

Capital Area Trails

These beautiful trails are free of charge, have multiple entry points, are handicap accessible, and can be used by walkers, runners, dogs on leashes, and bikers. For additional information, please visit www.lansing.org/visitor/things-to-do/parks-gardens/

A EAST-WEST CONNECTOR TRAIL

Sharp Park, 1401 Elmwood Drive, **Lansing**
2.5-mile trail located in Delta Township offers connectivity to beautiful parks, library, Lansing Mall and other attractions.

B FRED MEIJER CLINTON-IONIA-SHIAWASSEE TRAIL

107 E. Railroad Street, **St. Johns**
42-mile trail originates at the western edge of Owosso, travels through St. Johns, and concludes at the eastern boundary of Ionia.

C HAYHOE RIVERWALK

213 S. Jefferson, **Mason**
2.5-mile trail through Mason, largely along Sycamore Creek. Recreation walking for exercise or bird watching.

D LANSING RIVER TRAIL

Maguire Park, Jolly Road & Aurelius Road, **Lansing**
10.2-mile trail connects scenic overlooks, historic landmarks, parks and cultural centers. Multiple access/endpoints.

E MERIDIAN INTERURBAN PATHWAY

Shopping Center at Marsh Road and Haslett Road
1655 Haslett Road, **Haslett**
1.95-mile interurban trail along Consumers Energy utility corridor. Trail connects to two residential areas and Old Raby Road trail.

F NORTHERN TIER TRAIL

Across the street from Family Aquatics Center,
6400 Abbot Road, **East Lansing**
4.5-mile trail connects nine East Lansing park sites through wooded lots and assorted wetland, prairie and open spaces. Natural wildlife habitat.

G SOUTH LANSING PATHWAY

Benjamin Davis Park (east lot)
5500 Pleasant Grove Road, **Lansing**
5.5-mile trail runs along the Consumers Energy utility corridor through four parks, along wetland areas, and connects neighborhoods, commercial areas, Lansing River Trail and Sycamore Creek Trail.

H SYCAMORE CREEK TRAIL

Trailhead Park, 4111 Holt Road, **Holt**
3.24-mile wooded trail connects to Lansing River Trail, under I-96 to Willoughby Road, and connects to Valhalla Trail with elevated structure across Sycamore Creek.

For more in-depth analysis of existing trails and future trail development, please go to: www.greenmidmichigan.org

Let's Walk!

Michigan's Capital Area has over 150 Parks and Trails for use by anyone who seeks the serenity of nature, the excitement of recreation, or a walk in the woods beside a river or lake. Walking manages stress, strengthens your heart, increases stamina, improves fitness, and is good for your bones. It is easy to do, and all you need is a good pair of shoes. Walk with a friend, a team, a pet, or by yourself. Benefits are endless, and most of all, walking feels great. This brochure highlights 36 destination parks and trails. Most of these parks are universally accessible. The lists here are not complete descriptions, only a directory and a map to get you going. For more information, visit: <http://www.lansing.org/visitor/things-to-do/parks-gardens/>

