Cadyville Recreation Park Trails

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 bike trail. The trails are also close to the park’s Disc Golf Course, playground, athletic courts and fields.

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

Little Ausable River Trail

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 Sudden Park (off Route 22). Walkers may then choose to continue 4.5 miles along the south side of Main Street. A short walking path also creates a connection between the gazebo and playground at Little Ausable Park and Heyworth Mason Park.

Directions:
From I-87 Exit 42, travel west on Averill Road, then turn right onto Plumadore Road. Sign in at 236 Plumadore Road, and continue straight onto Clark Hill Road. From Route 3, 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 trail head.

Northern Tier Recreation Trail

Paved trail

This scenic path begins in the Village of Rouses Point at Rouses Point Elementary School, crosses through Route of Point Au Roche and ends at the village of Hope, along the Northern Tier Recreation Trail (NTRT) Path. The NTRT connects to Au Roche State Park and turn right on to Camp Red Cloud Road to reach the 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. Parking for the preserve is on the right.

Saranac River Trail

Paved trail

The Saranac River Trail runs 1.3 miles through the City of Plattsburgh, back behind the SUNY Plattsburgh campus, and connects 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 Commission is working to expand the trail in coming years as part of a 20+ mile network.

Directions:
To reach the trail head, turn onto George Angell Drive off Sugar Street in the City of Plattsburgh. Connect to Veterans Park on Lake Champlain. Parking is available at George Angell Drive trail head or on the street near the police station.

Rouses Point Fitness Trail

Flat, paved path

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 Old Plattsburgh Road. Continue past intersection with Route 9. Turn North onto Route 98. Proceed to 30 Lake Street.

Terry J. Gordon Recreational Path

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 trail 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 is the City of Plattsburgh, turn onto either Hamilton Street (north end) or Nevada Street (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.

Point Au Roche State Park Trails

Unpaved, natural 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 18 mile Dr. Phil’s Walkway 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 onto Camp Red Cloud Road to reach the Nature Center. Parking is available at the Nature Center.

Saranac New Land Trust

Unpaved, natural trails

The Saranac New Land Trust consists of over 30 trails on 207 acres, with natural, flat, paved trails. The trails are dedicated for in-town use and cross-country skiing in the winter.

Directions:
From Route 3 in Saranac, turn right on the northbound on Chaun Lake Road. Turn left to stay on Chaun Lake Road, and continue to follow Chaun Lake Road. Then turn right onto Plattsburgh Road. Parking is available on Plumadore Road. Sign in at 236 Clubhouse.

Silver Lake Bog Trail

Unpaved, natural trail

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 Knoll Trail 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 (detour on left). Parking for the preserve is on the right.

Trail use key:
- Walking
- Biking
- Parking
- Benches
- Sunscreen
- Stroller accessible
- Wheelchair accessible
- Dog friendly
- Bird watching
- Cross-country skiing

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.
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.