

WELCOME TO THE LAKE LONELY TRAIL!

The Lake Lonely Trail is located at Saratoga National Golf Club's southeast end and brings visitors through a lovely forested area. The 1/2-mile trail ends with a beautiful view of the Lake Lonely northern shore; here, users can also utilize a platform viewing area to rest or enjoy a picnic lunch. The trail is open year-round and is perfect for young children or those who prefer shorter hikes. The Lake Lonely Trail is the result of a partnership between the Open Space Project (now Saratoga PLAN) and the course developers. It is owned and maintained by the Saratoga National Golf Club.

What is Letterboxing?

Letterboxing is an old English tradition dating back to 1854 where people began leaving a self-addressed post card or note in a jar, hoping for them to be returned by mail by the next visitor. Today we've adapted this English tradition and put it to use on Saratoga PLAN's nature preserves and trails. Each preserve has a letterbox that gives adventurers an exciting opportunity to explore our preserves and have fun while doing so. When you find the letterbox, take the stamp from within the letterbox and mark your PLAN Preserve Passport (be sure to leave us a note in the notepad as well!). Once you have collected at least five stamps (or listed three species observed during each visit) stop by PLAN's office at 112 Spring Street, Room 202 in Saratoga Springs for a FREE Saratoga PLAN t-shirt!

We hope you enjoy your letterboxing experience on this trail. Interspersed within the clues *in italics* are natural history observations for those interested. For example:

If you are visiting the trail during the spring or summer, you may notice hundreds of green plants sprouting in the wetlands that surround the trail; these are called skunk cabbage.

LETTERBOX CLUES FOR LAKE LONELY TRAIL

Whether you're walking, running, or skipping:

- This trail begins from the parking area off of Union Avenue, just left (south) of the Saratoga National Golf Club main entrance. The parking area is enclosed by a white fence and a large black gate.**
- Leaving the parking area, walk along the woodchip path between the gap in the fence that is just left of the black gate, being sure to 'hug' the woods that are on your left. Following in this direction, a path that enters into those woods will appear; follow it.**
- Walking down this path, you will soon come to a long wooden bridge that goes across a stream.**
This bridge crosses over the Bog Meadow Brook. Keep an eye out for minnows and snapping turtles!
- After crossing over the wooden bridge, continue down the path. You will see thick woods on your right, and stalks of tall grasses on both sides.**

- The path will eventually curve around to the right and then make its way across a series of bog bridges; follow it as it does!**
- Take a moment to listen. Can you hear birds chirping, creatures rustling, or bees buzzing? Name at least two sounds that you can hear.**
- As you continue on your journey, you will eventually come to an intersection with a trail that leads up to a set of wooden stairs. This trail leads off of the golf course's land; please be mindful not to trespass by continuing on your current path.**

The land that this trail is on is owned by the golf course and is protected by a conservation easement held by Saratoga PLAN. A conservation easement is a legal agreement that helps ensure that a property's conservation values (its natural habitat, water resources, wildlife, etc.) stay protected over time.

- Can you see a large bump in the trail? This is a metal culvert that allows water to travel beneath the trail. Go over it; you are now close to your destination!**
- A large body of water will be coming into view ahead of you. Can you guess its name?**

You probably guessed it: this is Lake Lonely. This lake is approximately 145 acres in size. The water from this lake travels into Saratoga Lake and eventually makes its way down Fish Creek and into the Hudson River!

- You will see a platform that overlooks the lake, but just before it is another trail that leads off to the left. This trail leads to another private area; please be careful not to trespass.**
- Hop up onto the platform and gaze out over the lake. You're so close to the letterbox now! Begin your search, looking high, and looking LOW.**

GREAT WORK!

We hope you enjoyed your letterboxing adventure at the Lake Lonely Trail. Be sure to stay awhile and enjoy the view from the overlook. Before you get ready to leave, please be sure to leave the letterbox as you found it, and head out the way you came in.

The mission of Saratoga PLAN is to steward and protect farms, forests, and waters of the Saratoga region and the southern Adirondack foothills – now and forever. To learn more, please visit us at www.saratogaplan.org.

Thank you!

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