Sponsors

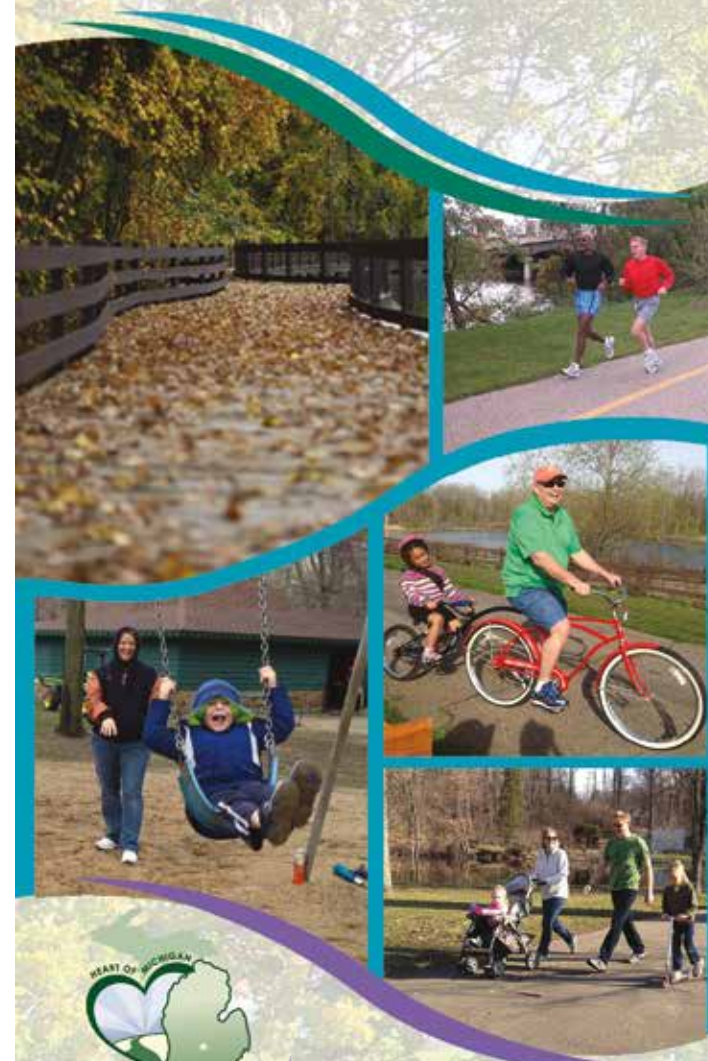


Photo credits: Alicia Armstrong, Melissa Lott, Mario Quagliata, and Lansing Parks Department.



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Capital Area Parks & Trails



Choosing Health![®]
Facilitated by the **Capital Area Health Alliance**
and incorporating Michigan's 4 x 4 Plan

Capital Area Parks Destination

1 BENNETT PARK

1225 S. Cochran Avenue, **Charlotte**
117 acres of natural scenery, paved and gravel trails, Veterans Memorial Park, and a historic courthouse site along the Battle Creek River.



2 BURCHFIELD PARK

881 Grovenburg Road, **Holt**
Over 540 acres along the Grand River. Swim area, picnicking, canoe livery, recreational sports, 16 miles of trails for hiking, mountain biking, moonlight and cross country skiing. Entry \$3-5.



3 CREGO PARK

1600 Fidelity Road, **Lansing**
In south Lansing, this 200-acre park offers quiet water sports like fishing, canoeing and boating (non-motorized). Connecting to the Lansing River Trail.



4 DELTA MILLS PARK

7001 Old River Trail, **Delta Township**
Covering 32 acres, this beautiful park offers many amenities and access to the Grand River.



5 FENNER NATURE CENTER

2020 E. Mt. Hope Avenue, **Lansing**
Interactive learning center ideal for families. 4.5 miles of trails. Visitor center with reptiles, bird viewing and nature history library.



6 FITZGERALD PARK

133 Fitzgerald Park Drive, **Grand Ledge**
Home of "The Ledges," a 300-million-year-old 60-foot sedimentary rock outcropping on the Grand River, this 76-acre park includes 3 miles of trails. Entry \$3-5.



7 FOX MEMORIAL PARK

3981 E. Gresham Highway, **Potterville**
This 100-acre park (50+ acres currently developed) contains a picturesque lake. Entry \$3-5.



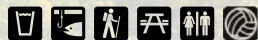
8 FRANCES PARK

2701 Moores River Drive, **Lansing**
Stroll through the rose garden, a loop trail or view the Grand River.



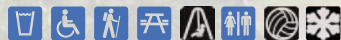
9 GRAND WOODS PARK

4500 W. Willow Highway, **Delta Township**
This 128-acre park has 3+ miles of trails, a radio-controlled racecar track and a disc golf course.



10 GRANGER MEADOWS PARK/VALLEY FARMS PARK

1275 Granger Meadows Lane, **Lansing**
This 76-acre year-round park includes in-line skating, 3/4-mile of mulched trails, 1.75 miles of paved trails, and 70-foot high sledding hill.



11 HARRIS NATURE CENTER

3998 Van Atta Road, **Okemos**
Forests, meadows, 6 miles of nature trails and a 3/4-mile paved trail along the Red Cedar River. Family programs year-round.



12 HAWK ISLAND PARK

1601 E. Cavanaugh Road, **Lansing**
One of the region's largest and most diverse parks, it features a beach, splash park, boat rental, beach

house/snack bar, boardwalks, horseshoe pits and a winter sports hill. Over 1.5 miles of paved trails that connect with Scott Woods Park and with the Lansing River Trail. Entry \$3-5.



13 HAWK MEADOW PARK

6160 Delta River Drive, **Delta Township**
This 148-acre park includes 4.5 miles of trails.



14 HUNTER PARK

1400 E. Kalamazoo Street, **Lansing**
1/2-mile paved trail plus pool and splash park.



15 HUNTER'S ORCHARD PARK

7242 Old River Trail, **Delta Township**
This park includes 1.3 miles of river trails, wheelchair accessible for 2/3-mile of the trail.



16 INGHAM CONSERVATION DISTRICT

1031 W. Dexter Trail, **Mason**
200 acres of green space includes a 5K trail. Seasonal hunting available.



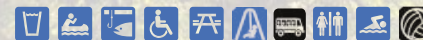
17 LAKE LANSING PARK NORTH

6260 E. Lake Drive, **Haslett**
Over 530 acres of natural recreation area and woods. 5 miles of hiking trails convert to ski trails. Equipment rental. Entry \$3-5.



