Lake Placid



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"Lake Placid shines with luxury resorts, a lively village atmosphere, and a dizzying array of outdoor activities. During the summer, there's boating, swimming, and walking around pristine Mirror Lake, while winter brings out the big dogs: skiing, snowshoeing, fat-tire biking, dog sledding, and ice skating - the open-air Olympic Oval rink looks largely the same as it did in 1932, and it's simply magical."

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For more information, go to LakePlacid.com or call 518-523-2445.

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Welcome!

We are so excited that you've chosen to spend time with us. Whether you're here for just a few hours or a few days, we want you to have a perfect day. Everything you'll find in this guide should help you learn more about our area, plus help you plan how you want to spend your time here. We have many, many options for adventure, relaxation, dining, and shopping, all of which combine to create the perfect vacation.

Now, it's time to meet Lake Placid!



Perfect attractions

Everybody's perfect day is different. What's yours? Luckily, Lake Placid, Keene, and Keene Valley's various activities and attractions are so abundant that you can create the day that is perfect for you. We have adventures ranging from dog sled rides and snowshoe trails to mountain coasters. You can paddle, swim, soak at a spa, rock climb, hike the highest peaks in the state, and ski and ride an Olympic peak! Speaking of the Olympics, don't miss out on visiting the Olympic Legacy Sites, where history meets modern-day, worldclass competition. From tours to careening down the bobsled run, this is the perfect place to embrace your inner Olympian. Here, you don't have to be the fastest or the strongest to have a great time.

Perfect lodging

No matter how you spend your day, whether on the trails, at the ski jumps, or in the spa, you want to end the day in comfort. When you want to settle in for the night, Lake Placid's inns, hotels, motels, and resorts are ready; they're all distinctive, full of personality, history, and cool amenities like pools with scenic views, game rooms, private beaches, and more. You can go for a retro motel or a lux resort; the choice is up to you.





Outstanding shopping and dining

Pro tip: make time for shopping and dining! You're on vacation, so you want to take your time. Relax while having a long lunch overlooking Mirror Lake, savor multiple courses of fireside fine dining in Keene, or indulge in legendary pie in Keene Valley. We're foodies by nature and love sharing local flavor. Plus, you'll want to build up energy for adding shopping to that perfect day you're having. Lake Placid is full of great shops that have unusual, unique, and often totally one-of-a-kind offerings. Where else can you buy a moose statue, an autographed book by an Olympian, handcrafted chocolates, an oil painting, and a new bike all in one spot, in one day?

All are welcome here

When you spend time in Lake Placid, you'll learn that this is a community made up of people from all over the globe, with a variety of backgrounds, cultures, experiences, ethnicities, abilities, and more. You belong here too. Lake Placid has always welcomed the world and we cherish all that each person brings. It's part of what makes Lake Placid so special. If you have any doubts about whether or not you're welcome here, we're here to say yes, you are! To learn about all the accessible fun Lake Placid has to offer, please visit LakePlacid.com/Accessible or give us a call! We love to help plan the perfect day that meets your needs.





Lake Placid is nestled within the heart of the Adirondack Park, a unique Forest Preserve that is larger than Yellowstone, Yosemite, Grand Canyon, Glacier, and the Great Smoky Mountain National Parks combined. The border of the park — called the "Blue Line" — surrounds over 6 million acres of privately and publicly-owned land that is protected under the New York State constitution. There's no fee to enter, and the park never closes. In fact, it's home to more than 130,000 year-round residents.

For generations, Lake Placid and the Adirondacks as a whole have been treasured by many as a beloved vacation destination, a place where people are able to experience wilderness and enjoy countless opportunities for adventure, exploration, and fun. In fact, the term "vacation" was coined in the late 1800s when urbanites would escape the stifling heat of the city for the cool clean air of the mountains. Thanks to over a century of conservation efforts, the tradition of leisure and exploration here continues today, but the story could have gone much differently.

Recorded human activity in the Adirondacks dates back thousands of years, with Native American people hunting and fishing throughout the region. As European immigrants arrived, highly valuable pine was harvested from the dense forests. Over time, and as logging continued in the region, clearcutting of the forests became a growing concern, and in 1894, the Adirondack Forest Preserve was established as a constitutionallyprotected Forever Wild area. Of the Adirondack Park's 6 million acres, 2.6 million acres are now owned by New York State. The remaining 3.4 million acres are privately owned. The region's mix of public and private land allows both conservation and civilization to thrive.

Soon after the formation of the Adirondack Park, a new industry began — tourism. Sprawling nature-themed 'Great Camps' began to appear in the wilderness. Lake Placid and the Adirondack Mountains became a playground for the rich and famous. Names like Rockefeller, Roosevelt, and Coolidge pepper the records of visitors, as well as countless authors, artists, movie stars, and celebrities.

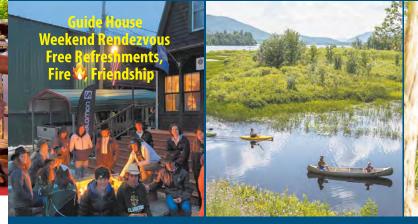
With the dawning of the age of the automobile, suddenly a trip to the Adirondacks wasn't just for the upper class. Outdoor activities like hiking, camping, paddling, and fishing exploded in popularity in the mid-twentieth century — and so did vacationing in the Adirondacks. Lake Placid led the way in hosting the fun and excitement of outdoor activities in winter, popularizing the Adirondacks as a year-round recreation destination. A beautiful blend of protected wilderness and welcoming communities makes the Adirondacks a unique haven for residents and visitors. It's the responsibility of everyone to make sure that the rugged beauty of the Adirondacks is protected and treasured for future generations. Together, the small actions everyone takes can make a world of difference to keep the Adirondacks forever wild.





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Spring Forward: A Season of Renewal

Spring is the season of renewal, and there's no better time of year to experience Lake Placid. The face of the landscape shifts, sometimes seemingly overnight, from the blue hues of winter to a vast array of color. As the season advances, waterfalls rush with snowmelt and the forests burst with life and activity. With a region so packed with attractions and activities to enjoy both indoors and out, there is no place you'd rather be to invent your own perfect day!

Play all day

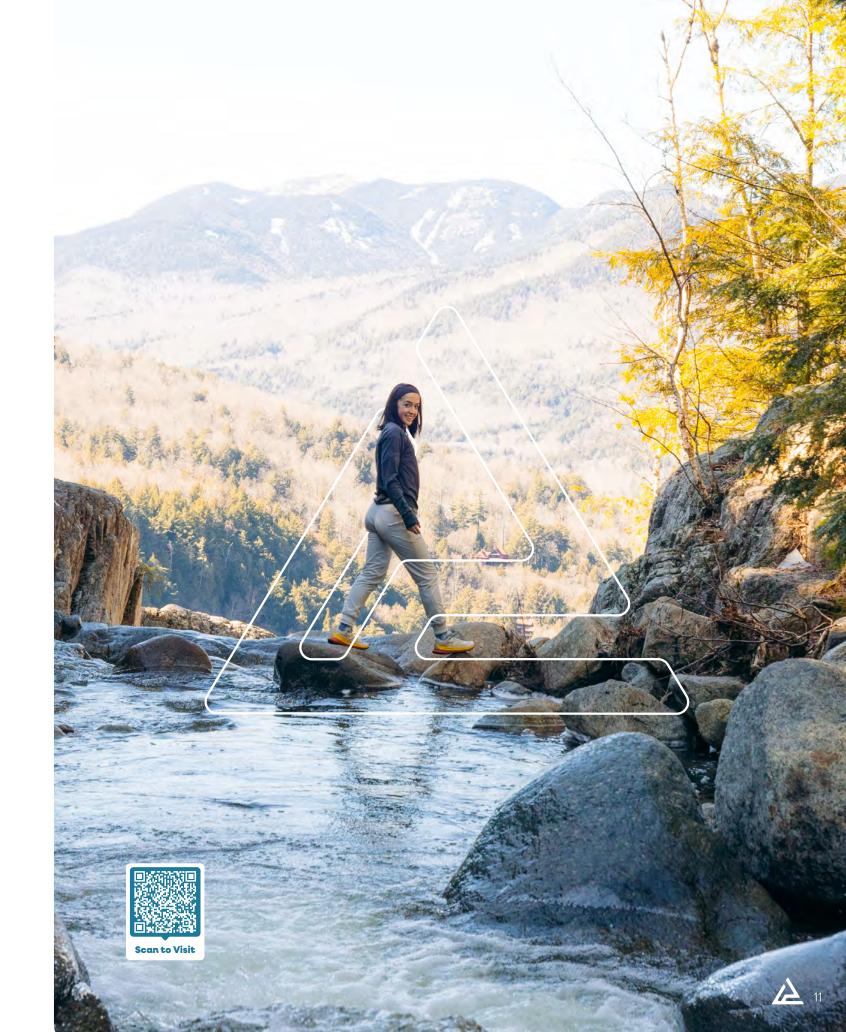
You don't have to work hard at finding ways to play hard in Lake Placid. There are tons of opportunities to play all day in this Olympic town! Whether you're hitting the slopes on a bluebird day at nearby Whiteface Mountain, getting in an early round or two at one of the local golf courses, or frolicking in the springtime woods, you'll find the perfect opportunity to end your day feeling blissfully worn out. Lake Placid has plenty of options for low-key mode as well, and a lovely main street lined with unique shops where you can find everything from Adirondack keepsakes and art to books and sporting goods.

