

## Cadyville Park Trails

[www.townofplattsburghrecreation.com](http://www.townofplattsburghrecreation.com)



Unpaved, natural trails

The Cadyville Recreation Park Trail System contains several miles of looping, single-track wooded trails. Three trails of varying lengths suitable for walking are marked with color-coded signs. A new, Storybook Trail is located at the end of the parking lot as part of the blue trail. The trails are also close to the park's Disc Golf Course, playground, athletic courts and fields.

**Directions:** From Route 3, turn onto Goddeau Road. Turn again on Amell Lane into the Cadyville Recreation Park. The trail head is at the far end of the parking lot.

## Little Ausable River Trail

[www.townofperu.com](http://www.townofperu.com)



Paved trail

The Little Ausable River Trail runs 1.25 miles through the hamlet of Peru, NY, connecting Heyworth Mason Park (Mason Hill Road) to Sullivan Park (off Route 22). Walkers may then choose to complete a loop along the sidewalks of Main Street. A short hillside walking path also creates a connection between the gazebo and playground at Little Ausable Park and Heyworth Mason Park.

**Directions:** From I-87 Exit 35, travel west on Bear Swamp Road. Turn right on Main Street (NY22). Take the 2nd right on Mason Hill Road into Heyworth Mason Park. Parking is available at all three connected parks, including handicapped accessible spaces at the stone mill in Heyworth Mason Park.

## Northern Tier Recreation Trail



Paved trail

This scenic path begins in the Village of Rouses Point at Rouses Point Elementary School, crosses through of the Town of Champlain and ends at Bill Earl Park in the Village of Champlain. With its grand opening in June 2018, this new addition to Clinton County allows residents and visitors to walk, run, bike, or roll safely from one village to the other.

**Directions:** Take I-87 Exit 42, to Route 11. Head east on Route 11 to intersect with Route 9. Turn left and follow Route 9 to just past Champlain Village Office (1104 U.S. 9). Turn right onto Elm Street Bridge. Take immediate right onto River Street, Bill Earl Park.

## Terry J. Gordon Recreational Path

[www.plattsburghrecreation.com](http://www.plattsburghrecreation.com)



Flat, paved path

The Terry J. Gordon Recreational Path runs 1.6 miles along Lake Champlain adjacent to the Canadian Pacific Railway in the City of Plattsburgh, behind the U.S. Oval. The area features views of Lake Champlain and many sites of historical significance. The south end of the path allows bikers to access Route 9, while the north end leads to the marina and a network of downtown streets and paths suitable for walking.

**Directions:** From U.S. Route 9 in the City of Plattsburgh, turn onto either Hamilton Street (north end) or Nevada Oval (south end). The path can also be accessed directly behind the City Recreation Center on the U.S. Oval. Parking is available on Hamilton Street, Jay Street and Nevada Oval.



## Saranac River Trail

[www.saranacrivertrail.org](http://www.saranacrivertrail.org)



Paved trail

The Saranac River Trail runs 1.3 miles through the City of Plattsburgh and behind the SUNY Plattsburgh campus, adjacent to the Saranac River. Those who plan to travel the full length of the trail will cross South Catherine Street. The trail has multiple access points. The Saranac River Trail Greenway Committee is working to expand this trail in coming years as part of a 20+ mile network.

**Directions:** To reach the trail head, turn onto George Angell Drive off Rugar Street in the City of Plattsburgh, near Plattsburgh High School. Or, connect to the trail via Pine Street (by the Plattsburgh City Police Department). Parking is available at George Angell Drive trail head or on the street near the police station.



## Rouses Point Fitness Trail

[www.rousespointny.com](http://www.rousespointny.com)



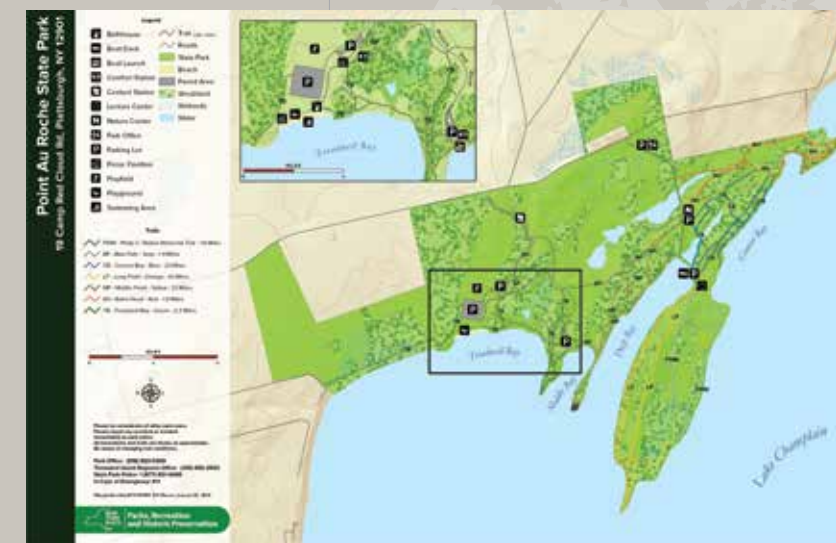
Flat, paved trail

The Rouses Point Fitness Trail loops around the Civic Center and features five fitness stations along the walking path. The 1/2 mile Fitness Trail is located with a playground, soccer fields, pickleball, basketball and tennis courts. It connects to Veterans Park on Lake Champlain.

