

A GUIDE TO SELECTED WALKS

LAKE PLACID / NORTH ELBA

The Village of Lake Placid and Town of North Elba are nestled among the Adirondack Mountains in the middle of a large wilderness. This creates many opportunities for residents and guests to explore the outdoors and connect with nature. A convenient way to experience the woodlands, streams, and vistas of the area is to take a short walk on one of the many local trails.

This guide includes information on eight trails in the Lake Placid area that are enjoyable for all hikers – novice to experienced. These particular trails were selected from the large number of possible hikes because they are multi-use and easily accessible throughout the year. They can be used for a family outing, a casual walk to connect with a friend, or a time of solitude and reflection in a serene setting.

“Between every two pine trees is a door leading to another life.” - John Muir

TRAIL ETIQUETTE

The trails and paths highlighted in this guide are either open to the public through the generous actions of non-profit organizations or are part of the New York State Trail System. Please pay close attention to the rules of each system and observe these simple guidelines to preserve the trails and allow everyone to enjoy them.

RESPECT THE LAND

- Stay on the marked trails
- Pack out your trash
- No camping, fires, hunting or trapping
- No disturbance or removal of plants, animals, rocks, or firewood

RESPECT OTHERS

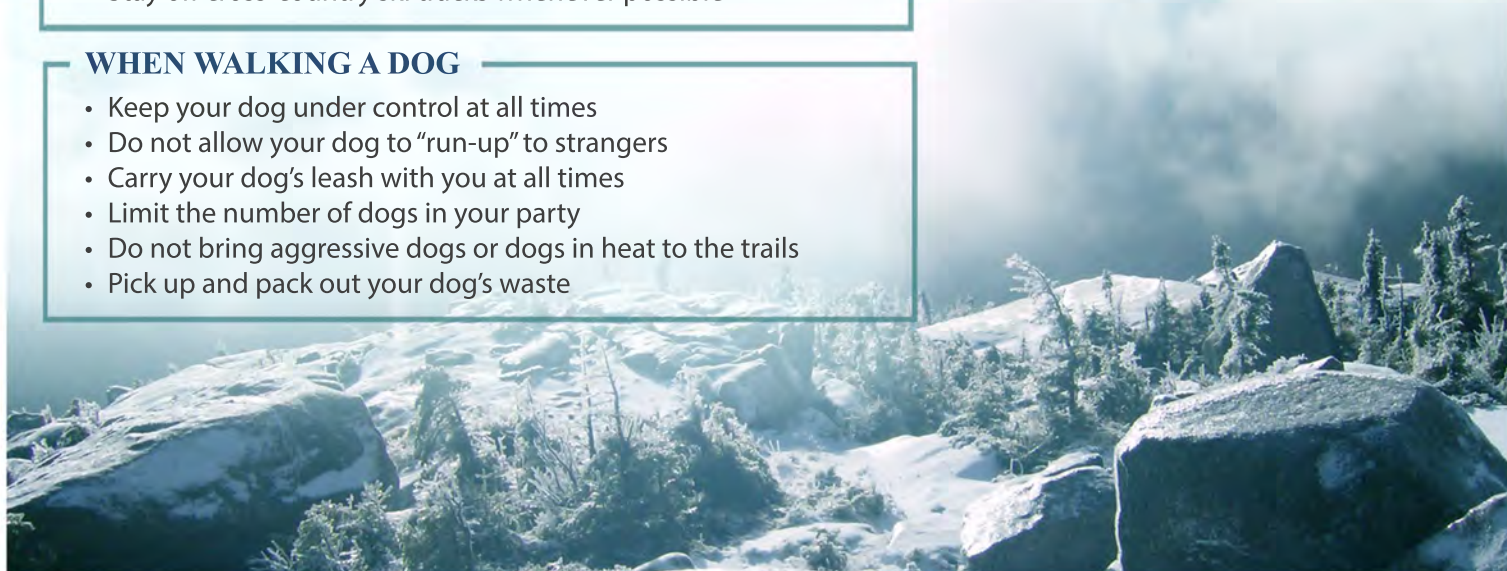
- Bikers and skiers should yield to walkers
- No motorized vehicles
- No smoking or use of alcohol
- Use earphones when listening to music
- Use snowshoes to prevent “posting” (creating deep footprints) in snow
- Stay off cross-country ski tracks whenever possible

WHEN WALKING A DOG

- Keep your dog under control at all times
- Do not allow your dog to “run-up” to strangers
- Carry your dog’s leash with you at all times
- Limit the number of dogs in your party
- Do not bring aggressive dogs or dogs in heat to the trails
- Pick up and pack out your dog’s waste

LEGEND

	Trailhead		Parking
	Snowshoeing		X-Country Skiing
	Mountain Biking		Skating
	Fishing		Swimming
	Paddling		Bouldering
	Picnic		Camping
	Dog Friendly		Family Friendly
	Bus Accessible		



