

It's Easy!

- Here are some tips to help you integrate walking into your daily life:
- Use this map to see how you can get to your preferred destinations by walking;
- Walk to meetings, lunch or run errands during the workday;
- If it is not feasible for you to walk the entire way to your destination, consider walking a portion;
- Talk to your co-workers about starting a work site walking club.
- Meet your daily recommended 30 minutes of moderate physical activity;
- Reduce your risk of chronic diseases;
- Get to know your neighbors;
- Shrink your carbon footprint;
- Save money on gas and auto maintenance.

Did you know that when you walk, you're using active transportation?

Using active transportation can help you:

- Meet your daily recommended 30 minutes of moderate physical activity;
- Reduce your risk of chronic diseases;
- Get to know your neighbors;
- Shrink your carbon footprint;
- Save money on gas and auto maintenance.



Downtown Flint

RESTAURANTS & BARS

- 1 Witherbee's Market & Deli
- 2 Hoffman's Deco Deli
- 3 University Pavilion Food Court
- 4 Churchill's Food & Spirits
- 5 Brown Sugar Cafe
- 6 The Lunch Studio
- 7 Raspberries Rhythm Cafe & Bar
- 8 Wize Guys Pizza
- 9 Torch Bar & Grill
- 10 501 Bar & Grill
- 11 Blackstone's Pub & Grill
- 12 Cork on Saginaw
- 13 Soyla's Mexican Restaurant
- 14 Rolls - R - Ready
- 15 Halo Burger
- 16 Bailiwick Pub & Grill
- 17 Soggy Bottom Bar
- 18 The Loft
- 19 Flint Masonic Temple

SHOPPING

- 20 Carriage Town Antique Center
- 21 Mad Hatter
- 22 Pages Bookstore
- 23 Flint City T-Shirts

GOVERNMENT BUILDINGS

- 24 Secretary of State
- 25 Mass Transit Authority-Transit Center
- 26 Post Office
- 27 Floyd J. McCree Health & Human Services
- 28 US Internal Revenue Services
- 29 Court Records
- 30 Court House
- 31 City of Flint Municipal Building
- 32 Genesee County Administration Building

ARTS & HISTORIC BUILDINGS

- 33 The Durant
- 34 Northbank Center
- 35 Buckham Gallery
- 36 Greater Flint Arts Council

CHURCHES

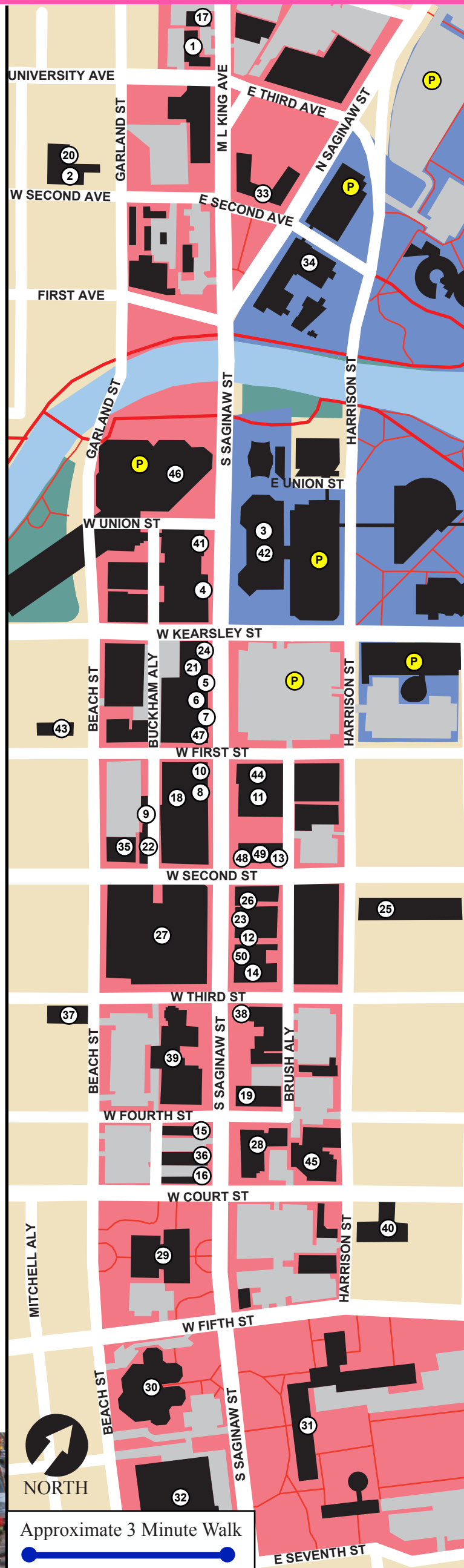
- 37 St. Matthews Roman Catholic Church
- 38 St. Paul's Episcopal Church
- 39 First Presbyterian Church
- 40 First Church of Christ Scientist

