8.) Empire Spring: Discovered in 1793, Empire Spring has also been known as the Walton New Congress Spring. Originally located behind the building, it was a favorite of the Van Raalte Knitting Mill employees. In 2004 it was rerouted to the front of the building and re-tubed as part of the mill's restoration project.

9.) Old Red Spring: Past the renovated Van Raalte Mill, is the Old Red Spring. Known as the 'Beauty Spring,' it was renowned for healing skin disorders. (Called "Beauty Water," it is still used by some to treat inflamed eyes.)

SPA STATE PARK AREA

10.) State Seal: Known for its delicious fresh water, is very popular with spring water aficionados, who fill all manner of bottles and jugs at the ever-flowing taps. It is located on the Avenue of Pines in the Joseph Bruno Pavilion, opposite the Saratoga Automobile Museum, a former bottling plant. (Fresh, delightful 'drinking' water)

11.) Geyser Spring: Located at the rear of the rectangular stone fountain under the Joseph Bruno Pavilion, is the Geyser Spring. This water, once very popular, was bottled by NY State. (Considered the strongest tasting water)

12.) Charlie Spring: The most recently drilled spring in the Spa Park. Charlie Spring is located near the Hall of Springs entrance to the Performing Arts Center. The spring was named in honor of Charles S. Dalke, one of Saratoga’s leading community figures of the twentieth century. (Alkaline, Saline)

13.) Polaris Spring: The Polaris Spouter is located on the Loop Road in the heart of the park. (The minute quantities of radon gas present in this pleasant tasting water are viewed with some skepticism by American health professionals, while in Europe and Japan, drinking small doses of radon is considered beneficial.)

14.) Geyser Island Spouter: The Island Spouter and the Polaris Spring (#13) are accurately called "spouters," but the Geyser Island Spouter is locally referred to as "the Geyser". An island of hardened minerals surrounds this spring. (The Park was originally known as Geyser Park)

15.) Hayes Well Spring: Near the parking area for the Geyser Island Spouter is the Hayes Well Spring. (Some people still believe that inhaling the gas vented from a pipe at the back of the spring's pedestal, will clear the sinuses.)

16.) Orenda Spring & Mineral Bank: A short distance along the stream past the Geyser Island Spouter is another impressive deposit of hardened minerals, called travertine, formed by the overflow from the Orenda Spring. Fallen leaves and twigs make almost perfect imprints in the gold and orange shaded natural sculpture. (The Orenda Spring, located at the top of the hill, is rich in iron, for strong blood)

17.) HATHORN SPRING: Hathorn #3 is situated at the south side of the park, on the East West Road, off Route 50. At the height of its popularity, long lines of people waited each morning to start the day with a glass or two of this bracing water. (Slightly cathartic. Highly mineralized, considered the most saline of Saratoga’s mineral waters.)

Saratoga Springs Self-Guided Tour

Mineral Waters

A publication of the Saratoga Springs Heritage Area Visitor Center
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Historic photos courtesy of the Bolter Collection and the Saratoga Springs History Museum
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Revised 2009
The mineral waters of Saratoga are unique east of the Mississippi for several reasons:

1. They are naturally carbonated with carbon dioxide
2. They are cold, a constant 55°F, unlike hot springs in other parts of the country
3. Several of the springs are "spouters," escaping from the earth with enough force to shoot high in the air.

Each of Saratoga's mineral springs contains at least 50 grains of mineral salts per gallon, is naturally carbonated, and maintains a constant temperature year round. The amount of sulfur is minimal.

**HISTORIC HEALTH BENEFITS**

Saratoga, Queen of the Spas, by Grace Swanner MD, published in 1895 remains one of the most authoritative books on the waters of Saratoga Springs. Swanner notes that during the 19th and early 20th centuries there were as many as a hundred or more mineral springs; today there are fewer than 20.

The springs are categorized as cathartic (laxative), alkaline (antacid), or chalybeate (high in iron). Information about their healing properties is included as historic comment and is not intended as a statement of medical fact. (Note: reputed health benefits are printed in italics)

**How to "Take the Cure"**

Visitors flocked to Saratoga Springs, the "Queen of Spas," to "take the cure." They followed a rigid schedule, designed for maximum results. In Saratoga Chops and Carlsbad Waters (published in 1888) Nathan Shepard summed it up this way: "The mineral water treatment consists of mineral water, mineral baths, mastication, cheerfulness, abstemiousness, wholesome food, exercise, sleep, self restraint, and general reasonableness of life."

"Come ye who suffer, and lose your pain;
From healings springing rise again;
Drink these waters for you untailed,
Paradise of the fountain by nature revealed."

(from a sign in Congress Park, 1867)

4.) Hallow #1: On the northeast corner of Putnam and Spring Street is the Hallow #1 Spring, a highly mineralized diuretic water. The elaborate pavilion, benches, and landscaping, are recent additions to Saratoga's landscape. This beautiful site demonstrates the city's continued interest in maintaining and updating her most valuable natural resource, the mineral springs. (Cathartic, diuretic, grateful to the stomach.)

5.) Governor Spring: Named for Governor Hughes who signed the Spa State Reservation Legislation.

6.) Peerless Spring: A palatable, saline water of moderate strength, at one time very popular with the public.

7.) High Rock Spring: The cliff bordering High Rock Park marks the western edge of the Saratoga Fault Line. High Rock Park, at its base, is distinguished by a cone of hardened mineral deposits. Known to Native Americans for over 5000 years, Mohawk Indians carried an ailing Sir William Johnson to the spring in the late 1730s. The first white man to visit the site, he spread the word about the water's healing powers.