Discover something new

Making plans for outdoor activities can sometimes be difficult during this season when the weather can be fickle and hard to predict. Fortunately, Lake Placid is loaded with great things to discover around every bend. A few can't-miss attractions include the Lake Placid Olympic Museum and John Brown Farm, or check out the new rock climbing center at Mt Van Hoevenberg. The beauty of Lake Placid is that when the weather won't cooperate, there's always something to do or discover indoors.

Timing is everything

Spring is the perfect time of year to take advantage of seasonal specials offered by many of the local hotels, restaurants, and spas. Indulge in a wine or beer tasting, a special dinner, a room with an amazing view, or a spa experience. Don't hold back - treat yourself! After months of scraping ice and shoveling snow, you've earned it!



Summer Breeze

PERFECT SUMMER DAYS AHEAD!

Lake Placid is a mountain town packed with activities and attractions for the perfect summer. Roads wind around and among lakes, with mountain views at every turn. History is everywhere, as is endless outdoor and indoor adventure. An array of unique shops, attractions, special events, and restaurants offer fresh discoveries around every corner. It's a place where a love for the outdoors and the natural beauty of the Adirondacks is front and center. It's where families of all shapes and sizes can make memories together, couples can find romance, and where the opportunities for fun are as plentiful as the mountains.



#PerfectD

Play by day

Let's be honest: you didn't come to Lake Placid to sit in your hotel room and watch TV. No, you came here to experience the best of the Adirondacks! The Adirondacks have a legacy of being a vacation destination, from the very first travelers to the modern families of today. The common theme has always been a love for the outdoors. And that makes sense because there's a lot of outdoors here! Whether you're an active family, a solo hiker, or a couple on their honeymoon, you won't be bored here.

Is canoeing or kayaking your thing? Perfect! There are over 3,000 lakes and ponds in the Adirondacks, many not far from the village of Lake Placid, waiting for you to dip your paddle in the cool waters. Hiking? That's here too, with trails that range in difficulty from mellow and gentle to long and challenging. Road cycling and mountain biking? Some of the best spots around are in or near Lake Placid! When the sun sets, relax with a night out, visiting a brewpub or sipping on a creative cocktail while mixing with visitors and locals alike. No matter what you want to do, there's always something to keep you active in Lake Placid.

Make a splash

Lake Placid is a village steeped in nature, and few things make that more evident than Mirror Lake. Its sparkling water beckons from behind the downtown buildings, loons float alongside kayakers, and standing on the lake's shore reveals stunning panoramic views of the High Peaks. And like any good Adirondack lake, there are a number of ways to enjoy it. Think canoeing, swimming, fishing, paddleboarding, and simply walking around it. There's even a free weekly concert series called Songs at Mirror Lake in the summer, which takes place right on the shore in Mid's Park, so you can find a spot on the terraced lawn or paddle up in a canoe, kayak, or stand up paddleboard for the best seat in the house! Remember, gas-powered boats are not allowed on Mirror Lake. So, grab your SUP or rent a hydrobike and make a splash this summer!

Centrally located for summer fun

The Adirondacks are a big place, 6 million acres to be exact, but the wide variety of attractions in town or just a short drive away makes Lake Placid easily accessible, especially for families in summer. The nearby communities of Wilmington, Saranac Lake, and Tupper Lake also boast many family-friendly activities and attractions. With Lake Placid as your base camp, you can make the most out of exploring the area.





Autumn in Lake Placid: Where Flannels **Meet Fall Colors**

It's always hard to let go of summer, but the colorful fall season makes the goodbye a little easier. Lake Placid is the perfect place to enjoy nature's dazzling display. Fall comes early here, so as soon as September hits, get ready to grab your favorite flannel or cozy sweater and embrace the season with its crimson reds, golden yellows, and vibrant oranges. Here are some options to get you started.



#PerfectDavADK



Mid's Park

Don't miss a single second of fall's fiery display. Grab food to-go from one of the restaurants downtown or pick up a hot beverage and sink into an Adirondack chair at Mid's Park. It's the perfect place to enjoy al fresco lakeside dining this fall.

Scenic touring

Fall may be the best time of year for a scenic drive, boat ride, or plane trip. Boat rentals allow you to cruise the pristine waters of Lake Placid amid autumn's vibrant colors, while the historic roads are designated scenic byways with big "ooh! ahhh!" views all around. When it comes to the ultimate view, be like a migrating bird and hop aboard a scenic flight at the airport.

Olympic **Jumping Complex**

Enjoy summit views without the effort. Climb aboard a short gondola ride, followed by a glass-enclosed elevator ride, which ends at an observation deck atop the 128-meter ski jumping tower. The panoramic vista of the Adirondack Mountains and village of Lake Placid is all the more breathtaking with the glorious fall colors extending as far as the eye can see.

The Notch

No trip to Lake Placid would be complete without driving through "The Notch," the section of Route 86 between Lake Placid and Wilmington. Windy roads hug the West Branch Ausable River with huge cliff faces towering overhead. You might spot a bear or even a moose at one of the small parking pull-offs, so don't forget to bring your camera. Take the adventure to the next level by continuing on to the Whiteface Veterans' Memorial Highway, which winds its way up the fifth-highest peak in the state. Epic views await at the summit!



Cozy up to Winter

16 Invent your own perfect day at LakePlacid.com

PerfectDayADK

Create your perfect winter getaway in Lake Placid. Fill your days with nostalgic snowshoeing, enjoy views of the Adirondacks blanketed in snow from atop Whiteface Mountain, or simply sit back with a mug of craft cocoa in the lodge. Ski until your legs give out, then take in the charms of a classic mountain town as you recover on Main Street. The cold months are beloved here, but preparing for the unique temperatures and weather forecasts is essential to making the most of your winter stay. Remember proper gear on your hikes, sled rides, and ski days to ensure plenty of winter fun all season long. So get out, explore, stay warm and make this winter perfect!

Ski the sights!

Skiing, in all forms, is woven into the fabric of Lake Placid. Once a blanket of snow falls over the trails, the opportunities are endless. From gentle cross-country ski trails to steep slides down the epic Whiteface Mountain, the Adirondacks are a skier's dream, and Lake Placid is located right in the center of them! Ski through the rolling hills of the trail systems surrounding town. Try your hand at the biathlon course. Everyone from beginners to experts will enjoy a day on the iconic slopes of Whiteface Mountain, where you can choose from family-friendly greens, cruisy blues, and challenging black diamonds. At the end of the day, wind down with some other incredible winter experiences.

Skating of Olympic proportions

It's only fitting that the home of the Miracle on Ice would be full of places to skate. Want to go fast? The historic Olympic Speed Skating Oval offers rentals and skating under the lights! Or ask about open skate hours at either the 1932 Jack Shea or 1980 Herb Brooks Olympic Arenas. Relive the Olympic Legacy! For more fun, once the ice is thick enough, head to the heart of downtown and check out Mirror Lake! Mirror Lake offers outdoor, all-day, fulllake loops and skating on the open ice.

Fun on Mirror Lake

Dog sled rides and toboggan slides might not be your first thought when you think of a day on the lake, but Mirror Lake comes alive in late winter. On days when the ice is thick enough for safe recreation, take a thrilling slide down the toboggan chute, or load up the dogsled and catch a ride around the lake. There's also plenty of space to fit in a game of pond hockey while you're out! Tucked into the heart of town, Mirror Lake is one of the best places to create your perfect winter day.

A perfect Main Street

Take a stroll down Lake Placid's charming Main Street. Unique shops filled with artisan crafts, clothes, outdoor gear, and snacks line the street. Stop in for a look, or sit by the fire for a cozy meal or drink. With historic Olympic sites and Adirondack Mountains as your backdrop, a walk through town can't get any better.

Being prepared equals having more fun

The right gear and warm clothing makes all the difference when it comes to having winter fun!

Proper traction is essential to winter travel in the Adirondacks. In fact, skis or snowshoes are frequently required for any backcountry adventures in the winter months. The extra surface area on the snow will make your trip not only safer, but more fun as well! In snowy conditions, skis or snowshoes will prevent you from postholing, or sinking your feet deep into the snow with every step. This makes moving on trail safer, faster, and much more enjoyable for you and those who come after you.