BANKS

- 41 Citizens Bank
- 42 Citizens Bank ATM
- 43 Chase Bank
- 44 Bank of America
- 45 Chase Bank

OTHER

- 46 Riverfront Residence Hall & Conference Center
- 47 Crim Fitness Foundation & Genesee County Land Bank
- 48 Garibella Salon
- 49 The Yoga Loft
- 50 Paul's Pipe Shop



Places of Interest

Flint Farmers Market

Open Tuesdays and Thursdays from 9am to 5pm and on Saturdays from 8am to 5pm.
www.flintfarmersmarket.com

Flint Public Library

The historic Flint Public Library welcomes visitors to browse the collections, use free Wi-Fi, or visit the local history and genealogy collections.
www.flint.lib.mi.us

Sloan Museum

Features the rich automotive history of the City of Flint with dramatic settings, video programs and hundreds of artifacts and photographs. The adjacent Buick Automotive Gallery presents automotive exhibits featuring vehicles from the Sloan Fleet of over 80 Flint-built automobiles.
www.sloanmuseum.com

Flint Institute of Music

The Institute champions the efforts of changing lives through a lifelong continuum of music, dance and theatre. See performances by the Flint Symphony Orchestra, Flint School of Performing Arts, and Flint Youth Theatre.
www.thefim.org

Applewood

The 34-acre historic estate of the Charles Stewart Mott family features stately trees, lush lawns and flower gardens. As part of the Ruth Mott Foundation's commitment to Flint, special programs for the public are offered throughout the year.
www.applewood.org

The Longway Planetarium

Claims the title of Michigan's largest planetarium with 285 seats under a 60-foot dome. The Learning Center provides hands-on science, astronomy and telescope opportunities.
www.longway.org

The Whiting Auditorium

Provides facilities, programs and services that promote and support the presentation of the best regional, national and international performing artists. It hosts Broadway shows, music, dance, theatre, comedy and much more.
www.thewhiting.com

Flint Institute of Arts

Houses over 8,500 pieces of art from around the world spanning 5,000 years. Open seven days a week. No fee for the permanent collection. Nominal fee for other exhibits.
www.flintarts.org

Organized Walking & Jogging Routes

Artwalk

Artwalk is a gallery crawl that occurs from 6pm to 9pm every second Friday of the month in downtown Flint. The event is completely free to the public, with complimentary catering and refreshments provided at each location.

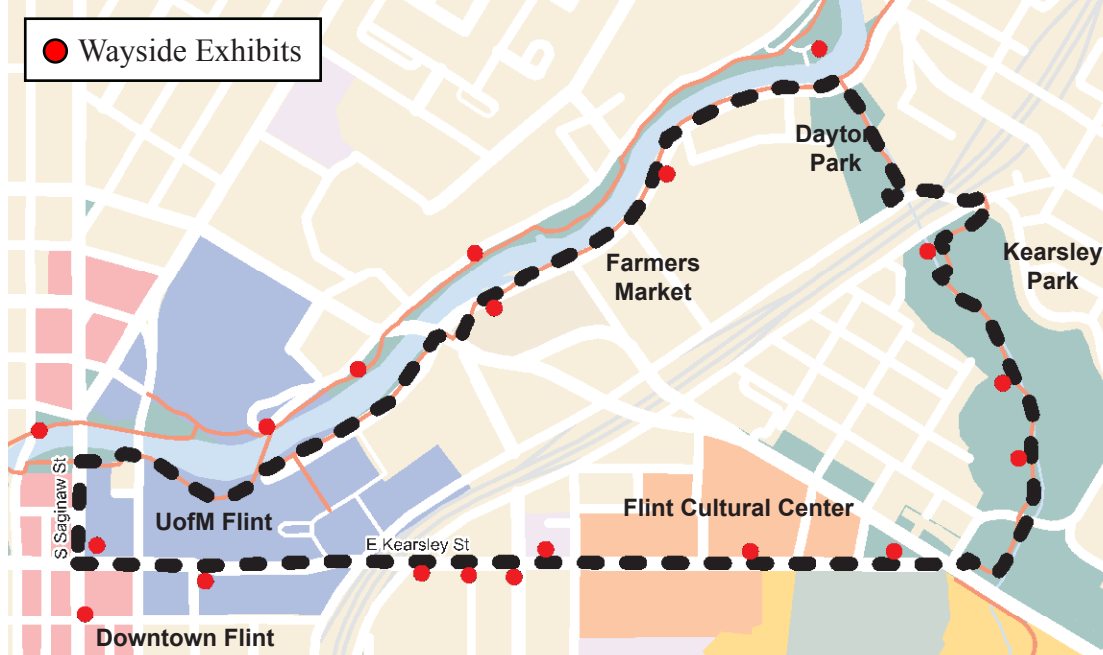
Flint Walking/Running Group

Casual running and walking groups. Everyone is welcome. Groups meet 6pm Thursdays at the clock tower in Downtown Flint (Saginaw/Kearsley Streets) and 8:30am Saturdays at the Flint Farmers Market. For more information contact the Crim Adult Training Program at 810-235-7131.

