

Walk
Run
Bike
Escape
Explore

The Flint River Trail

What is the Flint River Trail?

The Flint River Trail is a linear park that currently follows the Flint River from downtown Flint north to Bluebell Beach in the Genesee County Recreation Area. The existing Flint River Trail is the spine of a developing Flint River Trail System that now includes connections to the west and planned connections to communities in and around Genesee County.

Beginning in mid-2015, trail users can now set course from Linden Road in Flint Township, going along the recently finished Genesee Valley Trail (GVT) to the Flint River Trail in downtown Flint. A future improvement to the GVT will be its connections into Chevy Commons. Users will soon be able to connect south into Burton along the recently funded Grand Traverse Greenway (GTG). Future plans include an extension of GTG continuing south into Grand Blanc Township. A connection to the north along the Trolley Line Trail would ultimately connect into Saginaw County.

What is the Flint River Watershed Coalition? Friends of the Flint River Trail?

The Flint River Watershed Coalition (FRWC) is an environmental education and advocacy group that seeks to protect, preserve, and improve the 1400 square miles of the Flint River Watershed, and to act as the voice of the River. In addition, the FRWC encourages multiple recreational uses of the river including paddling events,

Tips for Safe and Courteous Trail Use



- Be careful crossing roadways and other places where motorized vehicles are present.
- Use crosswalks with signals where available.
- Walking/running/biking with a friend or in a small group is always safer and more fun.
- Drink plenty of water before, during, and after physical activity.
- Wear a helmet when biking or rollerblading.
- Bicyclists yield to all users.
- Stay to the right on the trail. If passing other users from behind, announce your approach and pass on the left.
- Please move off the trail when stopping to enjoy the view or to rest.
- Check with your doctor before you begin any fitness program.
- Do not exceed your physical capacities.



In late 2014, Genesee County was included in the proposed route of Michigan's Iron Belle Trail that travels from Belle Isle in Detroit to Ironwood, MI in the U.P. Once completed, it is projected the bicycling route will total more than 774 miles.

Genesee County alone encompasses approximately 44.5 miles of the proposed Michigan's Iron Belle Trail route, 17.8 miles of which are already built or in some phase of construction. The Flint River Trail is a vital connection for Michigan's Iron Belle Trail, showcasing Genesee County's urban and natural settings. The Iron Belle Trail map as well as other resources can be found at the following link: <http://gcmpc.org/non-motorized/>.



activegenesee.org



flinriver.org



flinriver.org



How can I benefit from the Flint River Trail?

Better Health & Fun Family Activities



Walk, run, or bike to protect your health. There is a rich body of scientific research demonstrating the health, social, and psychological benefits of regularly engaging in physical activity. The Flint River Trail offers a perfect setting for families and friends to interact in a healthy and inexpensive manner. The trail also provides an alternative transportation option with non-motorized access to Bluebell Beach, Stepping Stone Falls, and many other Genesee County recreational facilities.

Educational Insight & Picturesque Views

The Flint River Trail features Wayside Historical Signage along the trail. These signs will offer a great history lesson to users of the trail. Adults and youth alike will enjoy learning about our Flint heritage surrounded by the wonders of nature. Enjoy the natural beauty of the waterway with flowers and shrubs set against beautiful views of the river. Occasionally geese, herons, ducks, and other wildlife are spotted along the trail.

Economic Investment

The Flint River Trail offers a unique opportunity for businesses throughout the community to attract residents and visitors alike to their shops and restaurants.

What is Safe and Active Genesee for Everyone (SAGE)?

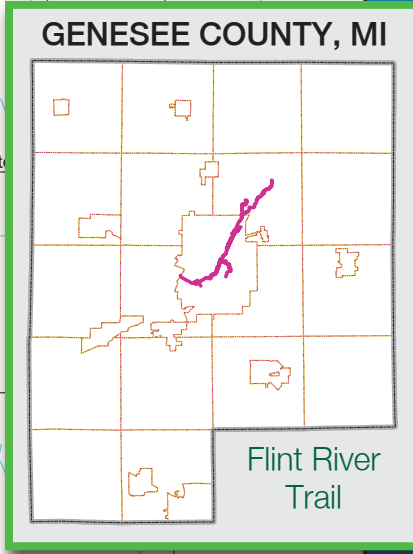
Friends of the Flint River Trail (FFRT) promotes the multiple uses of and expansion of the Flint River Trail, as well as cycling in general. Regular family friendly group trail rides are hosted every Sunday, May through October, starting from the Old Farmers' Market (East Boulevard Drive just north of Longway). FFRT is a chapter of the Flint River Watershed Coalition. For more information, visit flinriver.org/chapters or you may get additional information from Jack Minore (jacksonmin@aol.com) or Bruce Niewenhuis (bnbaton@gmail.com).



For more information on SAGE, visit www.activegenesee.org or call (810) 235-3396.



The Flint River Trail



Where can I access the Flint River Trail?
 The Flint River Trail can be easily accessed on foot or by bicycle from many neighborhoods in Flint. If you are coming from outside of the city, the trail can be accessed from I-475 at Robert T. Longway (Exit 8B if coming from the North, exit 8A if coming from the South) or Carpenter Road. Parking is available at the Old Flint Farmers' Market, Kearsley or Veterans Park, or Bluebell Beach. See the map above for more information about points of entry.

EAST SIDE OF RIVER
 UM Bridge to Old Farmers' Market .4 miles
 Old Farmers' Market to Hamilton Ave. .7 miles
 Hamilton Ave. to Dort Hwy. 1.6 miles
 Dort Hwy. to Johnson School 1.1 miles
Complete Loop 3.8 miles

WEST SIDE OF RIVER
 UM Bridge to Hamilton Ave. 1.2 miles
 Hamilton Ave. to Dort Hwy. 1.6 miles
 Dort Hwy. to Carpenter Rd. 2.0 miles
 Carpenter Rd. to Bluebell Beach 1.1 miles
Complete Loop 5.9 miles

KEARSLEY PARK LOOP
 Old Farmers' Market to Gilkey Creek .6 miles
 Kearsley Creek to Longway Blvd. 1.0 miles
 (Via Dayton and Kearsley Parks)
 Longway Blvd. to Farmers' Market 1.4 miles
 (Via Kearsley Street)
Complete Loop 3.0 miles



Look For These Trail Signs

- TRAIL KEY**
- Trail
 - - - Trail Continues on Street
 - Proposed Trail
 - Trail Coming Soon
 - Iron Belle Trail
 - Restrooms
 - Parking
 - Picnic Area