



2025

TrailLink Unlimited 

Guides   



**Bloomingdale
Bog Trail**
New York



Bloomindale Bog Trail

New York

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The Bloomindale Bog Trail is located in the Adirondack Forest Preserve and is used by mountain bikers and hikers. The trail follows an old rail bed, and its southern segment runs through a bog. Beavers have dammed the stream, which requires walking your bike at one point, unless you want to get wet feet. Tree roots make for a bumpy ride, though the trail is mostly flat and suitable for beginner mountain cyclists.

Cyclists please give way to hikers; all users be warned of black flies and other bugs until late June or early July.



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Bloomingdale Bog Trail

New York

States: New York

Counties: Franklin

Length: 16miles

Trail end points: Lake Kushaqua to State Route 86/Harrietstown Rd. (Lake Colby)

Trail surfaces: Dirt,Gravel,Sand

Trail category: Rail-Trail

Trail activities: Mountain

Biking,Walking,Cross Country Skiing

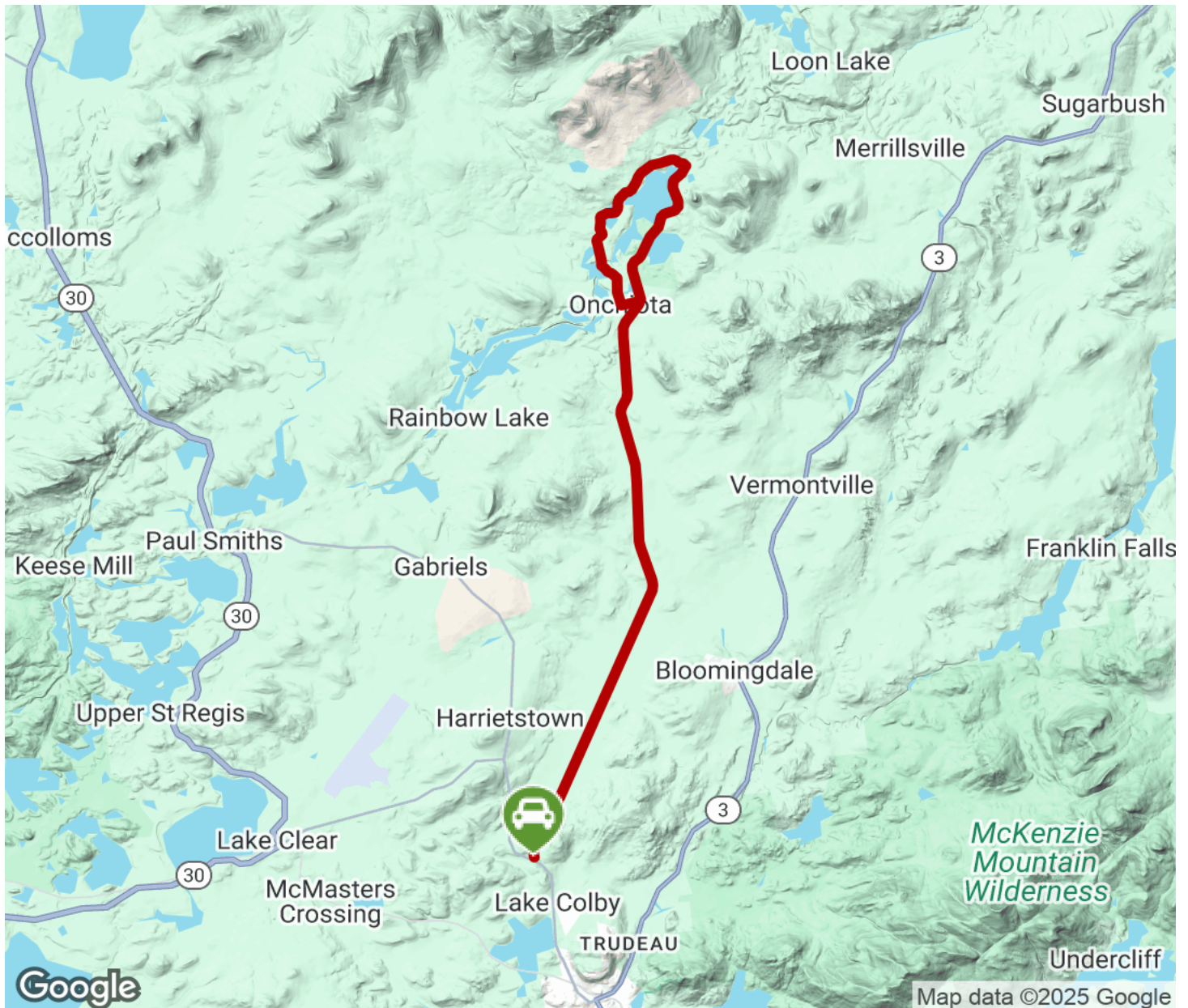
Parking & Trail Access

Access the Bloomingdale Bog Trail about 1.3 miles north of the Adirondack Medical Center in Saranac Lake. Turn right on dirt road off NY 86, bear left and park at the gate. Parking is also availble at the northern end off CR 60/Gabriels-Onchita Road.



Bloomingdale Bog Trail

New York



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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