



2026

TrailLink Unlimited 

Guides



Bog Meadow Brook Nature Trail

New York



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The initial 0.5 mile, from the start at Route 29, is smooth sailing. The trail is level and suitable for wheelchair use. For much of the rest of the trail, however, railroad ties remain visibly in place, making an uneven trail surface that is challenging even with a mountain bike. Pay attention to the posted warning that yellow jackets nest in the rotting railroad ties underfoot. If you have a bee-sting allergy, come prepared with emergency supplies.

At about 1.5 miles a handsome wooden boardwalk spans open marsh. The boardwalk and its benches provide a rare opportunity to be surrounded by wetlands, while keeping your feet dry.

The trail is maintained by volunteers of Saratoga P.L.A.N. (Preserving Land and Nature). The organization provides a trail-specific educator's guide with sample lesson plans and suggested activities for teachers and group leaders to borrow.

This out-and-back rail-trail's beautiful natural setting and informative signage invite visitors to appreciate the importance of wetland habitats. Located just east of downtown Saratoga Springs, the trail allows you to observe and learn about three distinct types of wetland: open marsh, wet meadow (with grasses, shrubs and small trees) and forested wetland (lush with moss and ferns among the trees). Kids may want to bring a fishing pole and drop a line from the bridge.

Enjoying all this wetland comes at a cost. Portions of the trail may be damp, even in dry weather, and after a heavy rain the trail can be downright messy. Think of it this way: the soft surface makes it easier to spot tracks of deer and other animals that have crossed the trail.



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States: New York

Counties: Saratoga

Length: 2miles

Trail end points: Lake Ave. at Old Schuylerville Rd. to Meadowbrook Rd./CR 65

Trail surfaces: Ballast,Dirt

Trail category: Rail-Trail

Trail activities: Fishing,Walking,Cross Country Skiing

Parking & Trail Access

To reach the Route 29 trailhead from I-87, take Exit 14 and head west on Union Avenue toward Saratoga Springs. Turn right onto Henning Road. At the intersection with Lake Avenue/Route 29, make a right. Go past Weibel Avenue; the trail and parking area is about 300 yards on your right.



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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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