



It's that time of year again, when the days are getting a bit longer, the temperatures are rising and people are coming out from hiding from the cold winter. While some are planning trips to head to warmer destinations, others are sticking around MI for a more local scene for spring break. This one's for those of us hanging around West Michigan but still wanting to try new trails and routes. With it also being Women's History month I'll include a few local women owned businesses to check out while you're out exploring new parts of your city.

Paved Trails

Millenium Park: Millennium park is located in Walker and has portions of the park that go through Walker, Grand Rapids, Grandville, and Wyoming. Not only does it offer nearly 18 miles of trails but it has 1,400 acres of rolling terrain and 6 miles of frontage on the Grand River.

Reeds Lake: Located in East Grand Rapids Reeds Lake is a fan favorite 4 mile run around the lake. You'll be sure to see a lot of runners and walkers as well as families going out for a stroll. Not to mention, all of the beautiful homes and architecture to swoon over while on your run.

White Pine Trail: The White Pine Trail stretches 92 miles from Cadillac to Comstock Park. There are areas along the trail that are hard packed gravel and areas that have asphalt. There are a number of different access points through Comstock Park, Belmont and Rockford. You get a variety of beautiful scenery and you can hit two different breweries along the trail in Rockford for a bite to eat and a cold beverage.

Dirt Trails

Provin Trails: Located behind Robinette's Apple Haus, Provin Trails offer a great variety of terrain. It is a shorter trail but there are some steep hills and sandy areas that make this trail a little more challenging. This trail is also dog friendly (if on a leash) and what better way to end a run/hike then getting some apple cider after.

Seidman Park: This is an almost 4 mile loop located in Ada Township. This trail is considered a beginner route and is popular for hiking, snowshoeing, and cross country skiing. It is open year round but the best time to visit the trail is March through October. It is also dog friendly if dogs are on leash.

Cannonsburg State Game Area: Located in Ada, MI, enjoy almost 8 miles of rolling hills on the state game trails. These trails are single track and welcome mountain bikers as well, so be mindful to yield to the bikers and run in the same direction they are going. The state games trails are also dog friendly if you have your furry friend on a leash.

Women owned business in Grand Rapids

San Chez Bistro: San Chez is a Tapas Bistro located downtown Grand Rapids and has been in operation since 1992. Not only do they focus on great food and service but they also focus on minimizing their impact to the earth.

Oh Hello Co. Paper & Gifts: Located downtown Grand Rapids is a fun gift shop with all things stationery, Grand Rapids themed items and unique gifts for anyone. They also sell a lot of Michigan made items. Be sure to give some pets to Bancroft the shop dog when you visit the store.

Global Gifts: Located on 28th St, Global Gifts is the only fully fair trade nonprofit gift store in Grand Rapids. They have a wide variety of unique and handmade products from more than 20 countries. The shop is staffed by volunteers and has been open since 1986.

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