Friends of the Flint River Trail

The Friends of the Flint River Trail (FFRT), a chapter of the Flint River Watershed Coalition, was founded in 1997 and is a group of cycle enthusiasts whose purpose is to promote the use of the Flint River Trail for cycling, walking, and running.

We work to promote and publicize the safe use of the trail and to maintain the trail. We advocate for trail expansion and improvements with other groups and organizations. We have joined with others in our community to provide safe and inviting public outdoor spaces where people of all ages and abilities can easily integrate fun physical activity into their daily routine.

The Flint River Trail

The Flint River Trail is a network of about 24 miles of paved recreational trails that run along the banks of the Flint River from Ballenger Highway in Flint to Mott Lake and the village of Genesee. The Flint River Trail and the proposed Grand Traverse Greenway make up a portion of the Iron Belle Trail, a statewide trail currently in development that will run from Belle Isle in Detroit to Ironwood in the upper peninsula.

FFRT Sunday Rides

The FFRT hosts free family-friendly bike rides on the Flint River Trail every Sunday from May-October. Rides are 12-15 miles at a leisurely pace, and often visit favorite sites such as Stepping Stone Falls, Blue Bell Beach, and the Genesee Valley Trail. The 2nd Sunday of each month is an ice cream ride!

Dates: Every Sunday, May-October
Time: Meet at 1:45pm, ride at 2pm sharp
Where: Former Flint Farmers Market
420 E. Boulevard Dr., Flint, MI 48503

FFRT Second Saturday Rides

The FFRT takes a field trip to other mid-Michigan bike trails on the second Saturday of each month.

Dates: 2nd Saturday, May-October
Time: Meet at 9:45am, ride at 10am sharp
Where: Trailhead at various trails around Mid-Michigan – locations announced each month at the Sunday rides and on Facebook

**Helmets are strongly encouraged**

Contact the FFRT for more information!

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Or find us on Facebook by searching “Friends of the Flint River Trail”

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2019 Flint Area Bicycling Calendar

Friends of the Flint River Trail Events

Saturday, April 27th, 9am – Flint River Stewardship Day – Vietnam Veterans Park, Flint – help us clean up the Flint River Trail!

Sunday, May 5th, 2pm – First 2019 FFRT Flint River Trail bike ride – Meet at former Flint Farmers Market, 420 E. Boulevard Dr., Flint

Saturday, May 11th, 10am – First 2019 FFRT Saturday bike ride – Southern Links Trailway – meet at trailhead in Columbiaville

Other Local Rides & Bicycle Events

Thursdays, Summer, 6pm – Black Girls Do Bike weekly ride – Meet at Berston Field House, 3300 N. Saginaw St., Flint – Find more info on Facebook by searching “Black Girls Do Bike Flint”

Thursdays, Summer, 9pm – Thursday Night Party Ride with Social Cycling Flint – meet at the flat lot downtown Flint between Kearsley and 1st Street. Find them on Facebook @SocialCyclingFlint

Sunday, June 9th, 2pm – Flint Cycle Fest 2019 – presented by the Crim Fitness Foundation – A group ride and festival showcasing Flint neighborhoods – a fundraiser for biking and pedestrian infrastructure improvement – find info at crim.org

Saturday, July 20th, 10am – I BIKE FLINT Bike Tour, a 10 mile historical Flint tour to benefit Berston Bicycle Club Project – find info by searching “I Bike Flint” on Facebook

Sunday, August 18th – 40th Annual Assenmacher 100 – Swartz Creek – a fun bicycle ride through the farmland and villages of mid-Michigan – find info at assenmachers.com

For additional bike rides in the Flint area, check out the Genesee Wanderers Cycling Club at geneseewanderers.org, Kentakee Athletic & Social Clubs (Berston Bicycle Club and Black Girls Do Bike) at kentakee.org, and the Crim Fitness Foundation at crim.org. For information about bicycle events across Michigan, visit the League of Michigan Bicyclists at lmb.org.

Thank You!

The FFRT would like to send a special thank-you to everyone who assists in maintaining the Flint River Trail, including Genesee County Parks, the City of Flint, Kettering University, the University of Michigan-Flint, the Downtown Development Authority, Flint Urban Safety Corps, and others!