



2026

TrailLink Unlimited 

Guides   



**Spring Run
Trail**
New York



Spring Run Trail

New York

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Currently, the 1-mile Spring Run Trail extends between East Street just south of Excelsior Avenue and I-87, or the Northway, near Exit 15. Eventually, the trail will begin in Congress Park and run along city streets through High Rock Park to Warren Street. There are also plans to tunnel beneath the Northway so that the trail can carry on to the ice rinks and soccer fields on Weibel Avenue and eventually out to Bog Meadow Brook Nature Trail.

Though short, the trail is a pleasant jaunt along an old railroad bed by Spring Run, passing among wetlands and wooded tracts.



Spring Run Trail

New York

States: New York

Counties: Saratoga

Length: 1 miles

Trail end points: East Avenue (Saratoga Springs) to I-87/Northway, nr. Exit 15

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Inline Skating, Walking, Wheelchair Accessible, Cross Country Skiing

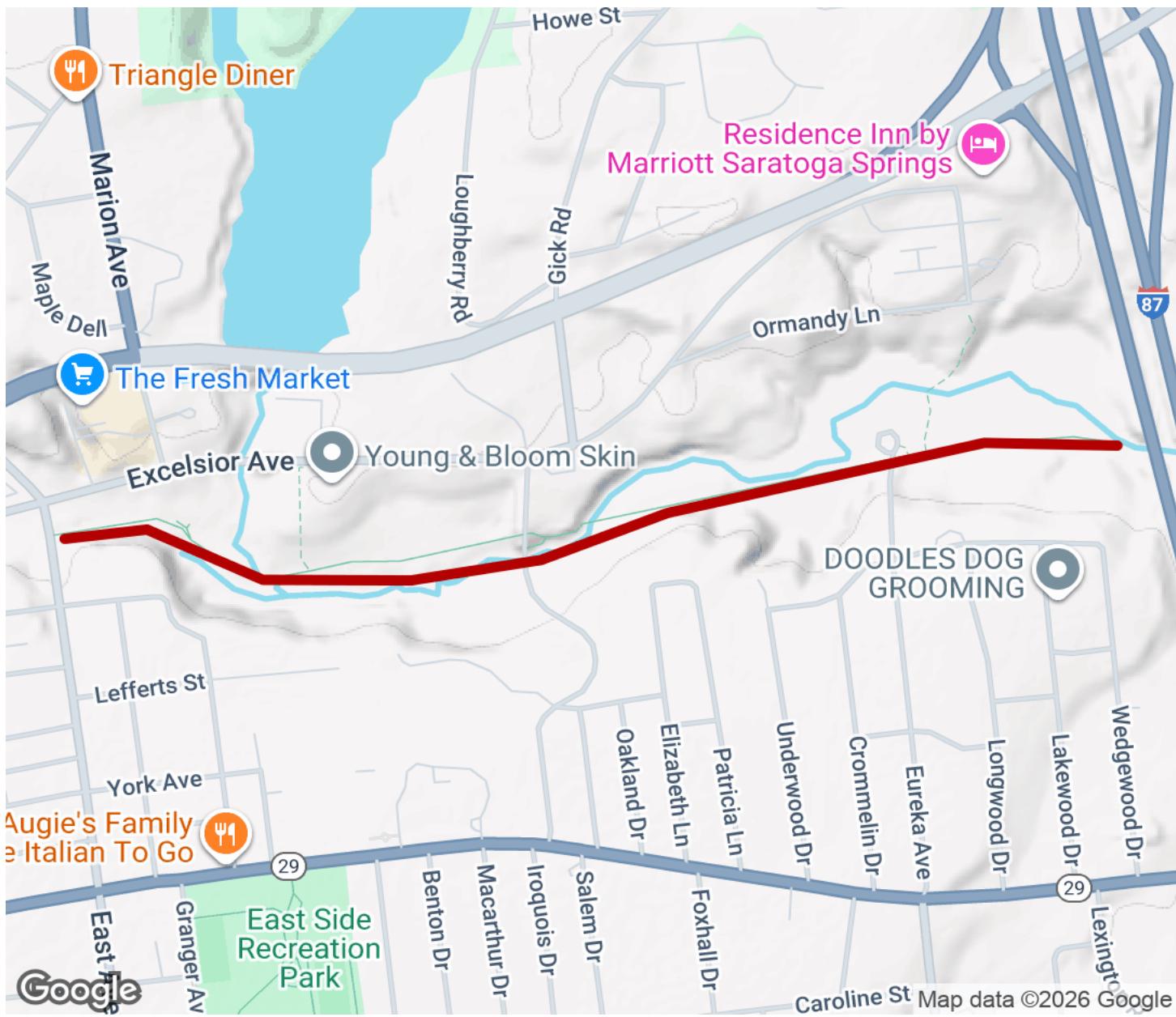
Parking & Trail Access

Access the Spring Run Trail from the intersection of East and Excelsior avenues.



Spring Run Trail

New York



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

[TrailLink.com](https://www.TrailLink.com)