For icier conditions, such as mountain summits, microspikes offer better traction than snowshoes or skis. They're small and packable, so be sure to throw them in your bag just in case.







66

"Whiteface lies at the heart of the protected Adirondack State Park – only minimal development has been, or will ever be, allowed. In short, there are no condos, villages or elaborate homes – and no pretense. Just terrain, and plenty of it. In the East, Whiteface is second to none in terms of vertical drop: [3,430 feet], skiable in a single run, if you care to do it."





Skiing and snowboarding

Whiteface Mountain creates an iconic silhouette against the sky over Lake Placid. Make the short scenic drive yourself or catch the free shuttle from town. This Olympic mountain is a skiing and snowboarding paradise. Boasting 3,430 feet of vertical drop, Whiteface has the greatest slopes in the East. 25 miles of terrain spread across 94 trails and three peaks. Beginners will find plenty of fun terrain no matter their skill level, and experts will be thrilled by steep runs, slides, glades, and terrain parks to test their edges on. Add in the cozy gondola, plenty of slopeside amenities, and the best scenery imaginable, and you've got yourself a world-class ski resort.

Bear Den Learning Center

Everyone should be able to experience skiing and snowboarding in the Adirondacks. That's why the Bear Den section of the mountain is dedicated to learning and improving your skills in the safest way possible.

Professional instructors, its own lodge, beginner-friendly chairlifts, and a magic carpet make Bear Den the perfect place for beginners and families. Plus, The Notch chairlift, which opened in 2023, now allows those skiing at Bear Den access to more terrain on the upper part of the mountain.

Glades

From the low-angle, open trees at Hoot Owl, to the steeper pockets of fresh snow at Slide View, skiers and boarders of any level can find tree skiing to enjoy.

Skiing the east coast trees is a great way to add a little adventure to your lap, but be sure not to overstep your skill level. These areas are more suited for intermediate and expert skiers and riders.

The Slides

Whiteface Mountain offers the only lift-accessible, off-piste skiing on the East Coast. These natural backcountry lines are the proudest on the mountain! Opened under the ski patrol's discretion, this expert-only terrain is a unique experience for skiers and riders with the skills to drop in. Be prepared, you'll need to have appropriate avalanche gear and a buddy!

Terrain parks

Here for the features? Whiteface has five terrain parks filled with boxes, jumps, and rails of various sizes, depending on your skill level. Start small in the Flying Squirrel park, and head to Ausable Run (intermediate) and Bear (advanced) when you're ready to take your tricks up a notch.

Après-ski

The good times don't stop when the skis hit the rack! Whiteface offers amazing slopeside pit stops to refuel and get you ready for the next lap. Find yourself craving a mid-run snack? Stop by the Legacy Lodge for food, drinks, and a place to sit while you take in the views. Is live music your thing? Check out the Whiteface Mountain event calendar before you go, and listen to some music after your runs!



the long way down

Take

Want to get the most out of your lift ride? Whiteface Mountain's longest run, the Wilmington Trail, can give you just that. With 2.1 miles of sweeping turns and mountain vistas, this run from the top of Lookout Mountain is a local favorite.

Starting below the summit of Whiteface itself, the Lookout Mountain Chair has spectacular views of snowcapped peaks and distant Lake Champlain. After a few turns on this stellar, intermediate trail, the sky opens up to the gorgeous Adirondack High Peaks. Ski this winding run over several mellow headwalls, through a moderate narrow section, and down to the base to jump back on the lift and get out for more!

This run is great for fresh groomers in the early morning, or for weekdays with the trail all to yourself.



the joy of simple movements, and the long legacy of athletes and explorers that called Lake Placid home.





The beauty of cross-country skiing in the Lake Placid area is that there are enough trails to keep you skiing throughout the winter, and enough variations in terrain that you'll never be bored. From groomed cross-country ski centers to untouched backcountry thrills, the Nordic skiing here is incredible, and it's one of the best ways to experience winter in Lake Placid. The groomed trail networks make getting out a snap, and warmth and food are never far. Cross-country ski centers are also great places to try skiing, rent equipment, get some pointers from the staff, and master the basics on wide, well-maintained paths.

Ski dreams come true

Minutes from downtown, you'll find groomed trails at Mt Van Hoevenberg, where you can cross-country ski on the same trails as Olympians, and at Cascade Welcome Center, which is owned and operated by the Adirondack Mountain Club. Seasoned skiers and those new to the sport will appreciate the services and amenities, variety of well-maintained trails, and tasty après ski hot cocoa offered at both ski centers! Scotts Cobble Nordic Center features groomed trails on a lit trail network for magical night skiing with motion-detector lights.

Scan to Visit



"Nordic skiing in Lake Placid is more than just a sport; it's a cherished ritual that reconnects me with nature. Every winter is an eagerly awaited adventure."

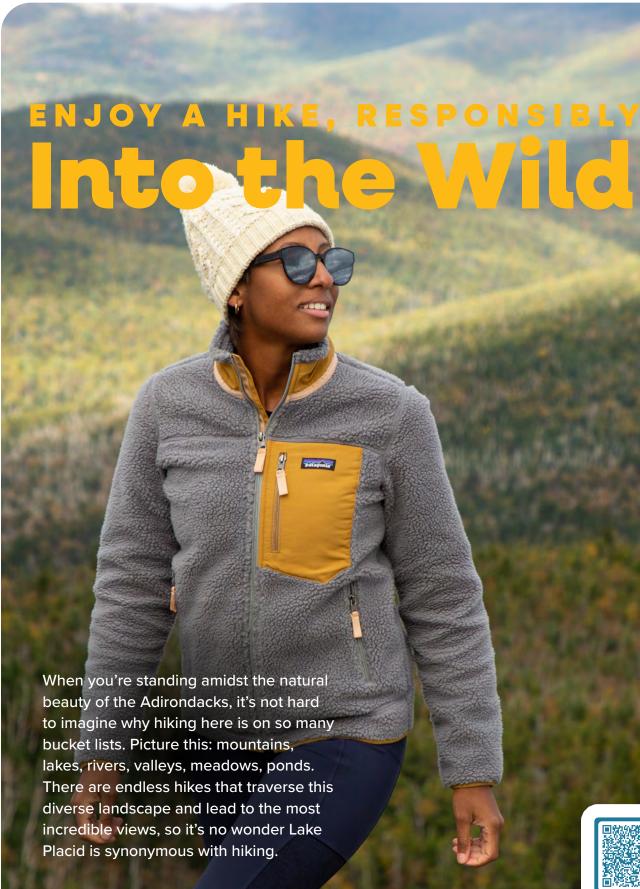
> — COLIN DELANEY, NYSEF SKI JUMPING/ NORDIC COMBINED HEAD COACH

Explore more

The Lake Placid snowglobe offers great options for taking your skis into the backcountry as well! Trail networks at Heaven Hill, Henry's Woods, and the Brewster Peninsula Trails are perfect for families. Also, don't miss the newest addition to accessible Nordic skiing, the Adirondack Rail Trail! A nine-mile section of the trail runs between Lake Placid and Saranac Lake and offers great beginner skiing; just be aware that the trail is shared with snowmobiles. More advanced skiers will enjoy more remote backcountry routes like the Jackrabbit Trail or Avalanche Pass.

With so many trails in and around Lake Placid, it's possible to plan an entire vacation around crosscountry skiing. So grab your skis, poles, and a thermos of hot chocolate and hit the trails this winter!







LOVE YOUR

Love Your ADK is a pledge, a commitment to support the values of Leave No Trace. Millions of people visit the Adirondacks each year, many of them outdoor recreationists. By pledging to Love Your ADK, you commit to protecting the lands, waters, and communities everyone knows and loves. For hikers, that means staying on the trail to prevent erosion, viewing wildlife from a distance, sharing respectful and educational messages online, and much more. A big part of the Love Your ADK pledge is to be prepared.

In addition to a backpack and proper footwear, make sure to pack these 10 essentials for every hiking adventure:

- Navigation: map and compass
- Insulation: waterproof/ windproof jacket and pants and extra layers
- Light: a headlamp and extra batteries
- First-aid supplies Emergency kit: whistle, duct tape, multi-tool, trowel, toiletries

Fire: lighter, matches, and fire starter

- Food
- Water
- Sun and insect protection
- Emergency shelter

Hike smarter, not harder

The ever-popular 46 High Peaks tower above the horizon on the outskirts of town. Yes, the 46 High Peaks are special. You know them, you love them. But, truth be told, there are loads of adventurous hiking options to choose from, all memorable in their own special way! In fact, the best-kept secrets in the Lake Placid hiking world are the lower elevation hikes. Many of these shorter, family-friendly hikes will bring you stunning panoramic views and leave you with a new appreciation for the grandeur of the landscape (and also with plenty of energy left for added adventure throughout the rest of your day!). Remember, shorter doesn't mean easier, you'll want to prepare for a shorter hike just as much as you would a longer hike!

the door."

