

- With over 11,000 acres of Michigan at its best, the 21 Genesee County Parks make it easy to get away right away.
- Most Genesee County Parks open at 8 a.m. - seven days a week, 365 days a year.
- Anywhere you can walk in a Genesee County Park, you can also jog or run with the exception of For-Mar Nature Preserve & Arboretum.
- Safety matters. That's why motorized vehicles are prohibited on all walking trails.
- Get started.
- Over half of all pets are overweight. A walk in the park just might do your pet a world of good.
- Dogs are allowed in the parks (except upon beaches and For-Mar) while on a leash of less than six feet in length.
- Pick up after your dog. Plastic grocery bags make great poop scoopers. Tie them up and dispose of them in convenient trash barrels.
- Keep your dog on a leash no longer than 6 feet when walking in Genesee County Parks.

8 trails, endless possibilities, a healthier you.

Richfield County Park
2 miles that leads you across the Flint River ... and back again.
6322 N. Insh Rd. in Davison
Open 8:00 am to sunset daily



Linden County Park
Two trails in one between Byram Lake and Pine Lake.
15349 S. Linden Rd. in Linden
Open 8:00 am to sunset daily



Flushing County Park
A mile loop that brings you along the banks of the Flint River.
4417 N. McKinley Rd. in Flushing
Open 8:00 am to sunset daily



Bluebell Boat Launch
Say hi to the gulls and boaters as you follow the 1.5 mile trail. Entrances on Coldwater Rd. and Genesee Rd. south of Stanley Rd.
Open 24 hours a day, 365 days a year



Stepping Stone Falls
Genesee County's most photogenic way to get in shape.
5161 Branch Rd. in Flint
Open 8:00 am to sunset daily



For-Mar Nature Preserve & Arboretum
One of Mid-Michigan's most beautiful places to get away.
2142 N. Genesee Rd. in Burton
Call 810.736.7100 for hours and programs



Buell Lake County Park
Where the great outdoors is as close as a neighborhood park.
14098 Genesee Rd. in Clio
Open 8:00 am to sunset daily



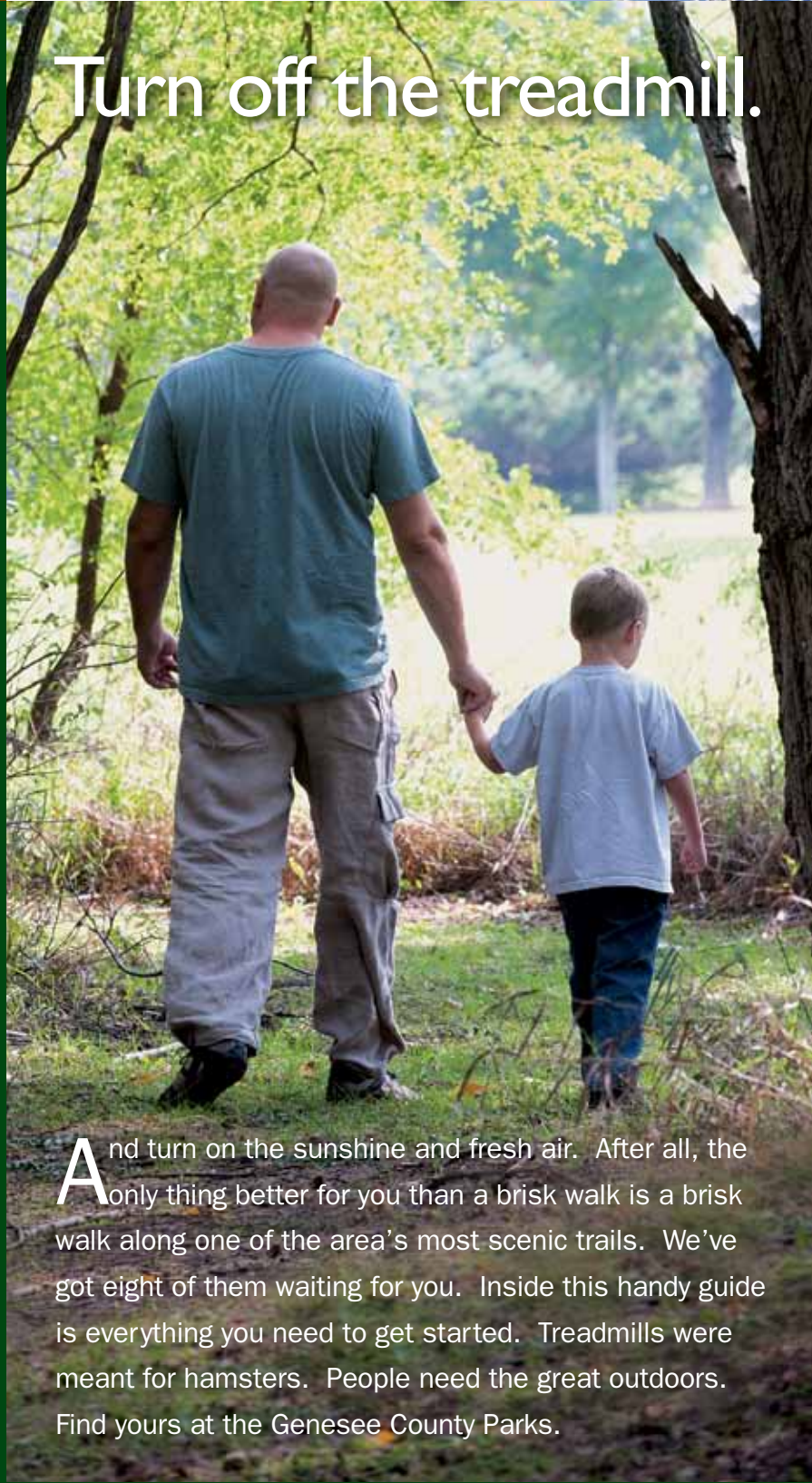
Bluebell Beach
A scenic treat along the shores of Mott Lake. 5500 Bray Rd. in Flint
Call 810.736.7100 for beach hours/dates



