A Taste of History

The Saratoga area was originally known for its prime hunting grounds, which attracted the Mohawk tribes to the land. The Mohawks soon discovered the mineral waters bubbling from cracks in the earth. They believed the springs had special healing powers and protected their sacred waters. Settlers began to move into the area in the 1700’s. One of the more famous early visitors was Sir William Johnson, who later became New York’s Superintendent of Indian Affairs.

By the mid 1800’s, bathing in and drinking the mineral waters had become a popular health treatment. Several bathhouses were in operation in Saratoga Springs. Saratoga had become the seasonal “Watering Hole” for the rich and famous, and was referred to as “The Queen of Spas”.

Private industry had discovered a use for the springs by 1880. Over 200 mineral wells were in operation in the area, mostly for the extraction of carbonic acid gas. The gas was used to carbonate the popular fountain sodas of the time. The extraction process inevitably ceased the flow of many springs. By 1908, the state of New York stepped in and passed anti-pumping legislation. The state reservation was formed soon after to protect the springs.

When Franklin Delano Roosevelt became governor in 1929, he made an urgent plea for the development of the Saratoga Reservation. In 1931, construction of the “New Spa” was initiated. By 1935, the buildings and landscape malls, modeled after the spas of Europe, were completed as they are preserved today. This new facility, the first major project finished under the New Deal, brought in individuals seeking medical treatment for heart and internal afflictions.

The formal opening of the New Spa took place on Friday, July 26th, 1935.

Saratoga’s spas experienced their finest times between 1936 and 1950, the peak of which was 1946. In the 1960’s, recreational uses of the park expanded to include a second swimming pool, picnic sites and a redesigned championship golf course. Saratoga Performing Arts Center was added in 1966. These amenities, including the mineral baths, are still available for use today.
Mineral Springs Map

What’s In the Water?
Analysis of the Waters of Saratoga Spa
(Amounts shown in mg/l)

1. **State Seal**: This is a fresh, non-carbonated spring.
2. **Charlie**: This is actually Geyser water, one of three waters once bottled in the park.
3. **Orenda**: This spring is high in salt and potassium iodide.
4. **Island Spouter**: The mineral buildup under this spring is called tufa.
5. **Hayes**: Hayes has a high salt content. It tastes similar to the Island Spouter.
6. **State Seal**
7. **Polaris**: This spring contains less salt and carbonation than the other springs.
8. **#5**: Also called Tallulah, this is one of the milder springs in the park.
9. **Ferndell**: This is a fresh, non-carbonated spring.
10. **Karista**: Mud found near this spring was once used as a treatment for arthritis.
11. **Coesa**: One of three waters that was bottled and sold by the state, this spring spouts from Coesa Pond.
12. **Hathorn #3**: This is the park’s most saline and mineral-rich spring.

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**Sodium**
- **Hathorn #3**: 2690 mg/l
- **Hayes**: 2610 mg/l
- **Orenda**: 2610 mg/l
- **Lincoln**: 920 mg/l
- **Polaris**: 824 mg/l
- **Karista**: 1610 mg/l
- **State Seal**: 8.8 mg/l

**Potassium**
- **Hathorn #3**: 429 mg/l
- **Hayes**: 276 mg/l
- **Orenda**: 229 mg/l
- **Lincoln**: 106 mg/l
- **Polaris**: 108 mg/l
- **Karista**: 136 mg/l
- **State Seal**: 1 mg/l

**Lithium**
- **Hathorn #3**: 12 mg/l
- **Hayes**: <.050 mg/l
- **Orenda**: <.050 mg/l
- **Lincoln**: <.050 mg/l
- **Polaris**: >.050 mg/l
- **Karista**: 4.7 mg/l
- **State Seal**: 11 mg/l

**Calcium**
- **Hathorn #3**: 1160 mg/l
- **Hayes**: 894 mg/l
- **Orenda**: 866 mg/l
- **Lincoln**: 477 mg/l
- **Polaris**: 489 mg/l
- **Karista**: 465 mg/l
- **State Seal**: 60.9 mg/l