Choose the right hike

One of the most important rules of hiking (besides having fun) is to choose a hike that's right for you. While an extra-long High Peaks hike with thousands of feet of elevation gain might sound adventurous and thrilling, it may not be a realistic goal for you right now or for the beginning of your hiking season. Keep safety in mind and know your limits before embarking on a hike. Plan well, purchase a guidebook, map, and compass, and talk to local experts or hire a guide. Summer can be a busy time at trailheads, and local experts can also help you plan for alternate hikes in case of unforeseen challenges like difficulties finding parking. Each hike offers something different, unique, and satisfying.

"These mountains are really something special. A hike in Lake Placid isn't just a fun and exciting day on the trail — it's the guarantee of an experience that will give you greater appreciation for the beauty and vastness of the wilderness just outside

— ALEX, NYS LICENSED GUIDE





Looking for a Wheelie Great Time in Lake Placid? Come Play in the Dirt!

Lake Placid takes mountain sports seriously, and the region has been working hard on creating and expanding top-notch mountain biking trails that are suitable and immensely fun for beginner and expert riders alike. This mountain town is now one giant mountain biking playground waiting to be explored! The area is spoiled rotten with trail networks — seemingly endless, unique, twisting, and turning trails allowing riders to adventure as little or as much as they would like, typically without the long drive thanks to their close proximity to town and to one another. In Lake Placid, mountain bikers can stay and play in one fun-filled network, or connect surrounding trail systems for an epic day of riding.

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"There's no shortage of mountain bike trails in the Lake Placid region. The area's mountains provide constant changes in elevation, ultimately offering sweet downhill flows."

-@MOANDHANNAHTRAVEL

World-class competition

Looking for inspiration to up your riding? The UCI World Cup competitions will make their debut on the trails of Mt Van Hoevenberg in 2024! Witness all the action from close range as the top male and female riders in the world battle for position and take on the challenging landscapes of the course!

Meet the BETA crew

The mountain bike trails of Lake Placid are a local labor of love, the majority of them being built and maintained by a volunteer-based organization known as the Barkeater Trails Alliance (BETA). Find yourself riding at Loggers Loops or Lussi Trails in Lake Placid, and you'll see BETA's efforts first-hand. BETA organizes numerous trail-building days throughout the warmer seasons with volunteers collectively putting in thousands of hours of labor. Even more work goes on behind-the-scenes with volunteers consistently maintaining trails as different needs arise. With so much TLC going into the trails, the incredible scenery afforded every ride, and the variety of terrain offered at every turn, it's easy to see why the mountain biking culture in the Adirondacks has continually grown from year to year with no end in sight. The continued advocacy from the group within the context of continued growth, "Ride With Gratitude," provides the community and visitors with a stewardship-oriented mindset that will only serve to protect the land everyone recreates on.

So much to ride

New to mountain biking? The trails at Mt Van Hoevenberg, Henry's Woods, and Heaven Hill are a perfect place for any beginner to put their wheels down and see what all the fuss is about. For more seasoned riders who love riding technical trails and wooden features, the Lussi and Loggers Trails offer Lake Placid's highest concentration of single track. In the mood for a mixture of berms, rocks, roots, climbs, and descents? The Craig Wood and Scotts Cobble Trails were built on the side of an old ski hill abandoned in the 1970s, and they are awaiting your arrival.

No bike? No problem! You can rent everything you need from one of the local gear shops. Be sure to ask the staff about trail conditions and recommendations before heading out.

A new trail in town

Passing through forest and wetlands, the completed Adirondack Rail Trail segment between Lake Placid and Saranac Lake offers cycling enjoyment for all. Safe, easily accessible, and relaxed riding can be found on this multi-use trail. In 2025, riders can enjoy a full 34mile route.



FEATURED LOCAL STORY CASCADE WELCOME CENTER Welcome to Wildernes

Since 1922 the Adirondack Mountain Club (ADK) has been a dynamic leader in the Adirondacks. What started as an organization that spent time hiking and experiencing all the natural world has to offer has evolved over the years to weave responsible recreation and Leave No Trace ethics into all aspects of outdoor recreation. 100 years later, ADK began a new journey. The organization purchased Cascade XC Ski Center on Route 73, a local staple in the snowier months. The center was rebranded as Cascade Welcome Center and today is a hub serving ADK's mission and helping people get outdoors with the information they need to have a safe and enjoyable experience outdoors.

Located along a main thoroughfare into the High Peaks region, Cascade Welcome Center brings easy access to visitor information. It is open yearround, offering trip planning advice, cross-country skiing, environmental education programs, gear shopping, and more. The best part? All of this is less than 5 miles from downtown Lake Placid!

Winter exploration

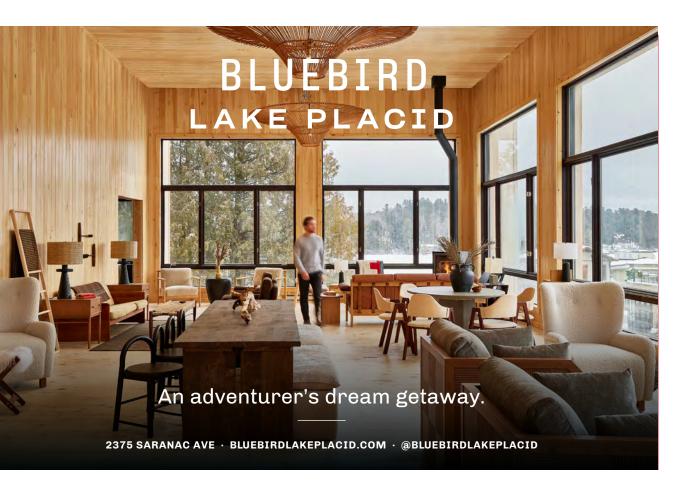
Winter is when the Cascade Welcome Center shines. With miles of trails for cross-country skiing and snowshoeing, this is a place for beginners, experts, and everyone in between. Whether you've been skiing since you could walk or you're completely new, you'll be at home here. Professionally groomed and maintained trails create wonderful conditions. Kids and adults alike can enjoy the scenic trails, fun hills, and peaceful woods on rentals or their own equipment. Motion-sensor lights have even been installed along some trails so that skiing can continue into the night.

Summer education

It's not all about winter here. Outdoor education is year-round, but the longer days of summer mean that there is so much more time for activities! And with 6 million acres to explore, there is no shortage of opportunities in the Adirondacks. Stop in to speak with staff to help inform your hiking decision. They can tell you about water crossings, trail conditions, elevation gain: all things that you should factor into your trip planning. Cascade Welcome Center staff can help you pick a hike that can check off everything on your list.

Protect

Sure, you might learn a new tip or trick while talking to the staff, but nothing beats spending time in the woods with a naturalist! After all, good stewardship of our public lands and waters stems from learning what makes them so special!





The Hampton Inn & Suites - Lake Placid sits on Mirror Lake with stunning Adirondack High Peaks views. Conveniently close to the Olympic Center, Convention Center, and Village, it offers easy access to local attractions, shops, restaurants, and activities like golf and hiking.

HAMPTON INN & SUITES LAKE PLACID 801 Mirror Lake Drive, Lake Placid NY 12946

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The Heart of Our Village

That lake you can see from Main Street isn't actually Lake Placid. It's a beautiful body of water called Mirror Lake. And if you happen to be there on a calm day, it's easy to see how it got its name. Mirror Lake is more than just a pretty face. It's at the very heart of what makes Lake Placid so special.

Mirror Lake isn't all that big, especially when compared to Lake Placid, which is a mere stone's throw away. At about 1 mile long and 60 feet deep, you can walk around it in under an hour following Main Street and Mirror Lake Drive. But this little lake is the heart of downtown recreation. Lake Placid Public Beach is popular with families on the hot summer days. It's staffed by lifeguards and has a bathhouse with changing rooms and restrooms. It's common to see craft of all sorts floating out on the calm waters. Canoes, kayaks, stand-up paddleboards, and small sailboats dot the clear waters. There are no motors allowed, so paddlers don't have to worry about wakes and fast-moving boats. In the summer, you can also find triathletes swimming the famed IRONMAN course as they prepare for the big race.

Frozen fun

The fun doesn't stop when the lake freezes over. In the winter the village clears a skating path around the lake, as well as several hockey rinks. Pond hockey tournaments are held out on the ice. There's a toboggan ride that shoots riders across the frozen lake and you can even take a ride on a dog sled.

The sound of music

In the summer, the Songs at Mirror Lake concert series holds free concerts every Tuesday evening at the Dr. Paul White Memorial Band Shell in Mid's Park. You can even enjoy the concerts while floating on the lake! The band shell is also home to weekly Wednesday concerts by the Lake Placid Sinfonietta.