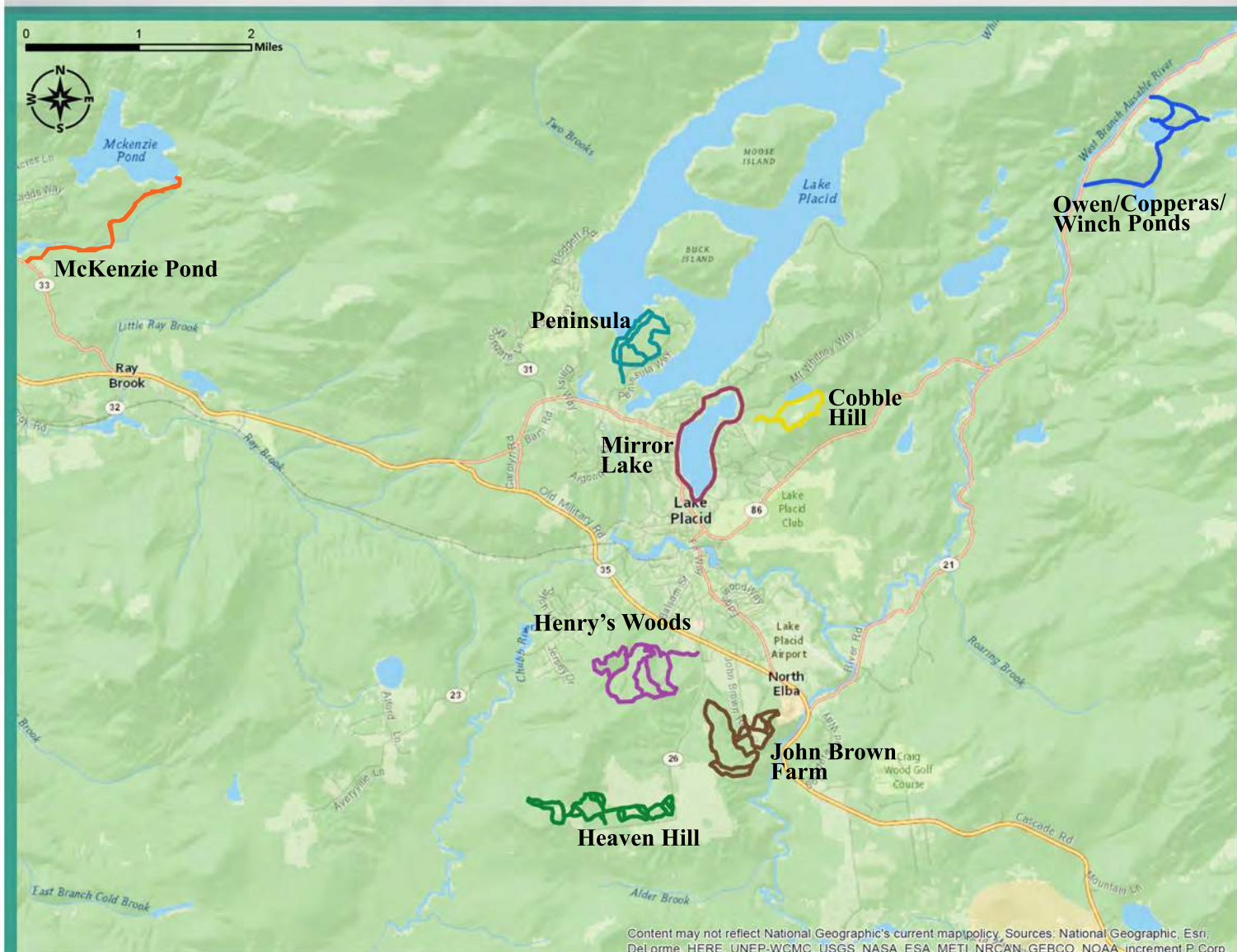
8 SELECTED WALKS IN LAKE PLACID / NORTH ELBA



1. Cobble Hill Trail
2. Henry's Woods
3. Heaven Hill Trails

4. John Brown Farm
5. Mirror Lake Pathway
6. Peninsula Trails

7. Owen/Copperas/Winch Ponds
8. McKenzie Pond Trail



1 COBBLE HILL TRAIL

Loop | Easy to Moderate

Cobble Hill is a relatively short trail for a rewarding mountaintop experience featuring views of the Village of Lake Placid and High Peaks Region. This trail is good for hiking, snowshoeing, and limited x-country skiing around the base.

Location: The trailhead parking area is located .3 miles on the rear access road to Northwood School off Mirror Lake Drive.

Be sure to pay attention to the signs. There are several intersections with unmarked paths. After 0.4 miles an intersection marks the split for the short and long trails. The shorter, steeper route on the right is 0.8 miles. The longer 1.6 mile trail on the left follows a more gradual ascent. Both trails combine for a 2.4 mile loop.

Warnings:

- The steep section on the short trail is very icy in the winter. Microspikes recommended.
- Hiking shoes recommended.