Recommended Walking & Jogging Routes

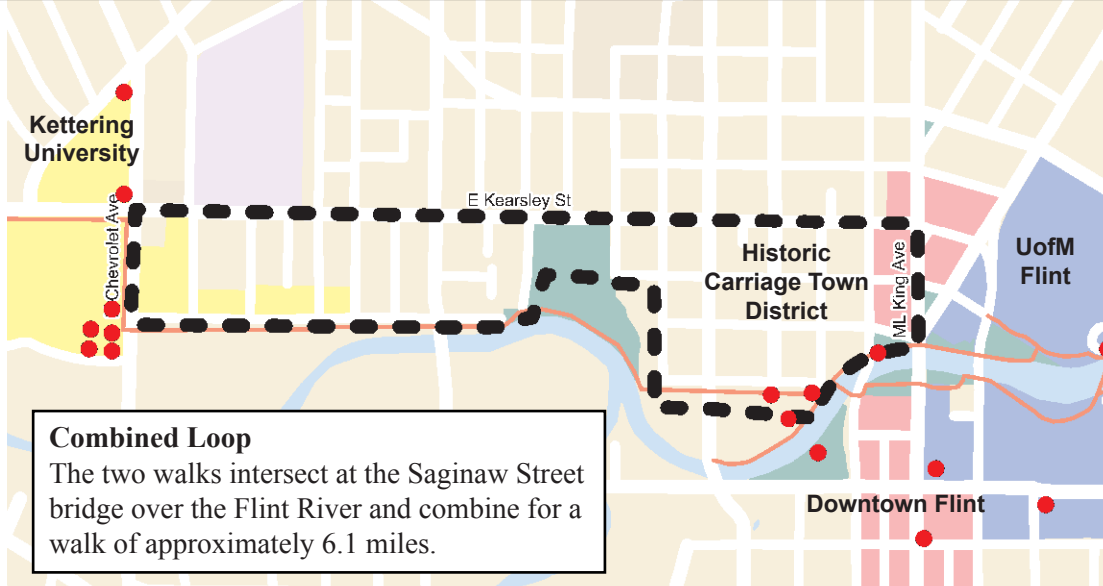
Northeast Loop

This route is a 3.5 mile loop through downtown, U of M Flint, the Flint Cultural Center, Kearsley Park, Dayton Park and the Farmers Market. Over half of the route is on the Flint River Trail along the Flint River. The other portion is along South Saginaw Street and East Kearsley Street in the downtown area. This trip will generally take around 70 minutes to walk, assuming there are few delays.



Southwest Loop

This route is a 2.6 mile loop through the downtown, Historic Carriage Town District and Kettering University. Half of the route is on the Flint River Trail along the Flint River. The other half follows East Chevrolet Avenue, University Avenue and South Saginaw Street. This trip will generally take around 50 minutes to walk, assuming there are few delays.



Combined Loop

The two walks intersect at the Saginaw Street bridge over the Flint River and combine for a walk of approximately 6.1 miles.

Downtown Flint

See Enlarged Section On the Other Side of the Map

University of Michigan - Flint

- | | |
|-----------------------|------------------------------|
| ① White Building | ⑧ University Center (UCEN) |
| ② Northbank Center | ⑨ Recreation Center |
| ③ Pavilion Annex | ⑩ Murchie Science Building |
| ④ University Pavilion | ⑪ First St. Residence Hall |
| ⑤ Thompson Library | ⑫ Central Energy Plant (CEP) |
| ⑥ UM-Flint Theatre | ⑬ Hubbard Building |
| ⑦ French Hall | |

Flint Cultural Center

- | | |
|----------------------------|---------------------------|
| ⑭ Flint Institute of Music | ⑲ Flint Public Library |
| ⑮ Sloan Museum | ⑳ Flint Institute of Arts |
| ⑯ Sarvis Conference Center | ㉑ Longway Planetarium |
| ⑰ The Whiting | ㉒ Buick Gallery |
| ⑱ Flint Youth Theatre | |

Mott Community College

- | | |
|--------------------------|-------------------------------|
| ㉓ Ballenger Field House | ㉘ Visual Arts & Design Center |
| ㉔ Durham Natatorium | ㉙ Public Safety |
| ㉕ Mott Memorial Building | ㉚ Regional Technology Center |
| ㉖ Curtice-Mott Complex | ㉛ Gorman Science Building |
| ㉗ Prah College Center | ㉜ Presidential Conf. Center |
| ㉘ Mott Library | ㉝ Presidential Residence |

Kettering University

- | | |
|---------------------|--|
| ㉞ Academic Building | ㉟ Campus Village Apts. |
| ㊱ Recreation Center | ㊲ C.S. Mott Engineering and Science Center |
| ㊳ Thompson Hall | ㊴ Innovation Center |
| ㊵ Campus Center | |

Approximate Walking Times and Distances