Get out. Get active.

- A 2003 report showed that the four million Michigan adults who are physically inactive generated costs of nearly \$8.9 billion in 2002. These costs are borne largely by employers, through health insurance premiums and lost productivity, and through Medicaid payments.
- Michigan ranks 3rd worst among the states for obesity, almost certainly due to excessive caloric consumption and state residents not following one of the key national standards for healthy diets.
- In Michigan 13% of high school students were at risk for becoming overweight. (Youth Risk Behavior Survey, 2001)
- As of 2002, in Michigan approximately 62% of adults were either overweight or obese.

Turn off the treadmill.



And turn on the sunshine and fresh air. After all, the only thing better for you than a brisk walk is a brisk walk along one of the area's most scenic trails. We've got eight of them waiting for you. Inside this handy guide is everything you need to get started. Treadmills were meant for hamsters. People need the great outdoors. Find yours at the Genesee County Parks.

Healthy living starts with the first step.

Your mom knew the secret to a healthier you: Go out and play.



And the experts agree: The best thing you can do for your health is get active. A brisk walk, jog or run for 30 minutes five days a week is all it takes to get started.

At Genesee County Parks, we offer eight trails designed to give you a fun, friendly – and close to home – way to get out of the house and into the best shape of your life.



It turns out, a healthier – and happier – you is just around the corner. At your Genesee County Parks.

Administrative Office
5045 Stanley Road, Flint MI 48506
geneseecountyparks.org
800.648.PARK