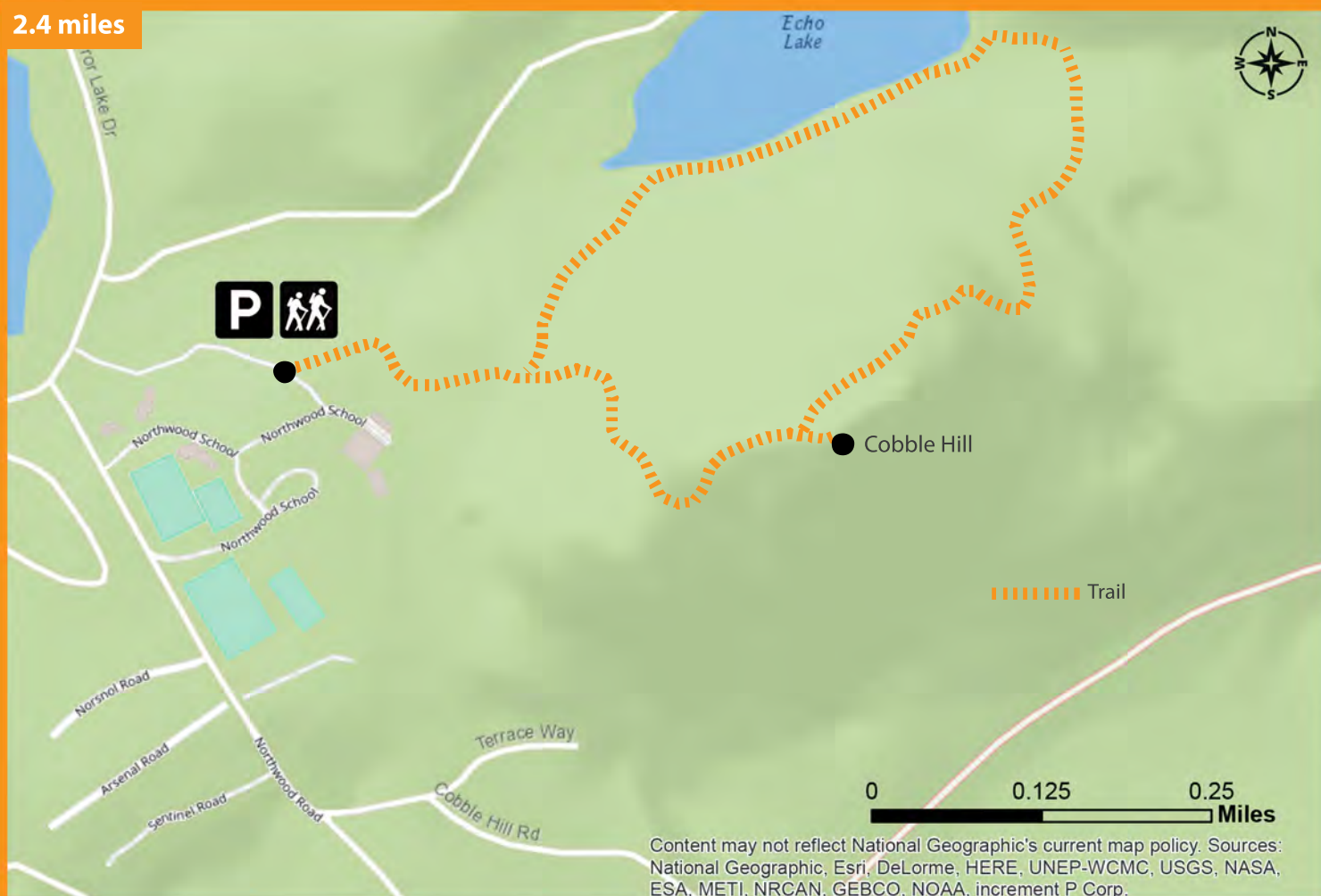
The short trail includes a steep climb over rough footing to a rock slab requiring a scramble and the use of a short rope. This may be a challenge for small children, those with physical impairments, or a fear of heights. A trail on the right avoids the steepest section. The trail continues above the slab. A spur on the right leads to the summit, or the trail continues straight to begin the descent via the long trail. (Families with Young Kids / Novice Hiker: 45 minutes to summit. Experienced Hiker: 20 minutes to summit)

The long trail offers easy to moderate terrain. From the intersection at the base, turn left along an old road and then veer right onto a foot trail across a private parking area. This leads to the shore of **Echo Pond**. Follow along the pond until the intersection at the end, then turn right. Take another right at the next intersection about 0.1 miles from the pond. This starts a moderate climb along an old road meeting up with the short trail. A spur on the left leads to the summit or continue straight to begin the descent via the short trail. (Families with Young Kids / Novice Hiker: 1 hour to summit. Experienced Hiker: 30-45 minutes to summit)



Splendid view from the top

2.4 miles



2 HENRY'S WOODS

Loop | Easy

The Henry's Woods Trail System consists of 5 distinct trails through a thick, shaded forest with occasional brook crossings and mountain views. It is good for hiking, running, walking, mountain biking, snowshoeing and x-country skiing.

Location: The trailhead with its sign and parking area is on Bear Cub Road .1 miles from the intersection with Old Military Road.

The Connector Trail, which starts out flat then climbs slightly, connects the parking area to the Loop Trail (0.3 miles, 10 minutes).

The Loop Trail is the longest trail in the network and is used to access the Switchback, Plateau, and Rocky Knob Trails. Turning to the right from the Connector, it drops slightly to cross a bridge and then circumnavigates a high plateau. On the back side of the loop it climbs modestly to the top of the plateau before descending to its beginning (2.0 miles, 30-40 minutes).

The Switchback Trail is the shortest trail. It zigzags up a steep slope to the Plateau Trail (0.25 miles, 5-10 minutes).



A stroll through the lovely forest

The Plateau Trail is mostly flat and accessed off the Loop Trail. It follows along the edge of a long plateau with outstanding views of Whiteface Mountain and the village, before returning to the Loop Trail (0.9 miles, 10-15 minutes).

The Rocky Knob Trail is the highest trail of the system offering stunning views of the village and the High Peaks. It climbs rather aggressively with several small switchbacks before descending and returning to the Loop Trail (0.9 miles, 30 minutes).

