popular for its rock climbing on Pitchoff and Cascade Mountains.

Chapel Pond

This pond along Route 73 is far more than just a scenic backdrop for motorists passing between I-87 to either Keene or Lake Placid. Chapel Pond has long been a popular summer destination for fishing, paddling and swimming, as well as a winter destination for ice and rock climbing.

Marcy Field

A public airport which is also the home of the Keene Valley Farmers' Market on Sundays from 9:30 AM to 2:00 PM from the end of May through the beginning of October.

Hulls Falls

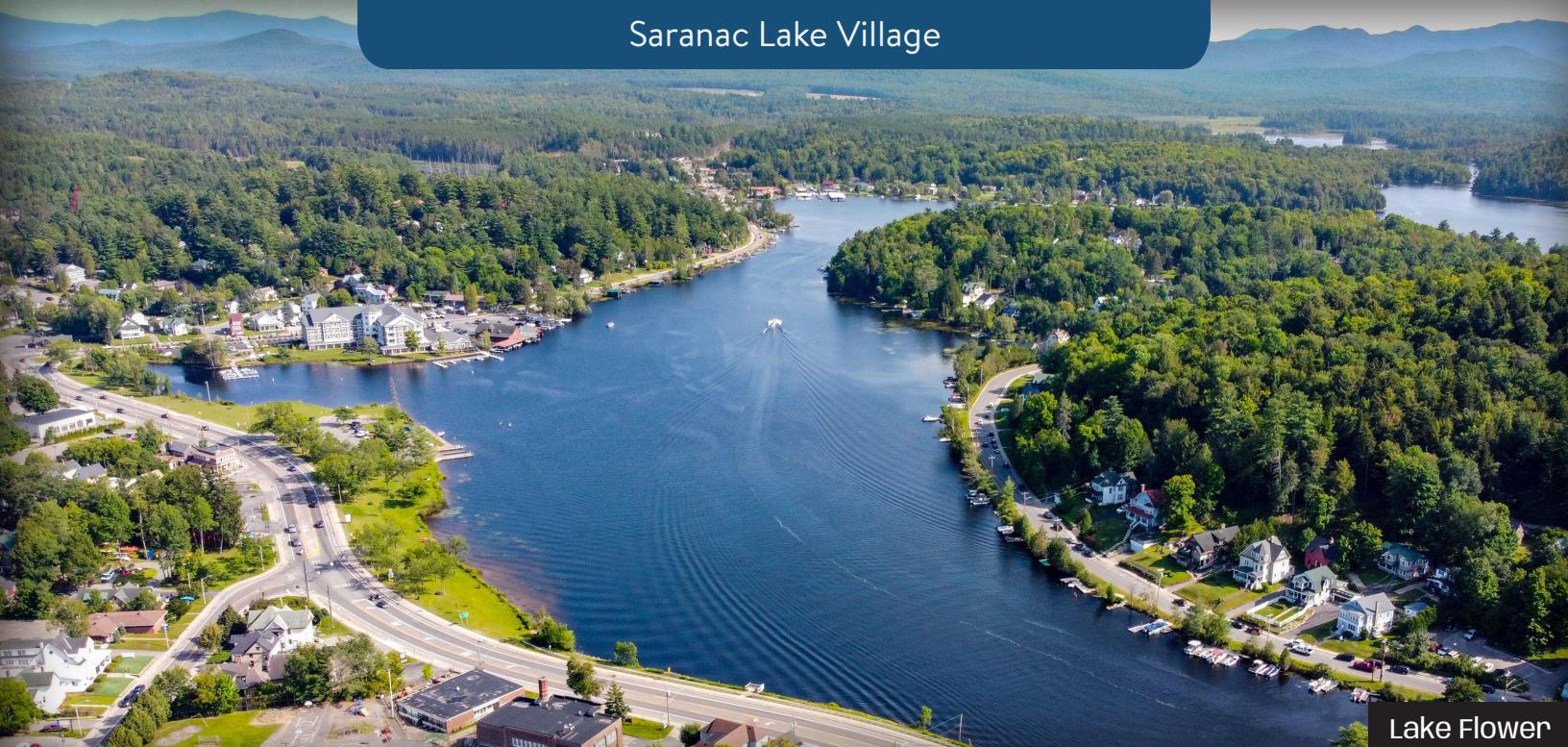
This 20 foot high waterfall on the east branch of the Ausable River is certainly worth a short excursion off the beaten path.



Historic Downtown District

SARANAC LAKE VILLAGE

Nestled between the shores of Lake Flower, Lake Colby and Lower Saranac Lake, the Village of Saranac Lake is most famous for being the home of the Trudeau Institute, a tuberculosis research facility that was founded in 1884 by Dr. Edward Livingston Trudeau. In recent years, the historic downtown district, seen above, has become a center for the arts in the Adirondack region, with area galleries hosting frequent art walks and studio tours during the summer months.



Lake Flower

KEY ATTRACTIONS

Saranac Laboratory Museum

It is here where you can learn about Saranac Lake's history as an international center for tuberculosis research. The Saranac Laboratory Museum, which operates downtown on Church Street, features exhibits on tuberculosis and other topics of local interest.

Robert Louis Stevenson Cottage

Located directly outside of Saranac Lake in St. Armand, this historic cottage is where the famous Scottish author Robert Louis Stevenson ("Dr. Jekyll and Mr. Hyde") stayed while being treated for lung disease from October 1887 through April 1888. Since 1915, the cottage has been preserved as a museum that is dedicated to honoring Stevenson's legacy.