Walking Trails



geneseecountyparks.org
800.648.PARK

On Branch Road, North of Carpenter Road



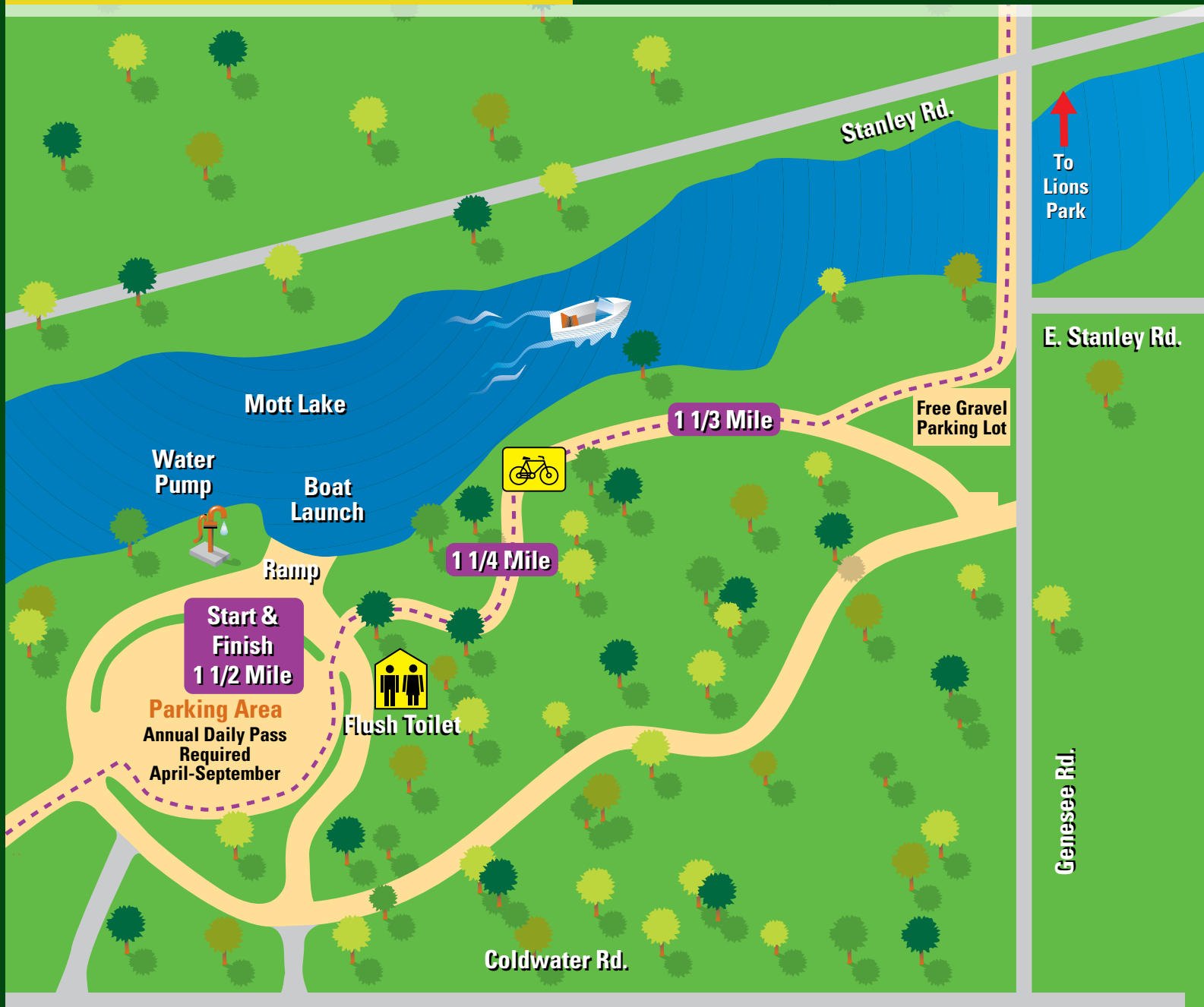
STEPPING STONE FALLS 2/3 MILE TRAIL

On Bray Road, north of Carpenter Road



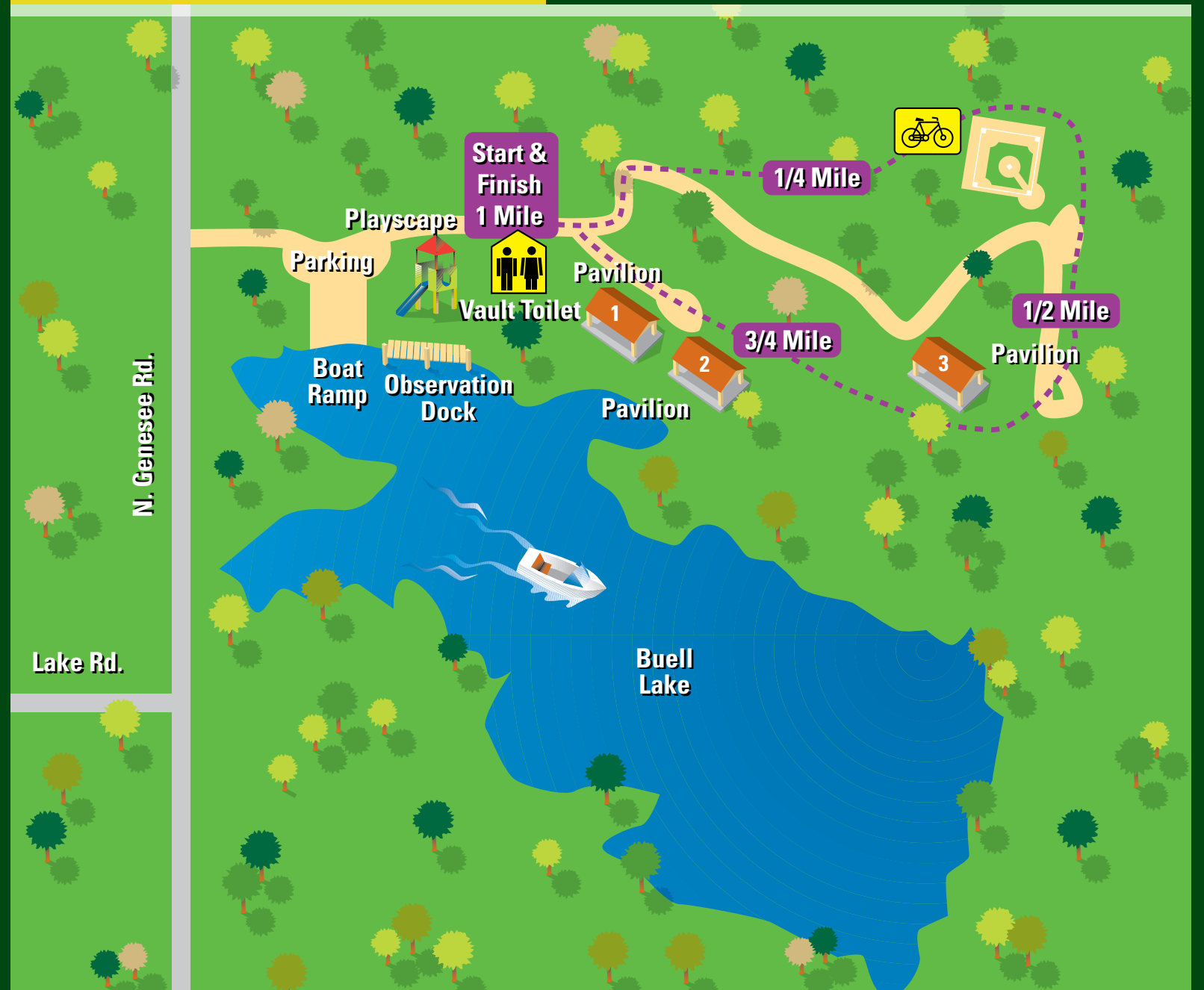
BLUEBELL BEACH 5/8 MILE TRAIL

BLUEGILL BOAT LAUNCH 1 1/2 MILE TRAIL