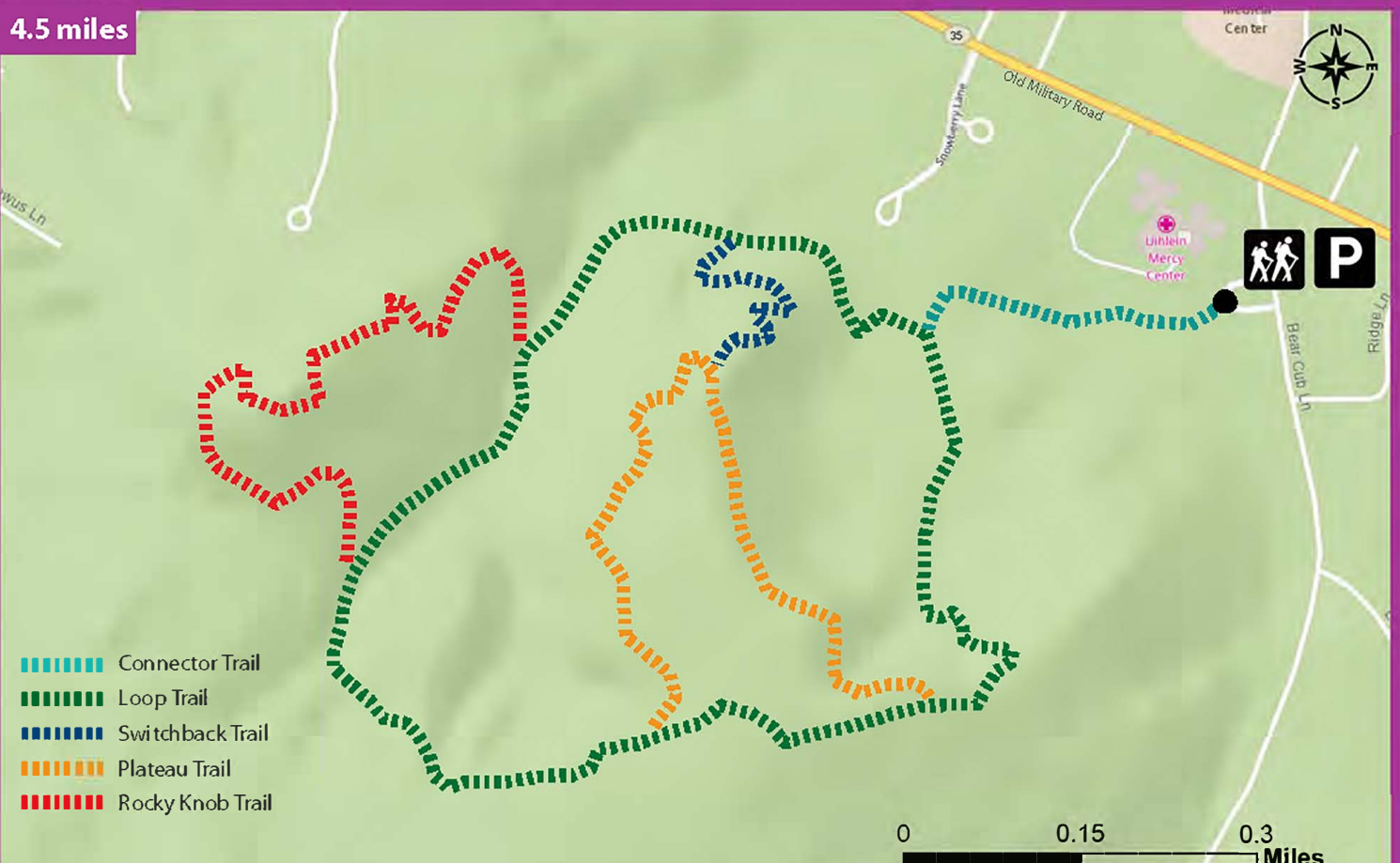
Round Trip: Family with Young Kids / Out of Shape Hiker: 2 - 2.5 hours. Experienced Hiker: Round Trip: 1 hour.

Warning:

Hikers should be wary of bikers on blind hills or corners



4.5 miles



Content may not reflect National Geographic's current map policy. Sources: National Geographic, Esri, DeLorme, HERE, UNEP-WCMC, USGS, NASA, ESA, METI, NRCAN, GEBCO, NOAA, increment P Corp.

3 HEAVEN HILL TRAILS

Loop | Easy

The Heaven Hill Trail System consists of three main loops. They follow long, established farm or woods roads and intersect with other trails to form several shorter loops of varying lengths. The trails can be used for hiking, running, walking, mountain biking, snowshoeing, and x-country skiing.

Location: The trailhead with its sign and parking area is on Bear Cub Road 2.2 miles from the intersection with Old Military Road.

Warning:

Hikers should be wary of bikers on blind hills or corners



Beginning in a wooded setting, the 1.5-mile **Old Orchard Loop** opens into a large field and circumnavigates an old apple orchard with outstanding views of the High Peaks.