Mountain pure

Lakes need love too! The health of Mirror Lake, its plants, animals, and the quality of the water itself are very important to us.

To help protect and improve its quality, local and state leaders have taken steps to cut the road salt and other pollutants that can get in the water. New snow plows, salt alternatives, and filtering systems for storm runoff all cut down what goes into the lake.

By working together with organizations like the Ausable River Association, the lake is showing promising improvements. You can help us care for it too! Clean up after Fido, trash your trash, properly dispose of fishing line, and leave the lake amazing for the next person and for future generations.



Fat ake Placid



breakfast lunch 46 sandwiches crepes salads soups coffees desserts smoothies cocktails





burgers seafood poutine salads soups tacos desserts craft beer cocktails shakes





breakfast lunch 46 sandwiches heat n' eat dinners salads soups coffees smoothies desserts catering

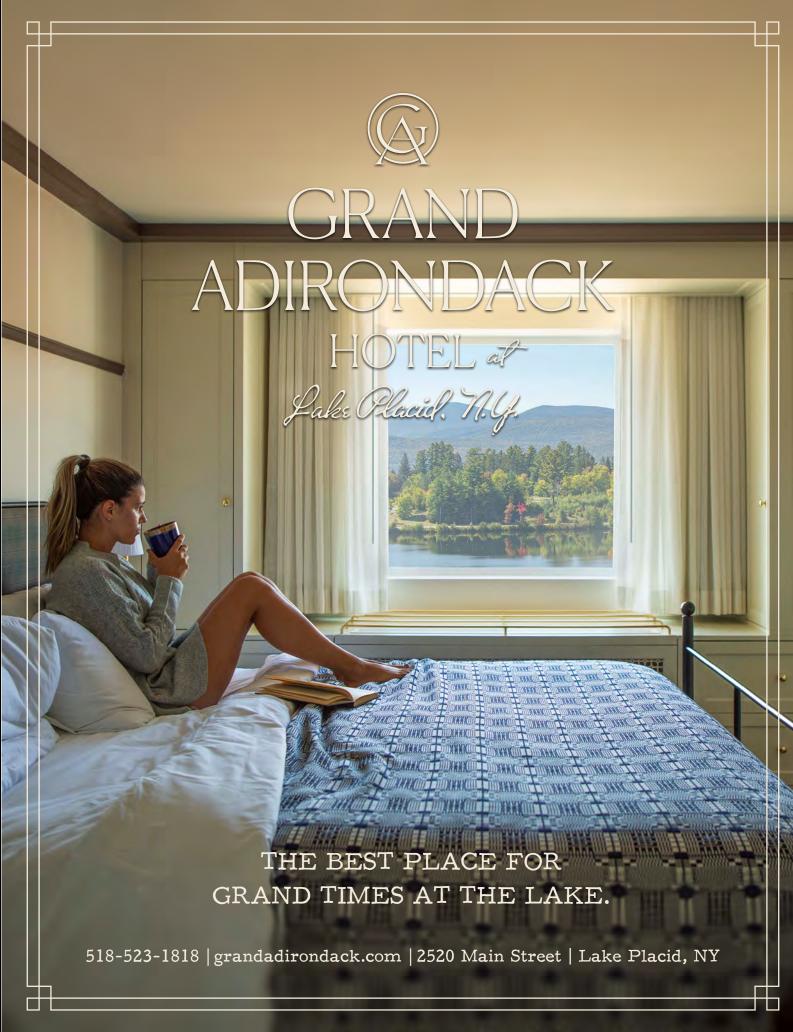


Scan codes with your phone's camera, click link for complete menus and easy on line ordering

"Don't miss the best food in the Park!"

" Healthy, delicious, decadent something for everyone.Thanks." Gabriella *"Great service and food Easy online ordering that was prepared in a timely manner despite being busy. Many options. Loved their mac salad! Thanks"* Make the Journey "Best kept Lake Placid Secret Wow! By far the best salmon sandwich I've ever had. My husband loved the burger. The staff was thoughtful and helpful. The views of the mountains were great. We had a great experience at the Dack Shack." Mzamiska, Breckville OH

"There should be more places like this everywhere! Interesting choices and tons of them. And all so delicious. Brought friends there and they loved everything they got as well (2 days in a row). Fresh food, amazing bread, innovative menus ... love it all. And service is fast. Love the place. Thanks." Global Guy Miami



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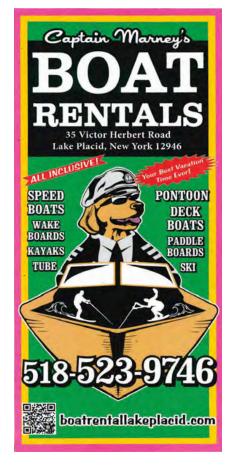
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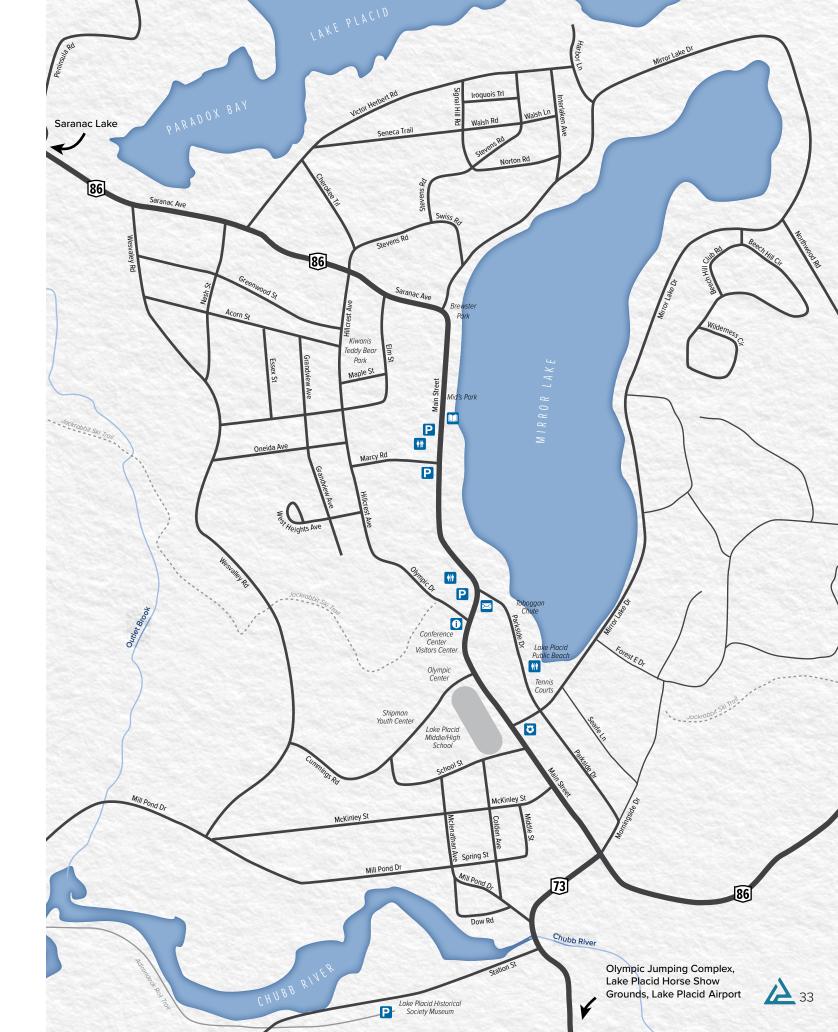


