

22. Indian Ladder
The Indian Ladder region of the Helderbergs which is the centerpiece of the John Boyd Thatcher State Park is a favorite recreation area of the Capital District of New York. A large tree leaning against the vertical escarpment by the old Meadowdale Road is said to have been the original Ladder. The Bear Trail runs northward along the base of the high cliffs extending from the present "ladder" underneath Minelot Falls, past Outlet Creek, a cave stream, and ending at the old Meadowdale Road where the pioneer farmers surmounted the cliff at a quarried notch in the cliff. A short distance down the road at this place was the Tory Hole where Jacob Salisbury, a Tory, hid from his neighbors for some time. Along the south side of the Minelot Creek at the base of a long talus slope is a raw exposure of the Ordovician period shale and sandstone beds which underlie the Silurian Limestone.

