

stroll past the row of mansions on North Broadway. These beautifully-maintained homes bear witness to Saratoga's history and grandeur that quietly continues today.

At picturesque Congress Park, I learn about Saratoga's heyday in the late 1800s and early 1900s, when the mineral springs lured the wealthy. I drink from several of the fountains, imagining the water curing skin, liver and digestive system ailments. Other highlights include an historic wooden horse carousel from the early 1900s, Saratoga's famed "Spit and Spat" fountain and the Canfield Casino which now houses the Saratoga Springs History Museum.



DAVID CONNELLY

**Saratoga Spa State Park.** Using another bike-share, I pedal an easy mile to Saratoga Spa State Park, a national historic landmark with public swimming pools, golf course and Roosevelt Baths and Spa. Franklin D. Roosevelt preserved the mineral springs during his U.S. presidency in the 1930s. They still promise effervescent, aquatic bliss. The park is also home to the National Museum of Dance, the Saratoga Automobile Museum and the Saratoga Performing Arts Center (SPAC).

On my last evening, I stroll around downtown again. A free Shakespeare performance is happening in Congress Park. After sneaking one more sip of mineral water, I realize my visit to Saratoga Springs has indeed rejuvenated me. Was it the mineral water? Regardless, I look forward to my next visit. ◉

To read more about things to do in Saratoga Springs, go to [NewYorkByRail.com/Sojourn-to-Saratoga-Springs](http://NewYorkByRail.com/Sojourn-to-Saratoga-Springs).

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Taxis, Uber, and Lyft serve the area. During July and August, a free trolley takes visitors around downtown Saratoga Springs and to the Saratoga Race Course.

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