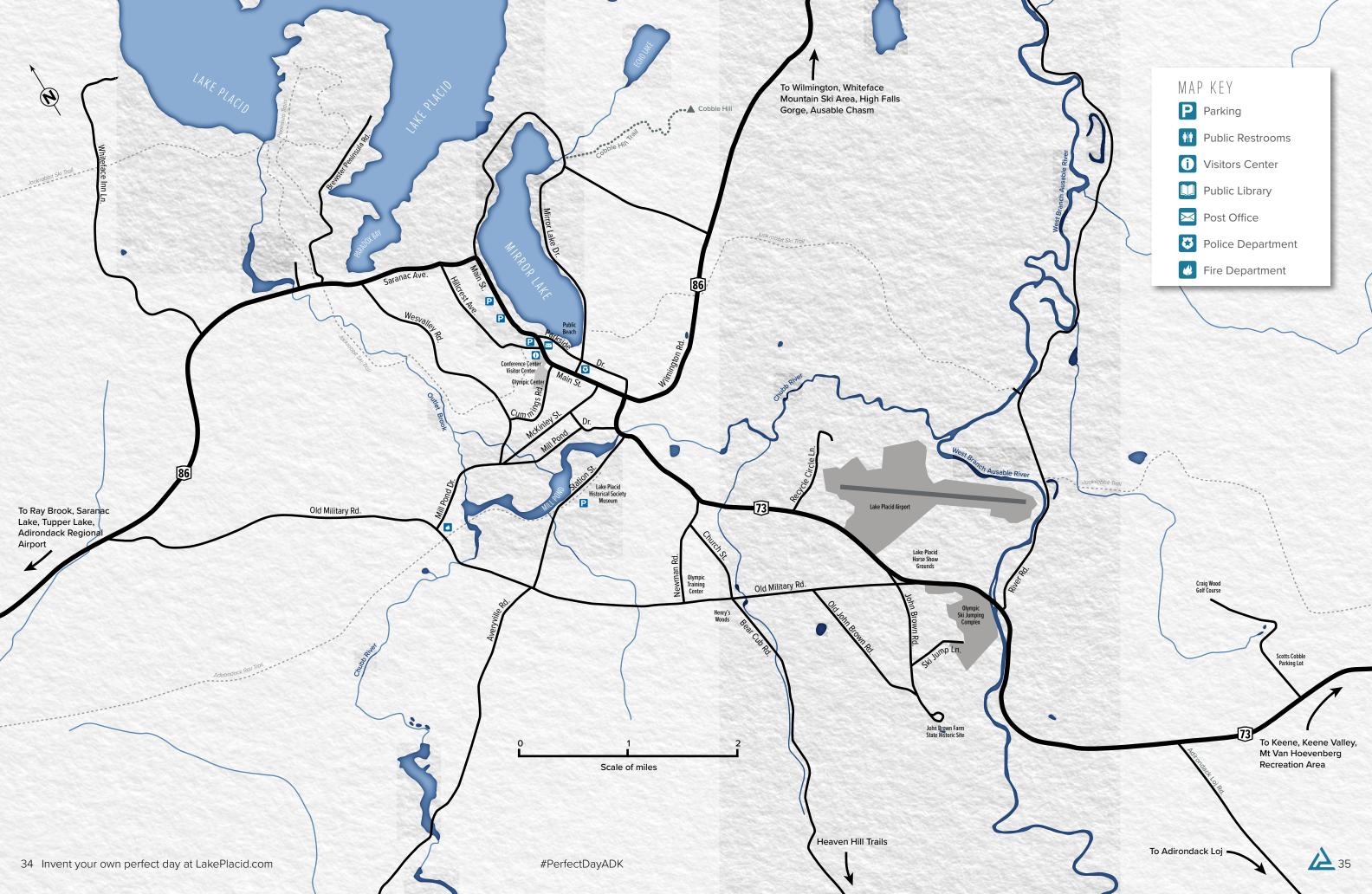
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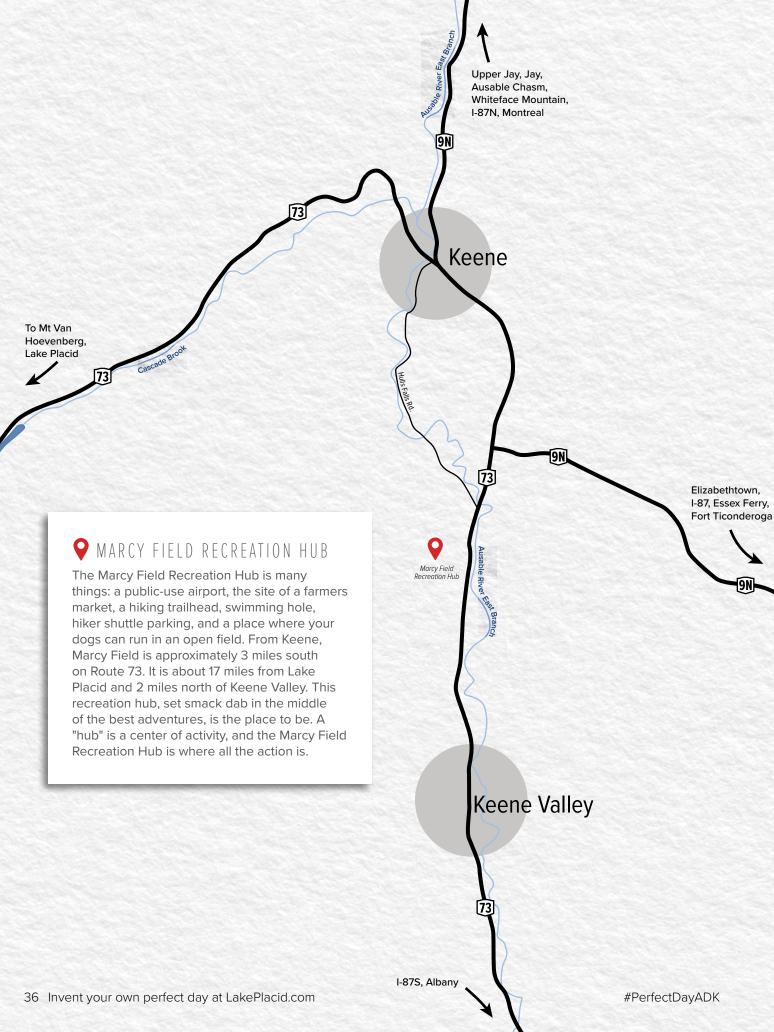
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Vis











High Peaks, **Small-town Charm**

Nestled amongst the tallest summits in New York state are quaint mountain towns that have much to offer.

Keene

Unique and charming local businesses line the windy mountain road running through Keene. East Branch Organics offers a blend of craft beverages, garden supplies, and wonderfully grown plants, while down the road Cedar Run Bakery produces a bit of everything, from pies and bread to sweet treats and full meals. After some snacking on baked goods, shopping at Adirondack decor stores like Dartbrook Rustic Goods, or viewing a gallery at Keene Arts, you can check out one of the community's best scenic roadside spots for a picnic, like Cascade Lakes. If you bring along your bike, Keene is home to a new mountain biking trail network at East Branch Community Trails. No bike? Like its neighboring town of Keene Valley, Keene is home to access points for all sorts of hikes, from High Peaks like Cascade and Porter to family-friendly jaunts like Baxter Mountain and Owl's Head.

Keene Vallev

Considered the epicenter of hiking in the Adirondacks, Keene Valley is home to important and popular access locations for the High Peaks. The Garden trailhead accesses Johns Brook Lodge deep in the Adirondack wilderness, and the Rooster Comb trailhead allows hikers to reach some smaller peaks like its namesake Rooster Comb Mountain, or even the summits in the famous Great Range. There are endless trails and unique hiking destinations to choose from in Keene Valley, from fire towers on bald summits to waterfalls just a short walk from the roadside. Before an outdoor adventure, The Mountaineer is a must-stop for the gear you need to be prepared, and maybe a book or two from their extensive library!

Rounding out the reasons why Keene Valley is the perfect mountain town are its well-known spots for yummy breakfasts, sweets, and locally sourced dinners for fueling up and relaxing before and after a day on the trails. Nobody should leave town without getting their caffeine fix at Old Mountain Coffee Company, tasting a pie from Noon Mark Diner, or enjoying dinner on the porch at the Ausable Inn.



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Golden Adventures Ahead

Lake Placid isn't just where Olympic dreams come true, it's an Olympic legend itself. Host of the 1932 and 1980 Olympic Winter Games, and famous for the "Miracle on Ice," the spirit of the Olympics is alive and well here. Today, Lake Placid Legacy Sites host international competitions and offer sport-loving visitors unforgettable experiences and activities that promise to leave you with golden memories.

Mt Van Hoevenberg

Site of Nordic and sliding events at the 1980 Olympic Winter Games, Mt Van Hoevenberg remains an exciting outdoor adventure destination in all seasons. In the sunshine of spring, summer, and fall, mountain bikers will find flow on a trail system that offers more than 30km of riding amid pine forests and mountain views. Perfect for beginners and experts alike, and rental bikes are available if you don't have your own!

Trade the bike for boots and hike the Mt Van Hoevenberg East Trail. This 4.7-mile round-trip adventure features a sustainable trail (built to minimize erosion while maximizing enjoyment) and a stunning view of the High Peaks from the top.

In winter, Nordic skiing takes center stage. Explore 55km of trails that range in difficulty from beginner to "So you want to be an Olympian?" Ski rentals are available and the trails are open to snowshoers, too. With state-of-the-art snowmaking, the skiing here is great no matter the weather.

Also known for sliding sports bobsled, luge, and skeleton — you can catch international and local athletes practicing and competing over at the sliding complex. Experience bobsled and skeleton for yourself on a ride down the track with a trained pro, or try out the newest attraction, the Cliffside Coaster! The longest mountain coaster in the USA, the track follows the 1980 Olympic bobsled run and offers amazing views as you zip along.

At the center of all the adventure is Mountain Pass Lodge. Grab a snack and relax. Shop for Olympic souvenirs or browse for gear in the only Swix concept store in North America. Or, test your skills and aim high in the climbing and bouldering gym. It's a great base camp and a can't-miss attraction on its own.