**Magnesium**
- **Hathorn #3**: 454 mg/l
- **Hayes**: 259 mg/l
- **Orenda**: 265 mg/l
- **Lincoln**: 183 mg/l
- **Polaris**: 184 mg/l
- **Karista**: 121 mg/l
- **State Seal**: 7.33 mg/l

**Barium**
- **Hathorn #3**: 28.2 mg/l
- **Hayes**: 9.53 mg/l
- **Orenda**: 17.4 mg/l
- **Lincoln**: 5.45 mg/l
- **Polaris**: 5.14 mg/l
- **Karista**: 9.43 mg/l
- **State Seal**: 0.13 mg/l

**Strontium**
- **Hathorn #3**: 23.8 mg/l
- **Hayes**: 9.37 mg/l
- **Orenda**: 13.8 mg/l
- **Lincoln**: 5.11 mg/l
- **Polaris**: 4.24 mg/l
- **Karista**: 7.62 mg/l
- **State Seal**: 24 mg/l

**Ammonia**
- **Hathorn #3**: 17.5 mg/l
- **Hayes**: 10.7 mg/l
- **Orenda**: 10.5 mg/l
- **Lincoln**: 4.67 mg/l
- **Polaris**: 4.96 mg/l
- **Karista**: 4.45 mg/l
- **State Seal**: <.08 mg/l

**Iron**
- **Hathorn #3**: .334 mg/l
- **Hayes**: .308 mg/l
- **Orenda**: .209 mg/l
- **Lincoln**: .010 mg/l
- **Polaris**: .141 mg/l
- **Karista**: .112 mg/l
- **State Seal**: 3.00 mg/l

**Aluminum**
- **Hathorn #3**: .129 mg/l
- **Hayes**: .139 mg/l
- **Orenda**: .102 mg/l
- **Lincoln**: .118 mg/l
- **Polaris**: .120 mg/l
- **Karista**: .275 mg/l
- **State Seal**: <.03 mg/l

**Manganese**
- **Hathorn #3**: 4.38 mg/l
- **Hayes**: 2.4 mg/l
- **Orenda**: 2.38 mg/l
- **Lincoln**: 7.68 mg/l
- **Polaris**: 1.65 mg/l
- **Karista**: 4.45 mg/l
- **State Seal**: <.03 mg/l

**Calcium**
- **Hathorn #3**: 1160 mg/l
- **Hayes**: 894 mg/l
- **Orenda**: 866 mg/l
- **Lincoln**: 477 mg/l
- **Polaris**: 489 mg/l
- **Karista**: 465 mg/l
- **State Seal**: 60.9 mg/l

**Chloride**
- **Hathorn #3**: 6470 mg/l
- **Hayes**: 3640 mg/l
- **Orenda**: 4130 mg/l
- **Lincoln**: 1180 mg/l
- **Polaris**: 1210 mg/l
- **Karista**: 1970 mg/l
- **State Seal**: 12.4 mg/l

**Bromide**
- **Hathorn #3**: <.05 mg/l
- **Hayes**: <.05 mg/l
- **Orenda**: 39 mg/l
- **Lincoln**: 15 mg/l
- **Polaris**: 11.5 mg/l
- **Karista**: 20 mg/l
- **State Seal**: <.50 mg/l

**Silicon**
- **Hathorn #3**: 3.5 mg/l
- **Hayes**: 4.4 mg/l
- **Orenda**: 4.5 mg/l
- **Lincoln**: 25 mg/l
- **Polaris**: 8.4 mg/l
- **Karista**: 5.5 mg/l
- **State Seal**: 5.0 mg/l

**Sulfate**
- **Hathorn #3**: 2.45 mg/l
- **Hayes**: 2.19 mg/l
- **Orenda**: 4.07 mg/l
- **Lincoln**: 5.87 mg/l
- **Polaris**: 3.38 mg/l
- **Karista**: 3.25 mg/l
- **State Seal**: 14.4 mg/l

**Total Solids**
- **Hathorn #3**: 17,000 mg/l
- **Hayes**: 10,000 mg/l
- **Orenda**: 9900 mg/l
- **Lincoln**: 6,166 mg/l
- **Polaris**: 3,260 mg/l
- **Karista**: 6,400 mg/l
- **State Seal**: 240 mg/l

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