



The Greater Flint Health Coalition's Health Improvement Committee seeks to promote new attitudes toward health and well-being. The focus of the committee is to promote healthy lifestyles in Genesee County, including reducing sedentary lifestyles. The Health Improvement Committee recognized the Flint River Trail as a key piece of infrastructure that provides a place for people to engage

### What is the Flint River Trail project?

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, identified trail entrances, benches for relaxing, and much more.

Currently, trail users can travel from the University of Michigan-Flint campus to Bluebell Beach, approximately a 12 mile round-trip. An extension to Stepping Stone Falls is due for completion in late 2006. Future plans include the development of other connectors within the City of Flint, expansion west from downtown to Kettering University and Mort Park, and the completion of the Genesee County Park trail system around Mort Lake.

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.

### What is the Flint River Trail?

## The Flint River Trail



Walk  
Run  
Bike  
Escape  
Explore

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 Mort Lake facilities. The Flint River Trail is the perfect place for fun and games with family and friends.



### Fun Family Activities

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.

### Better Health

### How can I benefit from the Flint River Trail?

In physical activity. With grant funding from the Ruth Mort Foundation, the Flint River Trail Committee was formed to provide direction for improving the Flint River Trail, to increase awareness of the trail, and to encourage more frequent use of the trail. The initial phase of the project began in March 2005 and it is anticipated to be a multi-year, multi-phased project. The committee hopes to establish a beautiful, integrated trail system that would eventually connect people from the City of Flushing, through the City of Flint to Mort Lake, and the community of Genesee.



### 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 tours of the Flint River Trail.

### Educational Insights

Future plans include adding 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.

### 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.



## 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.



- The Flint River Watershed Coalition along with UM-Flint Recreation Center hosts River Walks every Tuesday and Thursday at 10:30am beginning at the Flint Farmers Market. These walks are sponsored by HealthPlus of Michigan.
- 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/flrt> or call 235-1490 or 232-3161.
- Ctim walking/running training groups may be using sections of the trail on Tuesday evenings throughout the summer to train for the Ctim Races.

Contact the Greater Flint Health Coalition at (810) 232-2228 for more information.

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June 2006





# 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 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 .4 miles  
Farmers' Market to Hamilton Ave. .7 miles  
Hamilton Ave. to Dort Hwy. 1.6 miles  
Dort Hwy. To Johnson School 1.1 miles  
UM Bridge to Johnson School 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  
UM Bridge to Bluebell Beach 5.9 miles

## KEARSLEY PARK LOOP

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

## TRAIL KEY

- Trail
- Trail Continues on Street
- Proposed Trail
- Restrooms
- Dining
- Parking
- Picnic Area