



Paint Creek Trailway

Paint Creek Trailways Commission

E-MAIL

PaintCreekTrail
@aol.com

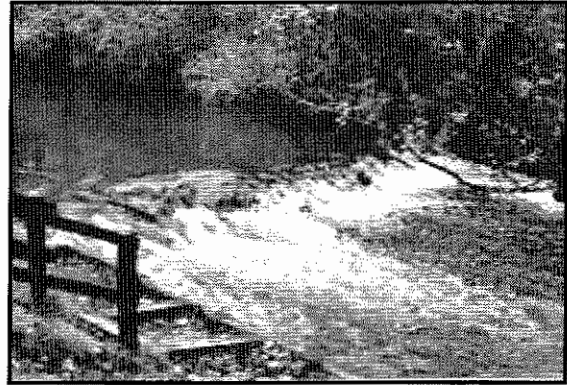
TRAIL HOURS:

Open Daily
6:00 a.m.-
10:00 p.m.
Year Round

Commission Meetings:
7:00 pm
3rd Tuesday of the Month
at Rochester City Hall
400 Sixth Street
Rochester, MI
48307

The Paint Creek Trailway is located in Oakland County Michigan and connects the suburban Detroit communities of Rochester, Rochester Hills, Oakland and Orion Townships.

The trail is used by hikers, cyclists, joggers, equestrians, nature observers and photographers. The trail follows the old Penn Central Railroad up the Paint Creek Valley through highlands, pastures, and wetlands. The compacted limestone surface provides a solid, but natural surface for non-motorized uses. During the winter months, many residents utilize the trail for cross-country skiing.



The Paint Creek Trailway is a vital part of the recreation available in northeastern Oakland County, not only linking parkland and facilities, but also for use as a recreation resource itself. In the past few years, the popularity of and demand for multi-use trails has resulted in the land acquisition and development of other area trails. The Clinton River Trail, Macomb Orchard, and the Polly Ann Trail, are major new trails with excellent potential for direct or indirect linkage to the Paint Creek Trail. The proposal and construction of these projects, and others like them, is a testament to the public demand for alternative routes for non-motorized transportation.

For further information, call the Paint Creek Trailways Commission at **248-651-9260** or the communities below:

- [City of Rochester](#)
- [City of Rochester Hills](#)
- [Oakland Township](#)
- [Orion Township](#)

VOLUNTEERS NEEDED

The Paint Creek Trailways Commission is looking for volunteers for a deck building project. The observation deck is being built as part of our Michigan Natural Resources Trust Fund grant development project. The deck is being built next to the Trail at Foley Pond (north of Clarkston/Kern Roads about .5 mile) We are looking for Volunteer builders or carpenters for Saturday, August 27, 2005 (rain date: August 28, 2005). There will be two work shifts - 8:30-12:30 and 1:00 - 5:00. Some tools will be available, but we will be asking volunteers to bring their own tools. You can volunteer by contacting the Orion Township Parks and Recreation Department at (248) 391-0304 ext 143 or email: parksrec@oriontownship.org.

Please help make a difference and support the Trail on this great enhancement project!

HEAT SAFETY ON THE TRAIL

Most creatures, excluding humans become less active during the heat of the day. The Paint Creek Trail is a wonderful place to explore, walk, hike or run, but with the hot days of summer upon us you need to practice safety first.

HEAT STROKE is a life threatening emergency; just one of the heat-related problems that can affect a runner (or an elderly walker) on a hot summer's day. As body temperature rises - often above 104 degrees - confusion that may mimic dementia takes hold. The body's internal temperature regulating system fails. The skin may be hot and moist or hot and very dry with a rapid heartbeat, rapid shallow breathing, irritability and possible fainting or unconsciousness. This is a true medical emergency. Dial 911 and move the victim into a shady area and cool the skin with water if possible.

HEAT EXHAUSTION ranges from mild to severe and is not uncommon with strenuous outdoor work or a hard-paced run. Heavy sweating with a limited fluid intake can set the stage for heat exhaustion. Signs and symptoms include low blood pressure, rapid heart beat, a gray ashen appearance and feeling faint or 'just not right'. The person needs to move into the shade or be cooled by other means including air conditioning. Cool - not ice cold - liquids should be consumed. If fainting or confusion is present, call 911. The victim need to be monitored and observed until signs and symptoms are gone. If symptoms persist or confusion or seizures occur get medical assistance at once.