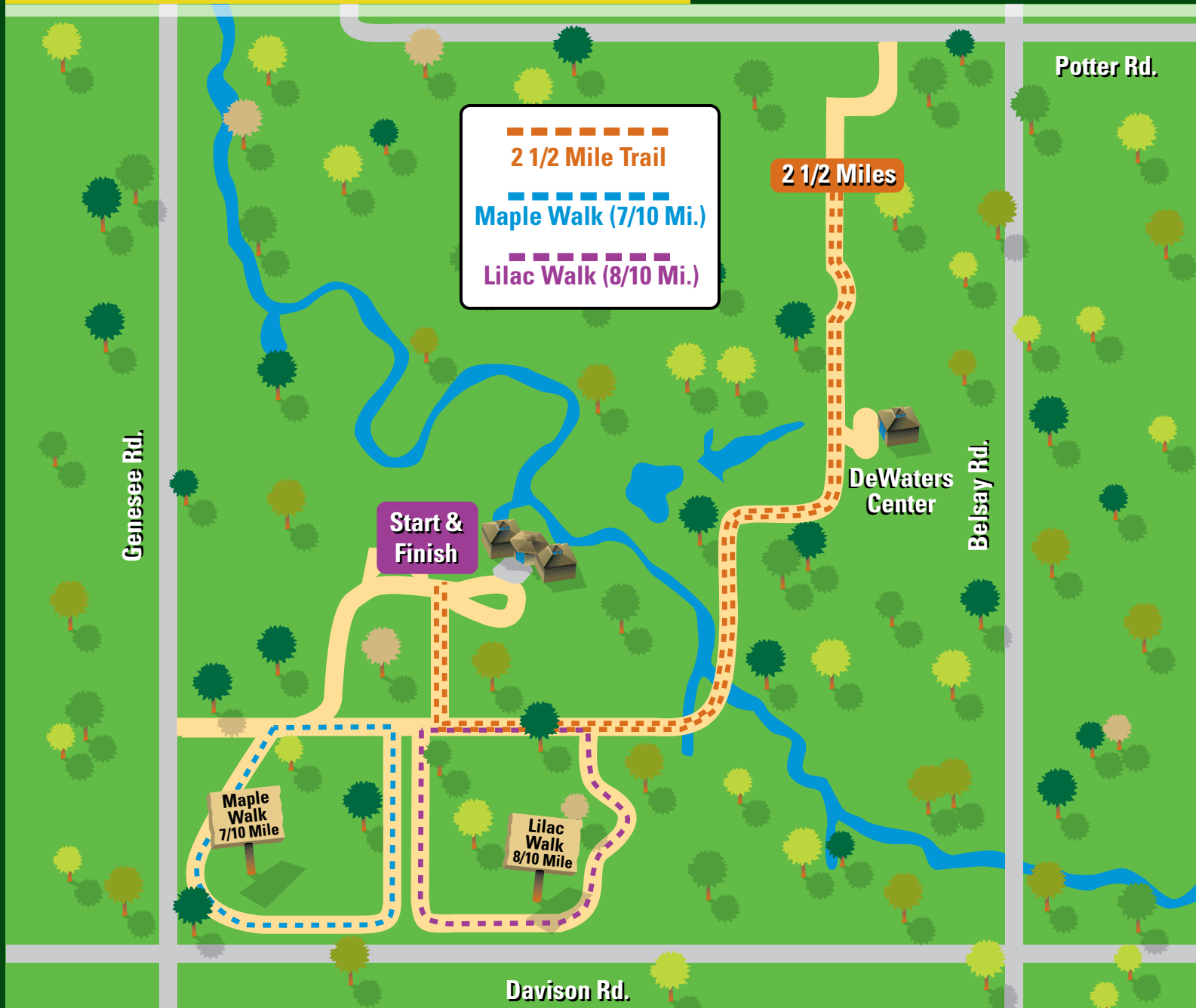
Entrance on Coldwater Road and Genesee Road

BUELL LAKE COUNTY PARK 1 MILE TRAIL



On Genesee Road, north of Vienna (M-57) Road

FOR-MAR NATURE PRESERVE & ARBORETUM TRAILS



On Genesee Road, north of Davison Road

No Dogs Allowed - Biking or Running on Gravel Road Only
For more For-Mar trail info, visit geneseecountyparks.org

RICHFIELD COUNTY PARK 2 MILE TRAIL



On Irish Road, north of Coldwater Road

LINDEN COUNTY PARK 1 1/2 MILE TRAIL



On Linden Road, south of Silver Lake Road

FLUSHING COUNTY PARK 1 MILE TRAIL



On McKinley Road, just south of Carpenter Road