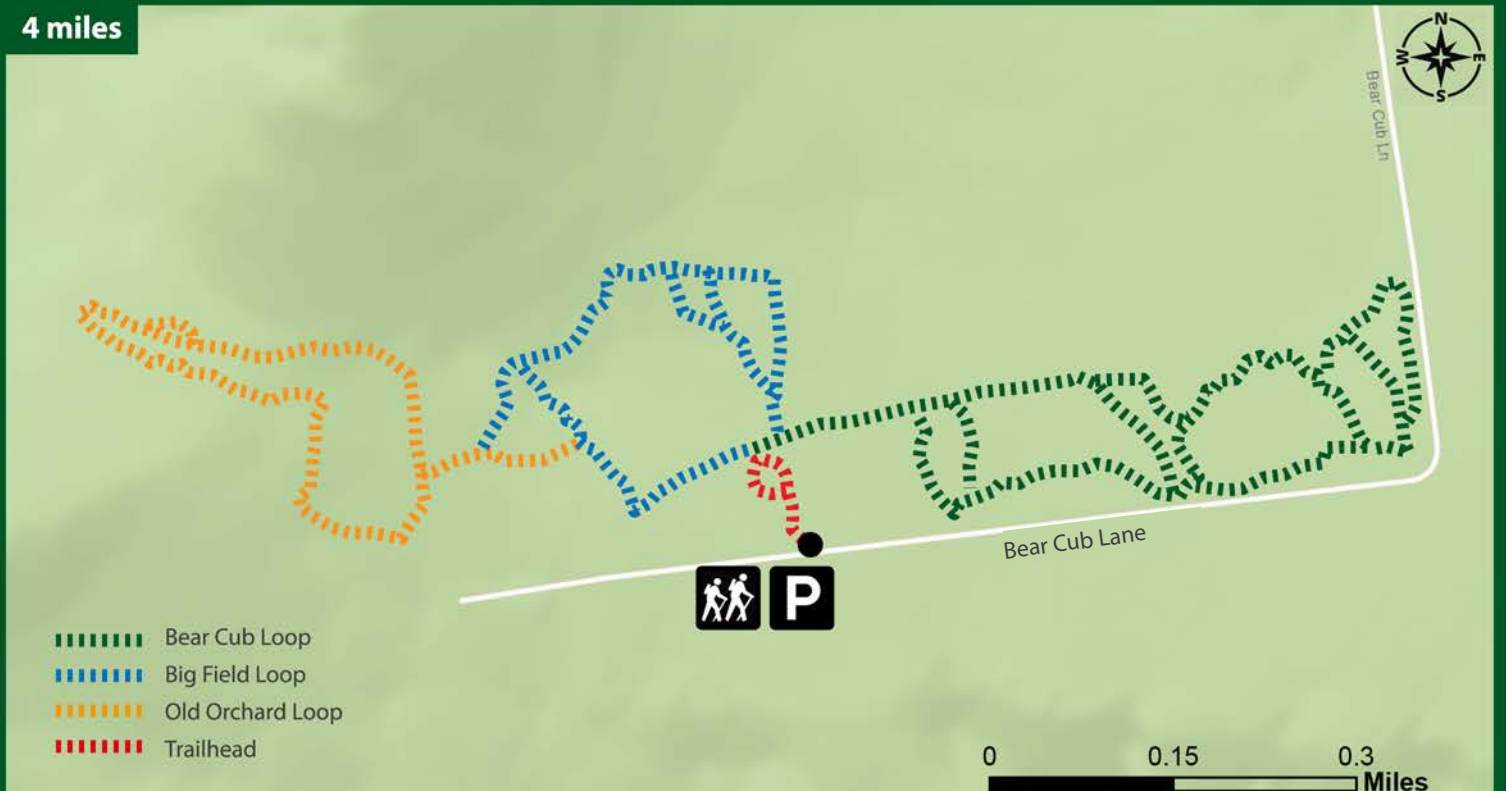
The **Bear Cub Loop** is a woodland trail with limited terrain change. The basic outer loop is 1.5 miles in length with the option of five cross-trails to shorten the distance. Stay on the trail to avoid trespassing on private lands.

The **Big Field Loop** has moderate ups and downs. After a short walk in the woods, it runs along the edge of a large field with views of Whiteface Mountain. The trail returns to the woodlands rejoining the Bear Cub Loop at 0.9 miles. There are two cut-off trails to vary the distance.



View on the Old Orchard Loop

4 miles



Content may not reflect National Geographic's current map policy. Sources: National Geographic, Esri, DeLorme, HERE, UNEP-WCMC, USGS, NASA, ESA, METI, NRCAN, GEBCO, NOAA, increment P Corp.

4 JOHN BROWN FARM

Loop | Easy

John Brown's Farm is a National Historic Landmark operated by the National Park Service. It is the home and gravesite of abolitionist John Brown, most famous for leading the pre-Civil War Raid on Harper's Ferry. There is a fee to access the museum displays inside the farmhouse which is open May through October. The trails are free and available to the public year-round. They offer good opportunities for birding, picnicking, trail running, snowshoeing, and x-country skiing, with outstanding views of the ski jumps and High Peaks.

Location: The turn onto John Brown Road and the Farm is marked by signs near the intersection of Rt. 73 and Old Military Road. The dirt parking area for the trail system is .6 miles from that intersection.

A register is located at a trail junction behind John Brown's home. The trails can also be accessed from the small dirt parking area located on the left, prior to the farmhouse.

Warnings:

- These trails often cross private property; be careful to stay on the trail.
- The trail junctions are unmarked.

The Ski Jump (0.8 miles) and **Maple Grove** (0.3 miles) loops both start at the dirt parking area. They head across an open field before entering a wooded section that leads to the trail head register behind the farmhouse. From there, the trail splits to return to the parking area via the road or continue to the Potato Field Loop.

The Unnamed Trail (1.2 miles) is a shortcut for the Ski Jump Trail that heads directly across the field from the dirt parking area.

