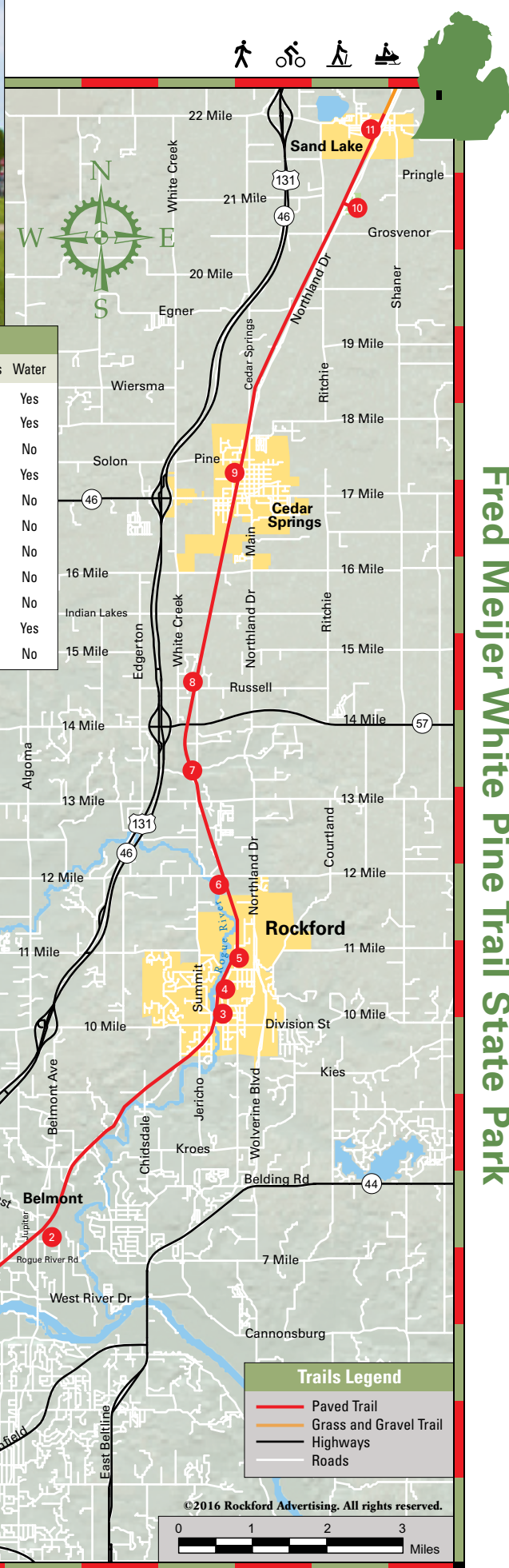




Ride along the Rockford dam, the Rogue River and several parks in downtown Rockford.

West Michigan Trails



Fred Meijer White Pine Trail State Park

## Fred Meijer White Pine Trail State Park

### Comstock Park to Sand Lake

With its close proximity to Grand Rapids, the 24-mile section of the White Pine Trail from Comstock Park to Sand Lake is easily accessible, exceptionally scenic and heavily used by runners and riders alike.

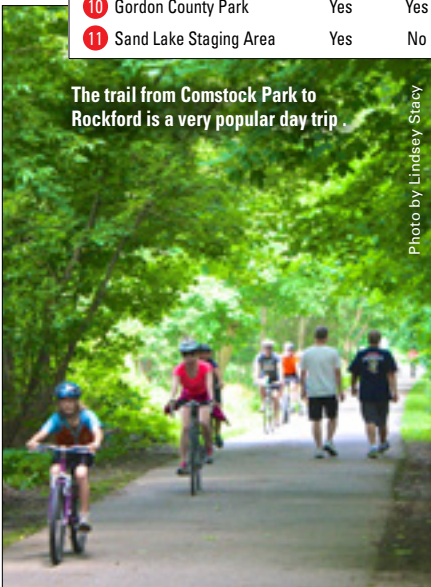
Comstock Park marks the official starting point for the Fred Meijer White Pine Trail State Park. A beautiful new trailhead in downtown Comstock Park is a quarter mile east of the US-131 exit. It's an excellent place to begin your journey with ample parking, a picnic area, restaurants, and ice cream. The trail skirts the West Michigan Whitecaps baseball stadium and heads north along the Grand River. At the baseball stadium, an alternative spur of the trail heads south along the Grand River to Grand Rapids.

A bridge over West River Drive takes you north to downtown Belmont and another nice staging area at Rogue River County Park. From Belmont, the trail coasts downhill into the Rogue River valley and downtown Rockford where you'll travel by several riverside parks, paths and boardwalks. The Rockford dam is a popular gathering area to rest, enjoy ice cream, or just soak up the scenery. Downtown Rockford features several quaint shops and eateries, and hosts many events and festivals near the trail. As you continue north along the edge of the Rogue River, the trail begins a slight uphill climb as it crosses Stegman Creek at Trestle Park on its way to Cedar Springs.

The staging area in Cedar Springs, on Elm Street, is just two blocks east of North Main Street. The trail is relatively flat and straight as it races north to downtown Sand Lake. At Sand Lake you'll find a nice staging area with a picnic pavilion and several places to eat or purchase snacks and drinks.

Snowmobiling is allowed during the winter season north of Russel Road.

White Pine Trail Access			
Access Site	Parking	Restrooms	Water
1 Comstock Park Trailhead	Yes	Yes	Yes
2 Rogue River Park	Yes	Yes	Yes
3 Richardson Sowerby Park	Yes	Yes	No
4 Garden Club Park	Yes	Yes	Yes
5 N. Main St. Staging Area	Yes	No	No
6 12-Mile Road Staging Area	Yes	No	No
7 Trestle Park	Yes	Vault	No
8 Russell Road Staging Area	Yes	No	No
9 Cedar Springs Staging Area	Yes	Yes	No
10 Gordon County Park	Yes	Yes	Yes
11 Sand Lake Staging Area	Yes	No	No



The trail from Comstock Park to Rockford is a very popular day trip.

Photo by Lindsey Stacy