



## CAPITAL-SARATOGA

### NEW DEVELOPMENTS

For the first time ever, the [Belmont Stakes](#), the third leg of horse racing's Triple Crown, took place in Saratoga Springs at Saratoga Race Course, the oldest continuously operating racetrack in the country. The four-day [Belmont Stakes Racing Festival](#) featured 23 stakes races with the richest purses since the launch of the multi-day festival in 2014. The festival will return to Saratoga Springs again in 2025 while Belmont Park undergoes a \$1.3 billion redevelopment project. Racing fans will have many other opportunities to enjoy the [Saratoga Race Course racing season](#), which runs July 11 through Labor Day. Visitors can stay at [The Adelphi Hotel](#) which recently completed a remarkable [expansion of 33 brand-new guest rooms and suites](#), bringing the total number of rooms to 65 by incorporating the historic Rip Van Dam hotel, a 19th-century gem. Significant modifications were made including adding accessible ramps and elevators to make it easy for everyone to navigate the floors and gardens. Celebrate the [100th Anniversary of NYS Parks](#) by visiting [Saratoga Spa State Park](#); visitors can earn prizes for completing activities in the [Centennial Challenge](#) throughout the year.

### DESCRIPTION

From Saratoga's famous horseracing, polo and bubbling mineral springs to historic battlefields and the magnificent state Capitol in Albany, the Capital-Saratoga region combines a rich heritage with fast-forward fun. Settings throughout offer distinctive attractions for travelers. Schenectady's [Stockade District](#), for instance, features one of the largest collections of colonial houses in the U.S. Troy is known for Victorian architecture, which served as a backdrop for the HBO series "The Gilded Age," and features more Tiffany windows per square mile than any other place in the world.

[Saratoga's mineral springs](#) have been revered for their healing properties and therapeutic effects for over 200 years, drawing in visitors and tourists. Additionally, Saratoga Springs is home to the historic [Saratoga Race Course](#), which first opened in 1863 and is known as one of the oldest racetracks in the United States. Saratoga Downs is a highlight of the year as it attracts racing enthusiasts during the season.

[Saratoga Battlefield](#) is a historic site that played a pivotal role in the American Revolution. It is famous for being the site of two battles in 1777 that marked a turning point in the war and ultimately led to the surrender of British General John Burgoyne.

Active travelers can dip into the sandy swimming beaches of 29-mile-long [Great Sacandaga Lake](#) and at [Grafton Lakes](#) and [Thompson's Lake](#) state parks as well as hike or bike portions of the 750-mile-long [Empire State Trail](#). There is boating on the Hudson and Mohawk rivers and fishing on close to 50 lakes and famed streams.

Nature centers are numerous as well, such as the [Wilton Wildlife Preserve & Park](#), home to the federally endangered Karner blue butterfly, and the [Berkshire Bird Paradise](#) in Petersburg, which offers close looks at over 100 avian species. Downhill ski areas include [Maple Ski Ridge](#), [Royal Mountain](#) and [Willard Mountain](#), and the [Pineridge Cross-Country Ski Area](#) in East Poestenkill has trails up to 1,746 feet in elevation.

Fashioned in the style of a French chateau, the [New York State Capitol](#) in Albany is a marvel of late 19<sup>th</sup>-century architectural grandeur that took 25 years and five architects to complete. Tours highlight ornate details like the "Million Dollar Staircase" carved with 300 portraits of famous New Yorkers. [Proctors Theatre](#) in Schenectady is a destination for year-round entertainment, with beautiful 1926 architecture highlighting smash Broadway musicals, live music and movies, while the [Saratoga Performing Arts Center](#), an open-air amphitheater in [Saratoga Spa State Park](#), presents classical, country, rock and pop stars, as well as its annual summer residents: the New York City Ballet and the Chamber Music Society of Lincoln Center.

Farm markets offer fresh local produce throughout the region, and diverse dining experiences include the famous [Dinosaur Bar-B-Que](#) in Troy. Wherever you enjoy it, don't be shy about requesting water at your table. What flows from the taps in Albany has been judged one of the five best-tasting waters in America.

## **GETTING THERE**

- 2-3 hours from NYC
- 5 hours from Niagara Falls
- 3-4 hours from Montreal
- [Albany International Airport](#) accessible from I-87, I-90 (NYS Thruway), I-87 (Adirondack Northway), I-88 and Taconic Parkway

## **COUNTIES**

Albany, Fulton, Rensselaer, Saratoga, Schenectady, Washington

## **MAJOR CITIES & TOWNS**

Albany, Cambridge, Cohoes, Gloversville, Johnstown, Nassau, Rensselaer, Saratoga Springs, Schenectady, Troy, Watervliet, Whitehall

## **CLIMATE**

The diverse climate of New York State has four distinct seasons. Summers in the Capital-Saratoga region are comfortable and warm, with daytime temperatures averaging in the mid-70s to mid-80s (degrees F.) and cooler evenings. The weather is moderately cool and sunny in springtime and autumn, when spectacular fall foliage attracts thousands of visitors. Cold, snowy winters create a wonderland of magnificent scenery in historic cities and villages.

## **FURTHER INFORMATION**

For more travel ideas and information, visit [iloveny.com](#) or Capital-Saratoga's regional website: [capital-saratoga.com](#)

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