

# VOGUE

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## A Quiet Weekend Away in Saratoga Springs



Named for the 20 or so natural springs that bubble to the surface there, Saratoga Springs, New York, has had a long history as a summer resort town. Sitting north of the Hudson Valley, at the foothills of the Adirondacks, the area was first settled by Native Americans who believed the mineral waters were a gift from the gods and imbued with healing properties. As word of the magical springs spread, due in part to European settlements around 1700, tourists began to arrive, hoping to soak up the health benefits. By the 1800s, the effervescent waters were tapped for drinking and bathing, and stately spas and monumental luxury hotels—some the largest in the world in their time—sprang up. A new railroad began shuttling in the well-heeled looking to escape steamy New York City, solidifying the Spa City as not only a health mecca but

also a fashionable place to spend the summer. When the Saratoga Race Course opened in August 1863, for annual six-week thoroughbred racing seasons, Saratoga's gaining reputation as a hot spot for gambling, speakeasies, and secret jazz clubs was confirmed. By the turn of the century, the Queen of the Spas had become a Gilded Age party town in the warm-weather months.

While perhaps a little less Gatsby-esque today, Saratoga remains a rousing summer destination. The local population of about 30,000 doubles during the party-filled stretch from mid-July to Labor Day when the track is open. But during the fall—when the air grows cool and crisp, the leaves begin to change, and the hordes have gone home—is not-so-secretly our favorite time to head upstate. You'll find a slower pace, a quieter elegance and, per the Saratoga slogan, plenty of health, history, and horses. Here, our guide to a charmingly perfect fall getaway.

## Where to Stay

Opened just last year, the cozy 12-room [Brentwood Hotel](#) features stable-inspired design in an intimate setting. Catch the happy hour listening parties when the bartender puts on a record at 6 p.m. daily, then head outside to roast s'mores (buy a kit at the bar) over the outdoor fire pit. Because of outstanding conservation efforts, numerous historic homes and buildings in town have been renovated as hotels and bed-and-breakfasts. [The Mansion Inn](#) and [The Brunswick](#), former 19th-century villas, feature many of the original details, including the expansive porches favored by Victorian society in its heyday. The historic [Adelphi Hotel](#), the last remaining grand Victorian hotel in the city, is slated to reopen this fall after years of extensive renovations. One of the city's most extravagant in its prime, the hotel boasts new restaurants, its own wine cellar, a sweeping front porch and, of course, a spa.