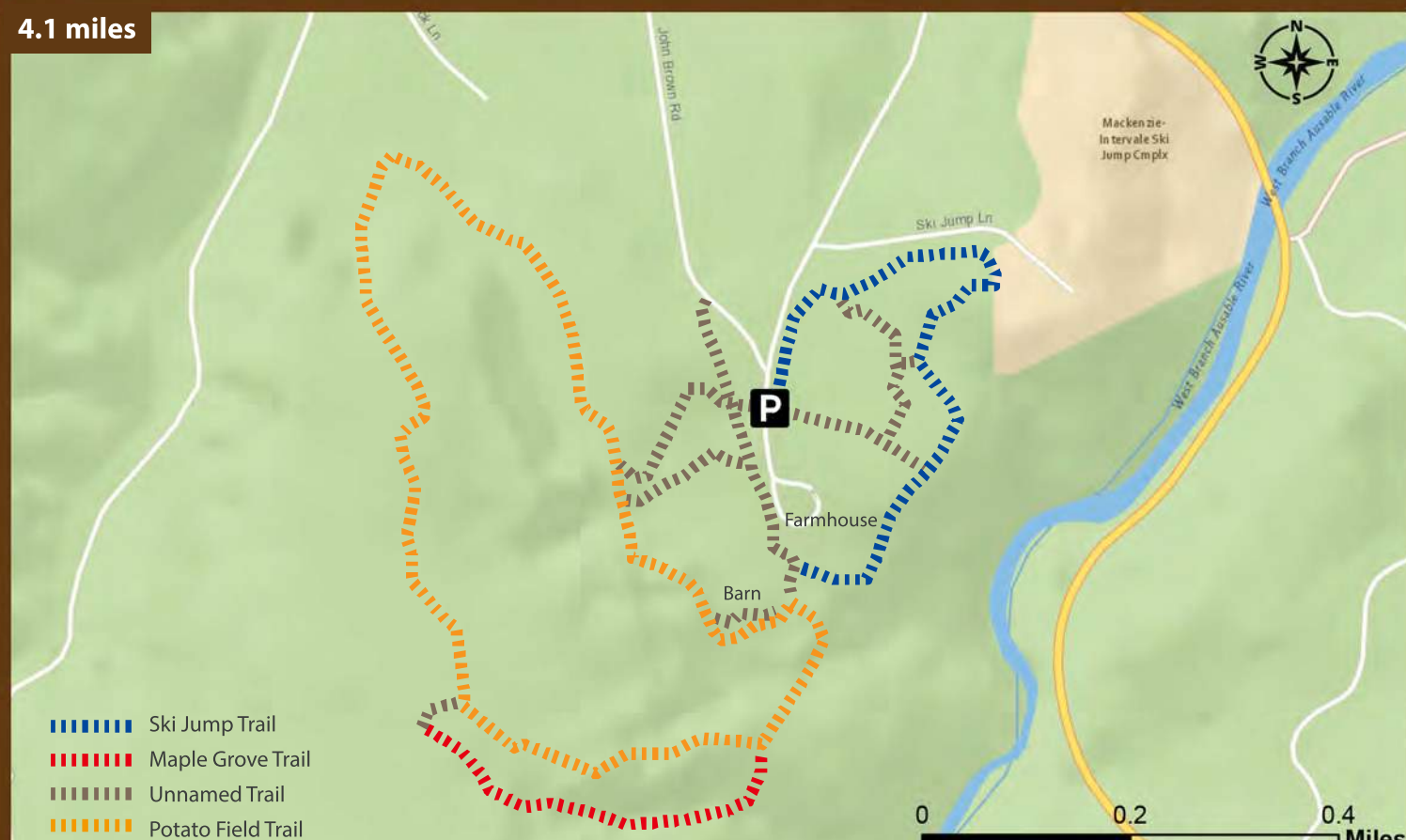
The Potato Field Loop (1.8 miles) starts behind the farmhouse. A left turn after the pond enters the woods and descends before a fairly long, but moderate ascent. A right turn leads to a small knob before entering the woods, providing for a quicker return to the parking area.



The barn in fall



4.1 miles



Content may not reflect National Geographic's current map policy. Sources: National Geographic, Esri, DeLorme, HERE, UNEP-WCMC, USGS, NASA, ESA, METI, NRCAN, GEBCO, NOAA, increment P Corp.

Loop | Easy

A scenic view of a lake, likely Lake Superior, with a small boat in the distance. The lake is framed by dense green trees in the foreground and background. The sky is overcast with grey clouds. In the distance, a small town or village is visible on the shore, and a mountain range is in the background. The overall atmosphere is calm and serene.

Great view at the Mirror Lake

In the summer, Mirror Lake is popular for swimming, non-motorized boating, fishing, and tennis at the nearby public courts. In the winter, several areas are plowed for ice skating and hockey, while the whole lake is open to walking or skiing. Two of Mirror Lake's most exciting winter attractions include the **Lake Placid Toboggan Chute**, where a 30-foot high trestle sends toboggans down an ice-covered chute, and dog sled rides. Both operations vary depending upon the weather.

- Be careful of thin ice! Always check local sources for current ice conditions.
- Dogs must be on a leash.



2.7 miles

Yacht Club Ln
Victor Herbert Rd
Seneca Trl
Signal Hill Rd
Walsh Rd
Norton Rd
Interlaken Ave
Harbor Ln
Greenwood St
Acorn St
Elm St
Maple St
Hayes St
Matco Rd
Hillcrest Ave
Olympic Dr
Main St
Cedar Way
Garden Way
Wildemere Ct
Terrace Way
Cobble Hill Rd
Northwood Rd
Autumn Way
Lake Placid Club Way
Aden Way
Cathedral Court Way
Vista Ln
Way Valley Rd

Mirror Lake

Trail

0 0.2 0.4 Miles

P

P

Map data may not reflect National Geographic's current map policy. Sources: National Geographic, Esri, DeLorme, HERE, UNEP-WCMC, USGS, NASA, EOAN, METI, NRCAN, GEBCO, NOAA, increment P Corp.

P may not reflect National Geographic's current map policy. Sources: National Geographic, Esri, DeLorme, HERE, UNEP-WCMC, USGS, NASA, ESA, METI, NRCAN, GEBCO, NOAA, increment P Corp.

6 BREWSTER PENINSULA NATURE TRAILS

Loop | Easy

These interconnecting trails are located on the shores of Lake Placid. They are close to the Village Center but offer a taste of wilderness in a quiet and peaceful setting. Views of Lake Placid Lake make this an excellent destination for all kinds of short outings: hiking, running, x-c skiing, snowshoeing, mountain biking, family picnics, fishing, and swimming.

Location: The turn from Sara-Placid Road onto Peninsula Way is a fairly steep uphill. At the top of the hill the road becomes gravel. The trailhead is .2 miles from that point.