Riverfront/Riverside Parks (Lake Flower Parks)

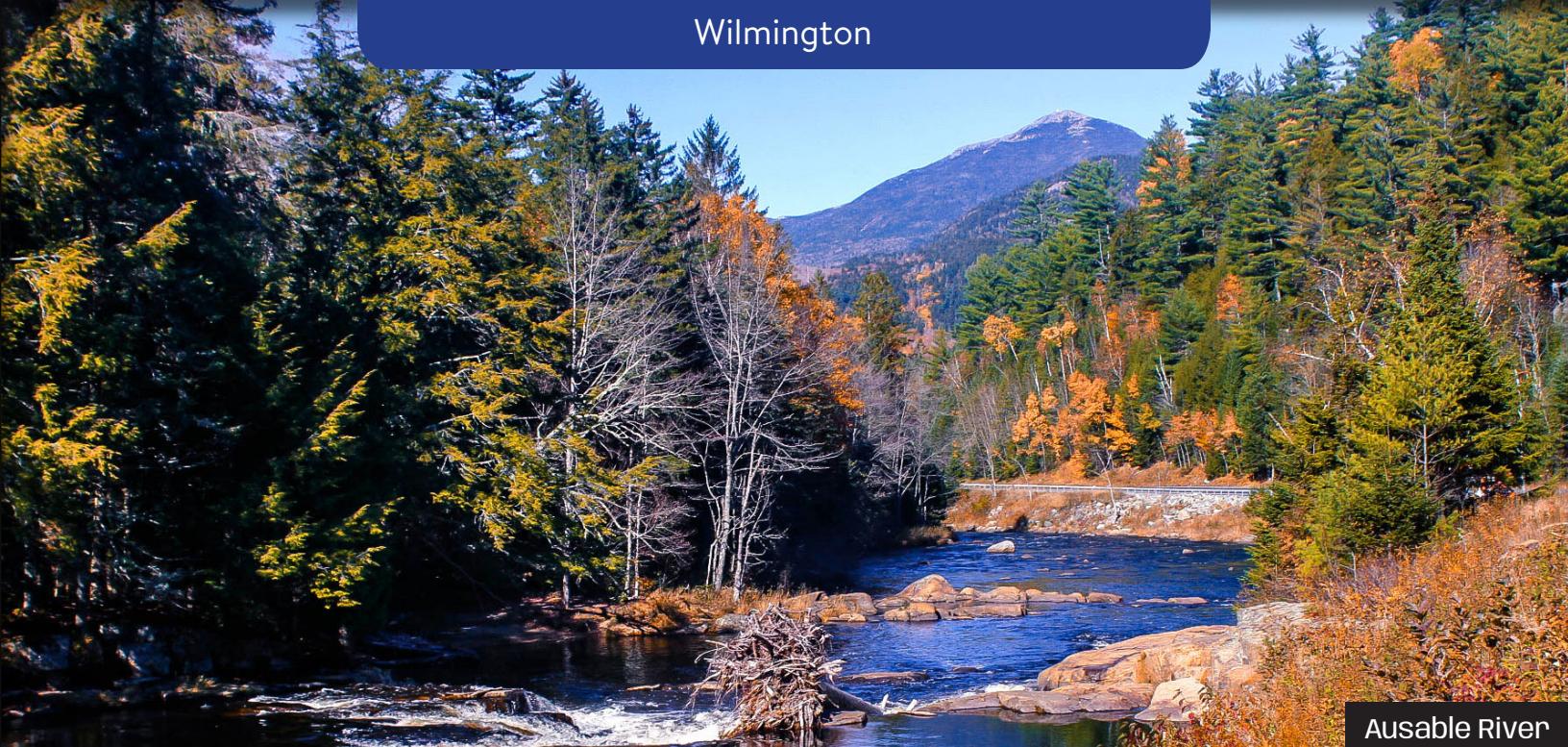
Riverfront and Riverside Parks are the two most prominent in a series of five grassy parks which line the shores of Lake Flower. Riverside Park offers public access to Lake Flower with a boat launch that provides access to this lake as well as most of the Chain of Saranac Lakes. Riverfront Park is the home of the Saranac Lake Farmers' Market which operates on Saturdays from 9AM to 1PM from June through mid-October.



Whiteface Mountain

WILMINGTON

Situated on the West Branch of the Ausable River, Wilmington is a year-round destination for outdoor enthusiasts. In the summer, fly fisherman from all over the nation flock to the roaring Ausable, while during the winter, Whiteface provides adventurous skiers with endless terrain that covers close to 300 acres.



Ausable River

KEY ATTRACTIONS

Whiteface Mountain

The main site of the 1980 Winter Olympic alpine skiing venues, Whiteface Mountain features 94 trails that cover 299 acres with a vertical drop of 3,430 feet, the largest in eastern North America. During the summer months, Whiteface offers scenic gondola rides to the top of Little Whiteface Mountain where curious sightseers can take in stunning panoramic views of the Adirondack High Peaks, Lake Placid and the Champlain Valley in the distance.

Lake Everest Public Beach

Located directly off of Route 86, the Wilmington town beach on Lake Everest offers biking, kayaking, canoeing and paddleboarding rentals. Near the beach, a nature trail and boardwalk are a popular spot for birding due to the diverse range of local bird species that can be found near the Ausable River.

Ausable River Public Access on Route 86

Directly to the south of Whiteface, Route 86 provides several designated parking areas alongside the Ausable River. Most of these parking areas provide public access to the river for fisherman and swimmers. Free parking is also available at the High Falls Gorge visitor center.



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