*Courtesy of Jonathan Schechter
Parks Management Coordinator
Oakland Township Parks & Recreation Commission*

NATIONAL TRAILS DAY CELEBRATION

Thanks to all who attended on Saturday, June 4th and made our celebration a smashing success!

FRIENDS OF THE PAINT CREEK TRAIL

Please contact Kristen for information regarding volunteer opportunities and upcoming events. Email Trailways Coordinator Kristen Myers, at PaintCreekTrail@aol.com or by calling **248-651-9260**.

PARKING FOR THE PAINT CREEK TRAIL

The Paint Creek Trailways Commission has 7 parking areas for you to use. They are located in the following locations:

- Rochester Municipal Park – Pine Street, north of University, west of Main Street (Rochester Road) in Rochester.
- North side of Tienken Road, just west of the Trail between Livernois and Rochester Roads.
- Silver Bell Road, west of Orion Road on the south side
- Paint Creek Trail office parking lot, 4393 Collins Road, Rochester

(Goodison) 48306. Collins runs to the north off of Orion, east of Gallagher.

- Gallagher Road, west of Orion Road, on the north side
- The intersection of Clarkston and Kern Roads at the Paint Creek Trail
- Behind the Applebee's plaza at Atwater/M-24, near Converse Court.

Please avoid parking on private or residential streets near the trail.

Join the Friends of the Paint Creek Trail!

For information regarding volunteer opportunities and upcoming events, please contact Trailways Coordinator Kristen Myers at PaintCreekTrail@aol.com or by calling **651-9260**.

Host Your Event on the Trail!

Need a great place for your fundraiser? For more information see our [temporary permit application page](#).

Geocaching along the Paint Creek Trail

If you are interested in geocaching along the Paint Creek Trail, please [click here for guidelines and a placement application](#). Complete and return to the Trail office via fax, email or mail.

What's New:

Announcements

Events

Friends of the Paint Creek Trail email newsgroup.

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[LINKS](#) [ASK](#)

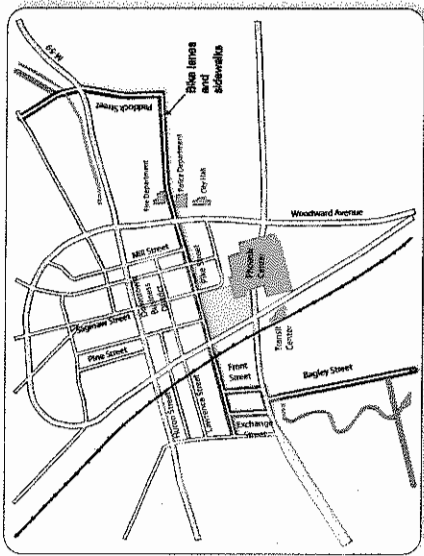
Our Mission Statement

The mission statement of the Paint Creek Trailways Commission is to provide non-motorized users such as, walkers, bicyclists, joggers, cross-country skiers and equestrians a safe and scenic recreational trail, and to preserve the natural integrity of the right-of-way for the enjoyment of future generations.