The Corridor Trail accesses the trail network. It is very flat and wide (0.75 miles, 10-15 minutes).

The Ridge Trail starts from the end of the Corridor Trail and climbs steadily to the top of a long ridge. The trail then drops about 20 feet before moderately descending through the forest to the Boundary Trail (1.3 miles, 10-15 minutes).



The dam in winter

The Lake Shore Trail follows the shore of Lake Placid before ending at the junction with the Boundary Trail. This trail is rougher with lots of roots and rocks, but is a highlight of the system (0.8 miles, 10-15 minutes).

The Boundary Trail provides quick access to a dam at Lake Placid Lake with outstanding views of the lake, Whiteface Mountain, and Cold Brook (.9 miles, 10-15 minutes).

Warning:

Hikers should be wary of bikers on blind hills and corners.



3 miles



7 OWEN | COPPERAS | WINCH PONDS

Loop or Traverse | Easy to Moderate

These trails visit three ponds offering excellent views with swimming and fishing opportunities.

Location: From the traffic light at the intersection of Routes 73 and 86, take Route 86 toward Wilmington. After 5.2 miles on the right is a brown sign indicating the pull-off for Owens Pond. Another half mile will take you to the large parking lot on the left for Copperas Pond.

From the southern **trailhead** (Owen Pond), the trail starts moderately, climbs briefly along a brook and then descends to **Owen Pond**. A herd path leads to the pond shore with a view of the Sentinel Range.

Past Owen Pond the trail reaches its steepest part climbing 120 feet in 0.2 miles, then descends quickly to **Copperas Pond** providing the scenic highlight with a spectacular view of Whiteface Mountain.



Wonderland by the pond

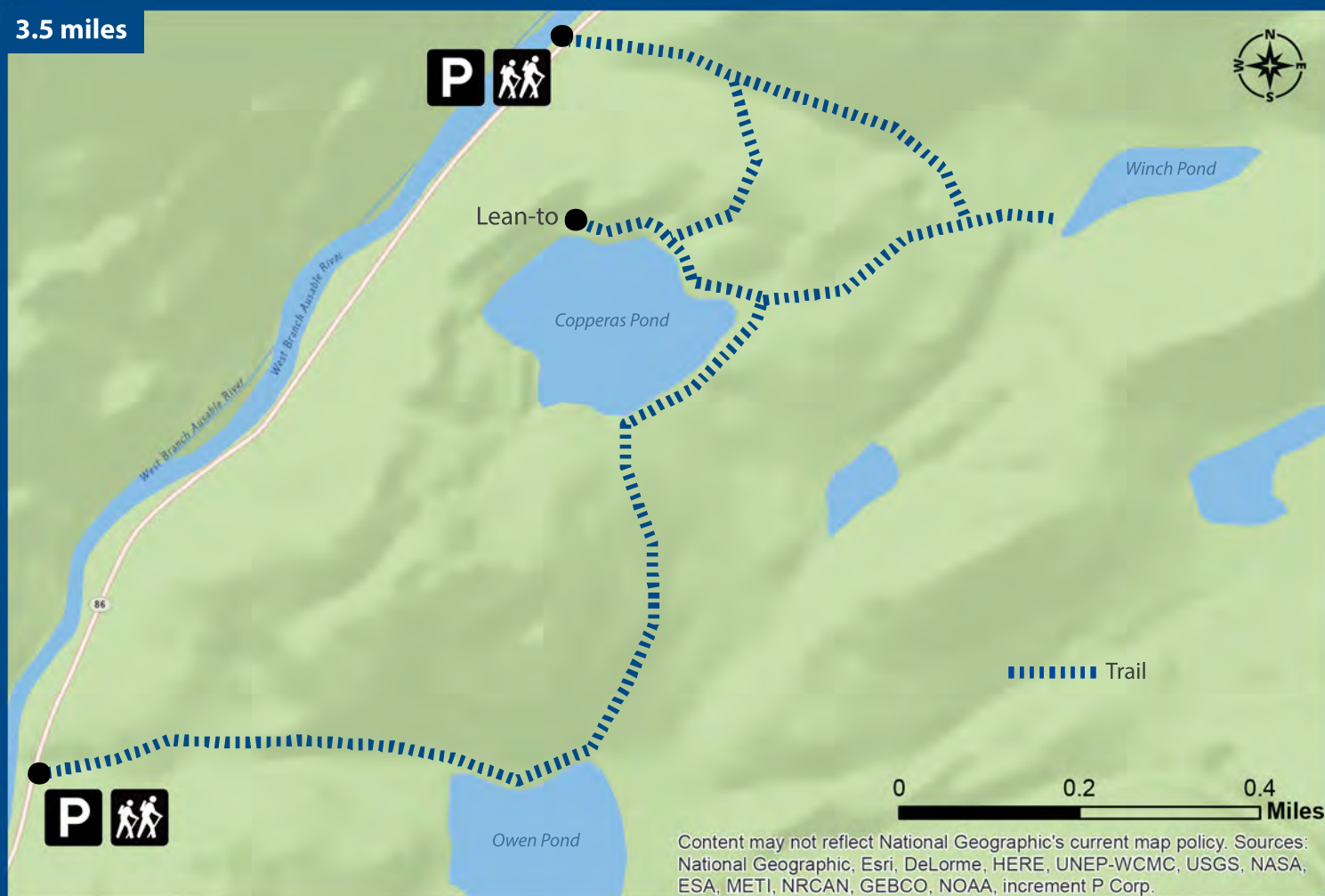
Past a camping area and long boardwalk is an intersection. Right leads to **Winch Pond**, a little pond decorated with water lilies. Left leads along Copperas Pond and either heads to the lean-to on the left or meets up with the northern trailhead on the right.