Olympic Jumping Complex

Towering above town, the ski jumps are an iconic feature of Lake Placid's skyline and a reminder of the sheer daring and awesome skill required to be an Olympian. Visit the Olympic Jumping Complex to get a ski jumper's view and a sense of just how high and fast these airborne athletes go!

Available year-round, the SkyRide takes you up the jumping hill in a gondola to the base of the 128-meter jump tower. Then, a glass-enclosed elevator whisks you to the top where an observation deck with panoramic, 360-degree views of the Adirondacks awaits! In the summer, accelerate your descent and fly like the ski jumpers do on the zipline!

The jumps aren't just for show, either. They frequently host international competitions in both ski jumping and aerials and are home to many training athletes, too.



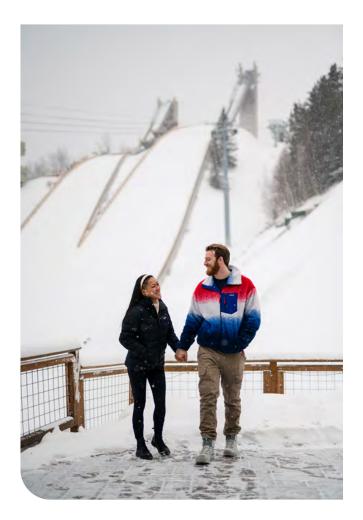
Whiteface Mountain

Whiteface Mountain is best known as a skiing and snowboarding paradise, but it offers plentiful adventure year-round.

In the summer and fall, Whiteface Veterans' Memorial Highway makes the summit of New York's fifth-highest peak accessible to all! Cruise up the winding 5-mile road as amazing views of the Adirondacks unfold around you. At the top, a stone castle awaits with amenities, and the rocky summit can be reached by an elevator or a short hike. On clear days, the views can stretch as far as Vermont and Canada!

In the summer, fall, and winter, enjoy a skier's perspective on a gondola ride to the summit of Little Whiteface. Enjoy stunning views along the way and from the observation deck at the top.

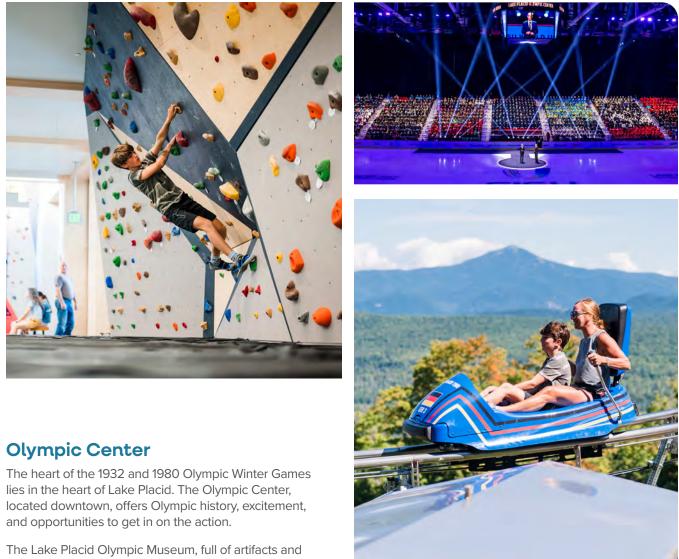
For a more active Whiteface ascent, take the trails! Experienced hikers and snowshoers can choose from several trails up the rugged terrain for a challenging - but rewarding - day on the mountain. For a shorter hike, check out the Stag Brook Falls trail in the skiing off-season.





"Lake Placid is the ultimate town to grow up in as a winter athlete. Not only does the town have a true and authentic love for winter sports, there is so much to draw inspiration from as an aspiring athlete. I knew dozens of Olympians growing up and whether they were neighbors, friends or mentors, there was always the feeling that if they did it, why not me?"

> - ANDREW WEIBRECHT, OLYMPIC MEDALIST, MIRROR LAKE INN



multimedia exhibits, is a must-see for casual fans and die-hard Olympic obsessives alike. In the 1932 and 1980 rinks, past and present blend. Aspiring hockey teams play in the 1980 Herb Brooks Arena, where the US defeated the Soviet hockey team in the Miracle on Ice, and figure skaters follow in the gold medal-winning footsteps of legendary Olympian Sonja Henie in the 1932 Jack Shea Arena. Kept in world-class shape, the rinks are open for tours, host events big and small, and offer opportunities for your own Olympic moment with public skating and curling sessions.

Outside, with views of the High Peaks in the distance, lies the Olympic Oval. Created for the 1932 Olympics and home to the golden glories of speed skater Eric Heiden, the modernized rink is now a beloved spot for public ice skating in winter and inline skating under the lights in summer.

At Lake Placid's Legacy Sites, kids can take their first steps toward Olympic futures, long-time sports lovers can fulfill their dreams, and you never know when you might find yourself skiing or skating beside a real Olympian!







No matter the time of year, Lake Placid is bustling with activity! With a calendar jampacked with live music, sporting competitions, art expos, cultural popups, and performances, you'll never miss a beat during your stay.

Sporting events

As the host of two Olympic Winter Games, Lake Placid loves athletic competition. All around town, savor sporting events at our state-of-theart venues. Catch athletes in action at World Cup events, cheer on triathletes at IRONMAN, or soak up the summer sun at horse shows, rugby, and more. Every winter, The Empire State Winter Games bring together athletes from across New York to compete in over 22 events.

Arts and culture

Arts and culture thrives here amid inspiring natural beauty. Filmmakers and enthusiasts gather for the annual Lake Placid Film Festival for award-winning shorts, docs, and feature films, educational seminars, and industry mixers. The renowned LPCA streams live opera, ballet, and theater from around the globe, and hosts live music and theater in Mid's Park and venues around town.

Seasonal fun

Summer in Lake Placid is hot with fun! Main Street acts as the link between you and many of the region's incredible events, from Fourth of July fireworks in Mid's Park to the Holiday Village Stroll with Santa. Whether you're here for fall festivals or spring celebrations, Lake Placid's events are perfection.



Scan to Visit



Immerse Yourself in Arts, Music, & History

Lake Placid boasts several theaters and galleries that host a variety of art and music events and enriching family activities throughout the year. From classical music to family-friendly shows, from comedy acts to community plays and musicals, there are countless opportunities to take part in our thriving, creative community.



Vibrant art and performances

The Lake Placid Center for the Arts (LPCA), a performing and visual arts facility, offers programs in the areas of music, theater, dance, art, and film. The LPCA hosts two galleries and a variety of online and in-person workshops and classes. While you're in town, be sure to stop by Gallery 46 and The Curious Otter on Main Street in Lake Placid! A short drive from Lake Placid, you won't want to miss a visit to nearby Keene Arts.

Enjoy weekly live music events all throughout the summer months, performed by the Lake Placid Sinfonietta and a variety of regional artists at the Songs at Mirror Lake Music Series. Other special music events are offered during the year, including the nearby Wilmington Mountain Music Fest.

Explore our unique history

Families and readers of all ages will be delighted to attend the Adirondack Family Book Festival, where they can meet and talk with children's and young adult book authors and illustrators. The event takes place at John Brown Farm State Historic Site, the historic homestead of John Brown, the famous Civil War-era abolitionist, alongside a memorial and educational exhibits. Don't miss the fascinating story of the area at the Lake Placid-North Elba Historical Society Museum. Housed inside the historic Lake Placid railroad depot, the museum is rich in artifacts and unique stories.

The new Lake Placid Olympic Museum houses North America's largest collection of Winter Olympic artifacts, interactive exhibits, and innovative displays, capturing the spirit of Olympians and of the Olympic Games. Just steps away, the Lake Placid Hall of Fame honors community leaders and visionaries who have helped Lake Placid achieve greatness by making significant contributions to the Olympic Games.





Eat your way through vacation

Let's be honest, the best part of any vacation is the food. It's easy to measure how much you like a place by the variety and quality of food available. Thankfully, Lake Placid is not short on either. This is *the* place to go out to eat and try new things, revisit old favorites, and find a hidden gem restaurant. Breakfast, lunch, dinner: it's all good. From family-style comfort foods to elegant fine dining, there is something to please every palate and taste bud in this mountain town. Is your mouth watering yet?

Flavors and variety

Lake Placid's dining scene is diverse and innovative, with many restaurants featuring locally sourced food from small, family-run farms. Choose from Adirondack-style barbecue, farm-to-table, vegan and vegetarian fare, comfort food, and gourmet innovations, to name a few of the delights local chefs lovingly prepare. In summer, lakeside dining is simply gorgeous alongside Mirror Lake. In winter, cozy restaurants will keep you warm as you indulge in soups, hearty meals, and maybe s'mores! Do you have dietary restrictions? Eager to find a veganfriendly destination? No worries, Lake Placid restaurants are here to accommodate all diets! Peruse local menus and see for yourself. The proof is in the pudding, so to speak.

