



2025

TrailLink Unlimited 

Guides



**Adirondack  
Rail Trail**  
*New York*



# Adirondack Rail Trail

New York

*Once completed, the Adirondack Rail Trail will connect the Adirondacks Region with 34 miles of recreational rail trail from*



Once completed, the Adirondack Rail Trail will connect the Adirondacks Region with 34 miles of recreational rail trail from Lake Placid to Tupper Lake and 56 miles in between Tupper Lake and Old Forge through the Adirondack Wilderness either accessible through rougher and more rural snowmobile trails or summer-only passenger rail service operated through the Adirondack Railway Preservation Society.

The Adirondack Rail Trail is 25.3 miles and runs between Floodwood Rd. in Saranac Lake and Lake Placid. The trail is composed of crushed stone, with small sections of asphalt. In Saranac Lake and near Lake Clear, there is a 15mph speed limit.

About the Route

Leaving off from the trail's easternmost endpoint in Lake Placid, and the largest town you will find on the route, the trail heads west. Lake Placid was also the home of the 1980 Winter Olympics. From Lake, the trail dips into the Adirondack Wilderness along a crushed stone surface, skirting alongside Ray Brook and traveling through the woods for most of its route before reaching Saranac Lake. Before heading north into the Village of Saranac Lake, the rail trail crosscuts the lake for Scarface Mountain, a popular hike in the region.

The 2.5 miles of the trail within the village of Saranac Lake are paved and pass by Lake Flower and downtown Saranac Lake, filled with restaurants, souvenir shops, and other worthwhile excursions

The short, 0.5-mile paved, section of the route in Saranac Lake is also known as the [Saranac Lake Recreational Path](#).

From Saranac Lake, the trail passes a number of lakes including Lake Colby, McCauley Pond, and Lake Clear. Little Rainbow Pond and its surrounding wetlands are a scenic highlight of the route, which the trail passes closely by. Another common site along the trail is large boulders, left behind from ancient glacier activity.'

The westernmost edge of the trail skirts the St. Regis Canoe Area, a wilderness area noted for its numerous wild paddling opportunities and ponds dotting the landscape.

The trail comes to its eastern end along Floodwood Rd., where there is also parking.

## Trail History

The New York Central Line Railroad, along which the Adirondack Rail Trail was constructed was originally built in 1892 by William Seward Webb. This passenger rail service originally carried users from Utica all the way north to Lake Placid through the scenic and wild Adirondack Mountains.



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**States:** New York

**Counties:** Essex, Franklin

Length: 25.3 miles

**Trail end points:** Floodwood Rd. (Saranac Lake)  
to Lake Placid Train Depot, 242 Station St. (Lake  
Placid)

**Trail surfaces:** Asphalt, Crushed Stone

**Trail category:** Rail-Trail

**Trail activities:** Bike, Wheelchair  
Accessible, Snowmobiling, Walking, Cross  
Country Skiing

## Parking & Trail Access

The Adirondack Rail Trail runs between Floodwood Rd.  
(Saranac Lake) and Lake Placid Train Depot, 242 Station St.  
(Lake Placid), with parking available at both ends

Parking is also available at:

- Saranac Lake Train Depot, 28 Depot St. (Saranac Lake)

See [TrailLink Map](#) for all parking options and detailed  
directions.



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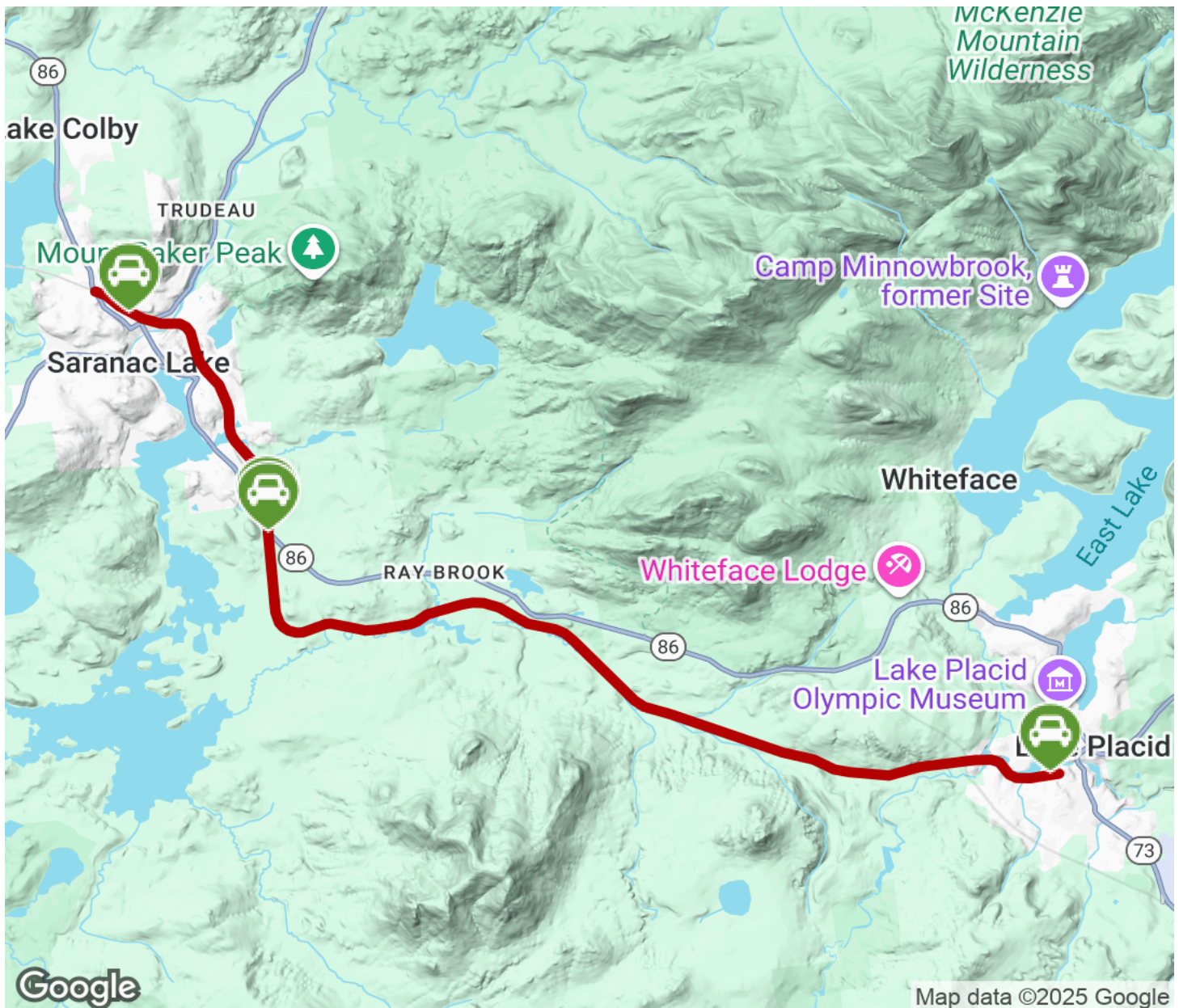
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# Adirondack Rail Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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