Warnings:

- The trail descending from Copperas Pond to the highway is steep and rocky.
- Be sure your car is parked entirely off the paved road at the Owen Pond Trailhead.



3.5 miles



Content may not reflect National Geographic's current map policy. Sources: National Geographic, Esri, DeLorme, HERE, UNEP-WCMC, USGS, NASA, ESA, METI, NRCAN, GEBCO, NOAA, increment P Corp.

8 MCKENZIE POND TRAIL

Out and Back | Easy

McKenzie Pond is located between Saranac Lake and Lake Placid. The trail, which leads to the beautiful pond after which it is named, is fairly flat and passes through a thick forest.

Location: Follow Route 86 from Lake Placid toward Saranac Lake. Turn right and follow McKenzie Pond Road for 1.6 miles. Just past the Black Fly Baseball Field is a parking pull off marked with a blue Jackrabbit Trail sign.

The well-marked turnoff to McKenzie Pond is about 1.6 miles from the trailhead, with an additional .25 miles to the pond. Paddling, hiking McKenzie Mountain, and bouldering are additional popular pursuits.

This trail is part of a longer trail system known as the **Jackrabbit Trail**, connecting the communities of Keene, Lake Placid, and Saranac Lake. For more information on the full system, visit: www.jackrabbittrail.org.

Warning:

Trailhead parking on McKenzie Pond Road is limited and on a curvy road. Be sure to pull all the way off the pavement.



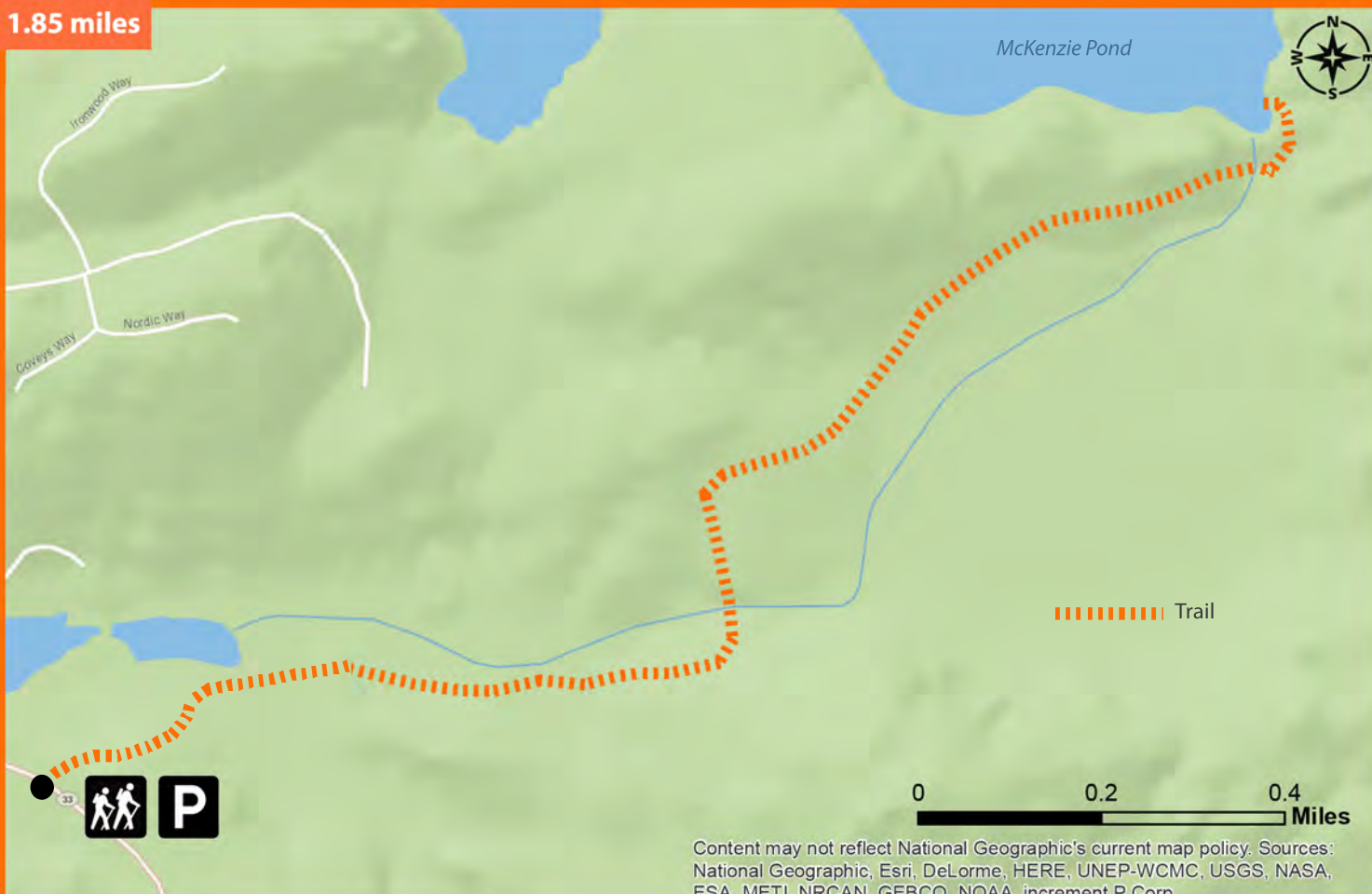
X-country skiing on the trail



Excellent view at the pond



1.85 miles



Content may not reflect National Geographic's current map policy. Sources: National Geographic, Esri, DeLorme, HERE, UNEP-WCMC, USGS, NASA, ESA, METI, NRCAN, GEBCO, NOAA, increment P Corp.