On the go

It's not all sit-down meals; to-go options fit for the most active Adirondackers and visitors make dining a breeze! From deli sandwiches and pre-made salads to light snacks, it's all here. Need a morning or afternoon pick-meup? Head to a local coffee shop for some delicious, caffeinated beverages! Bakeries also grace town with warm, sweet, and savory bites, from flaky, chocolate-filled croissants to fresh-baked breakfast sandwiches!

Don't forget dessert!

Dessert may just be the best part of any day, so you don't want to miss your chance to get some maple ice cream, homemade chocolates, crunchy chocolatecovered caramel corn, or something else heavenly while in town. The wonderful array of outdoor activities might be sweet in Lake Placid, but the desserts are sweeter. After a long day exploring, as you drift off in your cozy bed, visions of your Lake Placid treat might be dancing in your head!





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Retail Therapy

Shopping in Lake Placid is a must-do for every visitor! The region is home to a host of creative local boutiques specializing in everything from books to clothing, artwork to jewelry, popcorn to specialty oils and vinegars, artisanal furniture to chocolates, bath and body products made with Adirondack water, and locally sourced vegan treats. And you certainly can't leave without taking home some maple syrup as a souvenir!

Lake Placid shopping is where eclectic meets tradition. Enjoy the spectacular views as you are warmly welcomed into each and every establishment. Feeling adventurous? A number of our stores provide rentals of outdoor gear to help you take full advantage of your time in the great outdoors. Talk about options!

In addition to providing the perfect sampler of Lake Placid flair, many shops are uniquely located near a number of highly sought after attractions: the Olympic Speed Skating Oval, the 1932 and 1980 Olympic ice rinks, the Lake Placid Visitor Center, the Olympic Museum, and Mirror Lake. To top it off, the Olympic Bobsled Track and Olympic Ski Jumps are only a short drive from downtown.

When you come to Lake Placid, you'll immediately be struck by how many local artisans and business owners have thrived serving this community and visitors alike. Here, local shops let you get hands-on with the crafting of your items! Fit in a tasting at a local maple shop, blend the perfect scent for your new favorite candle from Pure Placid, design unique jewelry at Just Bead It, or create a beautiful painting at The Peaks Paintbar. When you're not creating, support local artisans at galleries and photography expos across town! Indulge in a beautiful shopping experience, and connect with the heart of Lake Placid.





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Combining nature and furniture might seem like a daunting and impossible task, but there's a family right here in the Adirondacks that does it best: the Posts.

How it all started

L. Post Rustics, which has a storefront right in Lake Placid on Saranac Avenue, and their shop in Au Sable Forks, have been making a name for themselves since 2003. Larry, the "L" in L. Post Rustics, had a severe head injury that forced him out of his normal 9-5 job. After his injury, Larry took up his old woodworking hobby, which led to making and selling guideboats with his son Ryan. Rustic furniture then came into the picture.

After a few years of Larry crafting away at the furniture business, Joann, Larry's wife, decided to jump into the family business and contribute her design and art work to the furniture. Once this combination came together, it didn't take long for the couple to become well-known and recognized for their incredible work.

It's in the family

Larry and Joann's daughter, Jillian, first started with a career in botany in mind, going to school for environmental science and spending time at Indiana Dunes for summer work. It was during this time that Jillian acquired her first wood-carving set, and she just so happened to be a natural at the craft. Her knowledge of wildlife and the way plants and animals interact in the wild translated into the expert carvings that she continues to create for the family business today.

Not long after Jillian joined the business, Ryan became the final puzzle piece to completing the family's professional team. His knowledge of

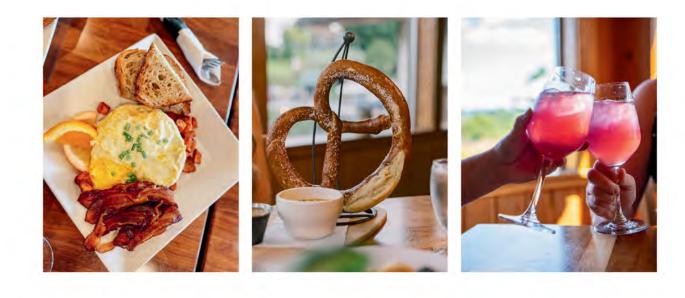
construction, incorporated with his computer and technology skills used to design the furniture, allows the family to be a cohesive team of world-class crafters.

Rustic furniture

What does a day in the life of the Posts look like? Well, if you haven't seen their work, you'd be amazed by the projects they spend countless hours working on. Some of their commissioned work takes months, or even years to complete. Products feature scenes straight out of the Adirondack backcountry, be it a bed with owls perched in various ways or a sideboard that incorporates everything you'd find living in and around a scenic pond. What's special is that all of these pieces get touched in some way by the creative side of each of the family members. Their work is expansive, and can be seen at their shop in Lake Placid along with other local artists that they collaborate with and showcase.



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Perfect Courses, Perfect Rounds



There is golf, and then there's Lake Placid golf. With award-winning, historic courses featuring an array of challenges and big mountain views, golfing in Lake Placid is the perfect way to spend a summer day.

Seven public courses in the area offer both beginners and experts wooded mountain courses and Scottish links. Several courses have executive-length holes, and all are around par 72.

History buffs will tell you some of golf's greats have refined their games and even designed the courses here in Lake Placid. Names like Ben Hogan, Joe Kirkwood Sr., Seymour Dunn, and Lake Placid native Craig Wood have put their stamp on exceptional golf in Lake Placid.

Fun for everyone

Whether you're a lifelong putter or you're still sorting out which iron is which, the right option is here for you. Want to try golf for the first time while on your perfect vacation? Lessons are available for all levels. What better place to learn to golf than in the fresh air and breathtaking scenery of the Adirondacks?

Make a weekend of it and try a round at multiple courses. You'll be rewarded with views of the Olympic Ski Jumps and the High Peaks — including nearby Whiteface Mountain — and a taste of the variety that golfing in Lake Placid has to offer.

After you finish enjoying a round or two, clubhouses offer relaxing settings, chef-crafted meals, and



cool drinks. When you want to

to Mirror Lake, where you can

give your feet a break, stroll over

take a refreshing dip or lay in the

sunshine on the beach. If you've

to wet your whistle, treat yourself

at one of the village's breweries

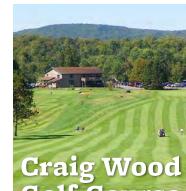
or restaurants. Indulge your golf

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not, your vacation certainly will be!

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The Home of Relaxation

The Adirondacks are famous for natural beauty and endless recreational opportunities, but Lake Placid is also renowned for its relaxed, luxurious wellness offerings. This postcardperfect village is already naturally relaxing, even before you add in a full body massage. You're on vacation, so rejuvenate and treat yourself with a visit to one of the area's many spas and salons.

Lake Placid is a feel-good haven that offers everything you can dream of, from massage therapy to cupping, acupuncture, skincare services, aromatherapy, and so much more. Pick a full-service spa where you can linger all day, or take a break from shopping by popping into a soothing sanctuary, no reservations are needed. Try treatments inspired by the Adirondacks, like maple sugar body scrubs and mineral wraps or soaks infused with hops from a local brewery.

Local spas offer treatments that aren't just about feeling good, but about looking good and treating yourself, too. Gather your friends to get away from everyday worries and indulge yourself with an afternoon spent getting a massage-filled pedicure, luminous facial, and new hairstyle. By the end of the day, you'll be glowing inside and out!

Lake Placid is the perfect place to reconnect with yourself, offering numerous opportunities for sweet self-care amid Adirondack luxury. A trip to the spa is exactly what your feet need after a day spent exploring Main Street or hiking in the stunning Adirondack Mountains. Book a treatment and do what makes your soul — and soles — happy.

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Perfect Place to Stay

From luxurious resorts and cozy bed-and-breakfasts to rustic cabins. Lake Placid has a variety of options to choose from for your base camp.

Luxury resorts

There are many elegant lodges that combine luxury with forest-inspired decor reminiscent of the Great Camps of the Gilded Age. These properties are adult playgrounds with amenities to suit your needs, including dining and unique entertainment options. Many even have their own private beach access.

Downtown lodging

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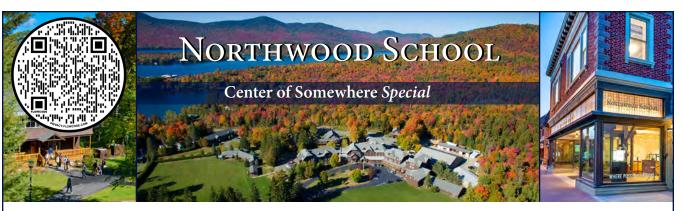
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