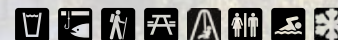
18 LAKE LANSING PARK SOUTH

1621 Pike Street, **Haslett**
30-acre site, located on a 410-acre lake. Beautiful sandy beach, boat rental, horseshoe pits. Entry \$3-5.



19 LINCOLN BRICK PARK

13991 Tallman Road, **Grand Ledge**
This 90-acre park's environment varies from woodlands and meadows to scenic river frontage.



20 NANCY L. MOORE PARK

2100 Gaylord C. Smith Court, **Haslett**
This 108-acre park offers team sports and basketball

court plus 2 miles of creek-side nature trails and a 1/2-mile paved trail.



21 FRANCIS MOTZ & CLINTON LAKES COUNTY PARKS

4630 N. DeWitt Road, **St. Johns**
Fully accessible 315-acre recreational area with 3 lakes and carry-in boat launches, 3 miles of pathways with wildlife and scenic views.



22 PATRIARCHE PARK

960 Alton Street, **East Lansing**
New 1.2-acre playground with modern design.



23 POTTER PARK & ZOO

1301 S. Pennsylvania Avenue, **Lansing**
Over 450 animals, adjacent to the Red Cedar River, live pony and camel rides and playgrounds. Entry \$2-10.



24 SHARP PARK

1401 Elmwood Drive, **Delta Township**
On 58 acres, Sharp Park features a fishing pond and access to the East-West Connector.



25 SLEEPY HOLLOW STATE PARK

7835 E. Price Road, **Laingsburg**
This park covers over 2,600 acres, including a river and 410-acre lake; rental cabins available. Entry \$11.



26 TOLLGATE WETLANDS

1101 N. Fairview Avenue, **Lansing**
11 acres of wetlands, limestone cascades, ponds, interpretive signs and a 1/2-mile walking path.



27 VALHALLA PARK

Pine Tree Road & Keller Road, **Holt**
45-acre site features a wooded area, open fields, lake, swimming beach, changing rooms and concessions.



28 WOLDUMAR NATURE CENTER

5739 Old Lansing Road, **Lansing**
188 acres of fields, forests and wetlands along the Grand River. Year-round programs include walks, hikes, camping, campfire programs.



Icon Key:

Biking	Playground
Boating	Public transport fixed route
Drinking water	Restrooms
Fishing	Swimming
Handicap accessible	Team sports
Hiking/walking	Winter activities
Picnic area	Handicap accessible



For more in-depth information about these parks and trails, please go to: www.lansing.org/visitor/things-to-do/parks-gardens/

For arranged and accessible transportation in the capital area, please visit: Capital Area Transportation Authority (CATA): www.cata.org/CATAServices/tabid/127/Default.aspx Clinton Area Transportation System (CATS): www.clintontransit.com Eaton Area Transportation Authority (EATRAN): www.eatran.com

OPEN TO SEE MAP

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Capital Area Destination

Parks

- 1 BENNETT PARK
- 2 BURCHFIELD PARK
- 3 CREGO PARK
- 4 DELTA MILLS PARK
- 5 FENNER NATURE CENTER
- 6 FITZGERALD PARK
- 7 FOX MEMORIAL PARK
- 8 FRANCES PARK
- 9 GRAND WOODS PARK
- 10 GRANGER MEADOWS PARK/
VALLEY FARMS PARK
- 11 HARRIS NATURE CENTER
- 12 HAWK ISLAND PARK
- 13 HAWK MEADOW PARK
- 14 HUNTER PARK
- 15 HUNTER'S ORCHARD PARK
- 16 INGHAM CONSERVATION
DISTRICT
- 17 LAKE LANSING PARK NORTH
- 18 LAKE LANSING PARK SOUTH
- 19 LINCOLN BRICK PARK
- 20 NANCY L. MOORE PARK
- 21 FRANCIS MOTZ AND
CLINTON LAKES COUNTY PARKS
- 22 PATRIARCHE PARK
- 23 POTTER PARK AND ZOO
- 24 SHARP PARK
- 25 SLEEPY HOLLOW STATE PARK
- 26 TOLLGATE WETLANDS
- 27 VALHALLA PARK
- 28 WOLDUMAR NATURE CENTER

Capital Area

Trails

- A EAST-WEST CONNECTOR TRAIL
- B FRED MEIJER CLINTON-IONIA-
SHIAWASSEE TRAIL
- C HAYHOE RIVERWALK
- D LANSING RIVER TRAIL
- E MERIDIAN INTERURBAN
PATHWAY
- F NORTHERN TIER TRAIL
- G SOUTH LANSING PATHWAY
- H SYCAMORE CREEK TRAIL

Map not to scale

For more information
please go to:
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