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 a loop through Kearsley Park and the Flint Cultural Center. Currently, trail users can travel from the University of Michigan-Flint Campus to Bluebell Beach, approximately a 12 mile round trip. A 3 mile extension from Saginaw Street downtown to Kettering University and further on to Ballenger Highway has been funded and will be completed in spring 2010. Future plans include connections to the Trotline Trail to the north and the Grand Traverse Greenway to the south.

Most of the trail is asphalt; however, there are a few "disconnects" along the route where trail users may need to use streets or sidewalks. A multi-year project is underway to eliminate and/or minimize these disconnects. Future plans for the Flint River Trail include the creation of more directional signs, improved crossing signs, marking trail heads, benches for relaxing, and much more.

What is the Flint River Trail project?

In 2005, the Greater Flint Health Coalition began leading work on the Flint River Trail as part of their Health Improvement Committee to promote new attitudes toward health and well-being. The Health Improvement Committee recognized the Flint River Trail as a key piece of infrastructure that provides a place for people to engage in physical activity. In 2008, a collaborative was formed called Safe and Active Genesee for Everyone (SAGE), which included organizations such as the Greater Flint Health Coalition that were interested in creating a healthier Genesee County. Facilitated by the Crim Fitness Foundation, SAGE is a collaborative of local advocates, nonprofit, private, and government organizations working together to promote active living initiatives that create safe opportunities for people to be physically active throughout Genesee County. Through a generous grant from the Ruth Mort Foundation, SAGE has been working on physical improvements to the trail, distance/direction/destination signage, and increasing community awareness of the trail and benefits of its use. SAGE hopes that the Flint River Trail will connect communities county-wide to create a beautiful, integrated trail system. For more information on SAGE, visit www.activegenesee.org or call (810) 235-7801.

How can I benefit from the Flint River Trail?

Better Health

Walk, run, or bike. There is a rich body of scientific research demonstrating the health, social, and psychological benefits of regularly engaging in physical activity. Active individuals have decreased risks of cardiovascular diseases, diabetes, obesity, cancer, high blood pressure, osteoporosis, depression, anxiety and death. Protect your health and enjoy the opportunities the Flint River Trail offers right in your backyard.

Fun Family Activities

The river trail offers a perfect setting for families and friends to interact in a healthy and inexpensive manner. Have a cookout, go fishing, sit by the water, or play volleyball or soccer in one of the parks along the trail. The trail also provides non-motorized access to Bluebell Beach, Stepping Stone Falls, and the other Genesee County facilities. The Flint River Trail is the perfect place for fun and games with family and friends.

Picturesque Views

Enjoy the natural beauty of a Michigan waterway. The landscaping includes flowers and shrubs set against beautiful views of the river. Occasionally, geese, herons, ducks, and other wildlife are spotted along the trail. The Flint River Trail is a scenic, peaceful retreat.

Educational Insight

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.

Who uses the Flint River Trail?

Everyone is welcome to use the Flint River Trail. For individuals who would like an introduction to the trail and its use, there are organized groups who lead activities on the Flint River Trail.

• The Flint River Watershed Coalition hosts River Walks throughout Genesee County.
• The Friends of the Flint River Trail meet at the Flint Farmers Market at 2:00 p.m. every Sunday, May through October, for bike rides along the trail. Newcomers are welcome! For more information, visit http://edtech.mcc.edu/ffrt or call (810) 235-1490 or (810) 232-3161.

Contact the Greater Flint Health Coalition at (810) 232-2228 for more information.
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 18 if coming from the North, exit 19 if coming from the South) or Carpenter Road. Parking is available at the Flint City 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 Farmers’ Market: 0.4 miles
- Farmers’ Market to Hamilton Ave.: 0.7 miles
- Hamilton Ave. to Dort Hwy.: 1.6 miles
- Dort Hwy. to Johnson School: 1.1 miles
- UM Bridge to Johnson School: 3.6 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
- UM Bridge to Bluebell Beach: 5.9 miles

**KEARSLEY PARK LOOP**
- Farmers’ Market to Gilkey Creek: 0.8 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

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

Map supplied Courtesy of the Center for Applied Environmental Research, U.M. Flint.