**Directions:** From I-87 Exit 42, travel east on Route 11. Continue past intersection with Route 9. Turn North onto Route 9B. Proceed to 39 Lake Street.

## Point Au Roche State Park Trails

[www.nysparks.com/parks/30/details.aspx](http://www.nysparks.com/parks/30/details.aspx)  
<http://friendsofpointauroche.org>



Paved and unpaved trails

Point Au Roche State Park contains Clinton County's best-known trail system, with a variety of trail surfaces. Starting at the Nature Center, the 1.8 mile Dr. Philip Walker Trail is a Memorial Nature Trail featuring 22 locations to illustrate natural processes.

**Directions:** From Route 9, turn onto Point Au Roche Road. Pass the first entrance to Point Au Roche State Park and turn right on to Camp Red Cloud Road to reach the Nature Center. Parking is available at the Nature Center.

## Saranac New Land Trust

<https://visitadirondacks.com/recreation/new-land-trust>



Unpaved, natural trails

The Saranac New Land Trust consists of over 30 trails on 287 acres, with more than 5 miles of trails dedicated for snowshoe use and cross-country skiing in the winter.

**Directions:** From Route 3 in Saranac, turn and head northwest on Chazy Lake Road. Turn left to stay on Chazy Lake Road, and continue straight onto Clark Hill Road. Then turn right onto Plumadore Road. Parking is available on Plumadore Road. Sign in at 236 Clubhouse.



## Silver Lake Bog Trail

[www.nature.org](http://www.nature.org)



Unpaved, natural trail

Just over 2 miles round trip, the Silver Lake Bog trail consists of a half-mile wheelchair accessible boardwalk over the wetland, followed by a short hike and climb up to the Pine Bluff Ridge overlooking Silver Lake. Sign in at the Nature Conservancy trail head.

**Directions:** From I-87 Exit 34, take Route 9 to Ausable Forks. Turn right onto Silver Lake Road through Hawkeye. Turn left on Union Falls Road and travel 1.5 miles down to turn onto Old Hawkeye Road (dirt road on left). Parking for the preserve is on the right.

## Trail use key:



This map, developed by the Clinton County Health Department's Healthy Neighborhoods Initiative (HNI), highlights some of the most well-known and easily accessible walking trails in Clinton County, NY. The HNI aims to improve health by helping communities enhance, activate and promote spaces where residents can be physically active.

Of all the steps you take to maintain your health, the steps you walk are some of the best. This map is designed to keep you stepping in the right direction. It is part of a larger effort outlined in the Clinton County Community Health Improvement Plan (CHIP). The CHIP is a guidance document developed by the Clinton County Health Department with input from local organizations, businesses, services and residents. To view the CHIP, visit [www.clintonhealth.org](http://www.clintonhealth.org). We hope you will use this map to explore Clinton County's many recreational trails and increase the number of steps you take toward better health.

## RECREATIONAL TRAILS MAP

Clinton County, New York




# Clinton County, New York RECREATIONAL TRAILS MAP

## WEAR SUNSCREEN YEAR ROUND

Choose:

- Broad-spectrum protection (protects against UVA and UVB rays)
- SPF 15 or higher
- Water resistant

Look for  (Sunscreen) to find trails that have sunscreen dispensers.

## ENJOY WALKING

- Make a list of the reasons why you want to walk. Use it to keep yourself motivated.
- Bring a friend or family member along to enjoy the social benefits of exercise.
- Keep it interesting. Find new places to walk, or try walking your regular route backwards.
- Set a walking goal and record your progress. Turn it into a game or challenge to add some fun.

## WALK WITH GOOD POSTURE & MOVEMENTS

- Keep your chin up to reduce strain on your neck and back.
- Keep your stomach muscles slightly tight and your back straight.
- Let your neck and shoulders relax.
- Swing your arms with a slight bend in your elbows.
- Point your toes straight ahead and take smooth strides, rolling your foot from heel to toe.

## STAY SAFE & HEALTHY

- Be visible. Wear light or bright colored clothing, especially at dawn or dusk.
- Make sure your shoes are in good shape. Poor footwear can lead to hip, knee or back pain. If your shoes are uneven when placed on a flat surface, it's time to get new ones.
- Check the weather forecast before heading out. Dress appropriately.
- In all types of weather, drink water before, during, and after your walk. Muscles recover more quickly when your body is properly hydrated.



## WEAR BUG SPRAY TO PREVENT TICK & MOSQUITO BITES

- Choose Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone.
- Always follow product instructions, especially with children.
- Do not use insect repellent on babies younger than 2 months old or use products containing OLE or PMD on children under 3 years old.

Reminder: Always check your body for ticks after being outdoors.



Clinton County HEALTH Department

[www.ClintonHealth.org](http://www.ClintonHealth.org)