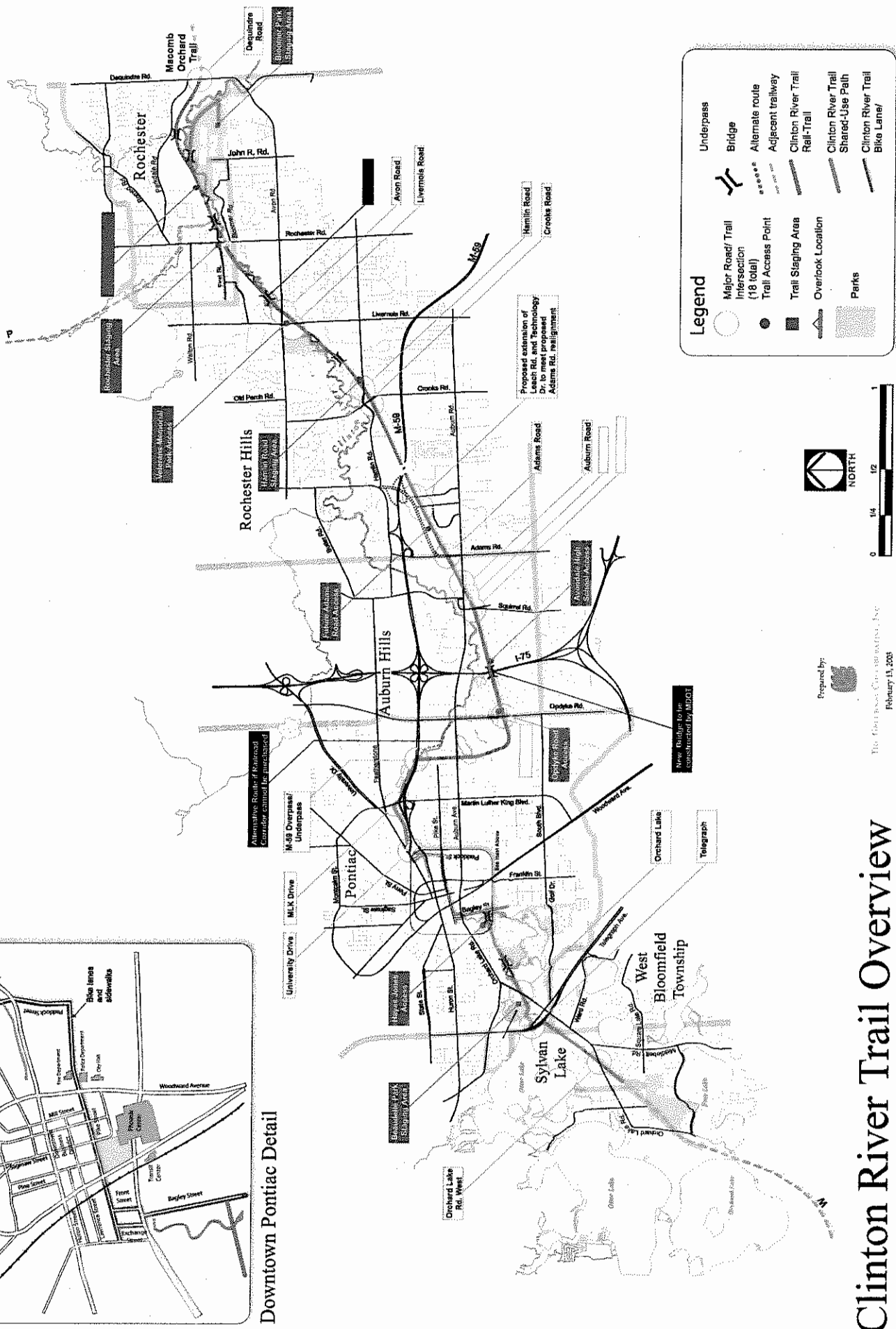
Paint Creek Trailway Commission

4393 Collins Road v Rochester, Michigan 48306 v 248-651-9260 v Fax: 248-601-0106

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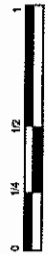


Downtown Pontiac Detail



Legend

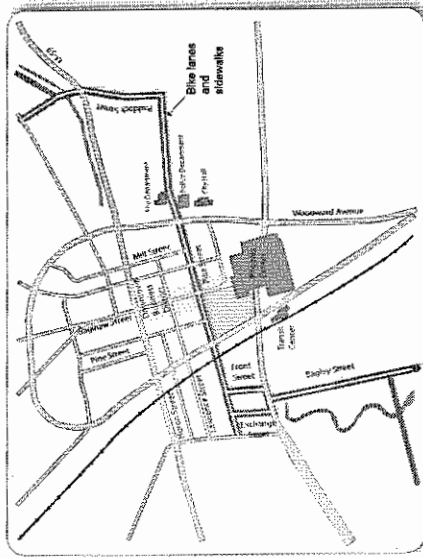
- Major Road/ Trail Intersection (18 total)
- Trail Access Point
- Trail Staging Area
- Overlook Location
- Parks
- Underpass
- Bridge
- Alternate route
- Adjacent trailway
- Clinton River Trail
- Rail-Trail
- Clinton River Trail
- Shared-Use Path
- Clinton River Trail
- Bike Lane



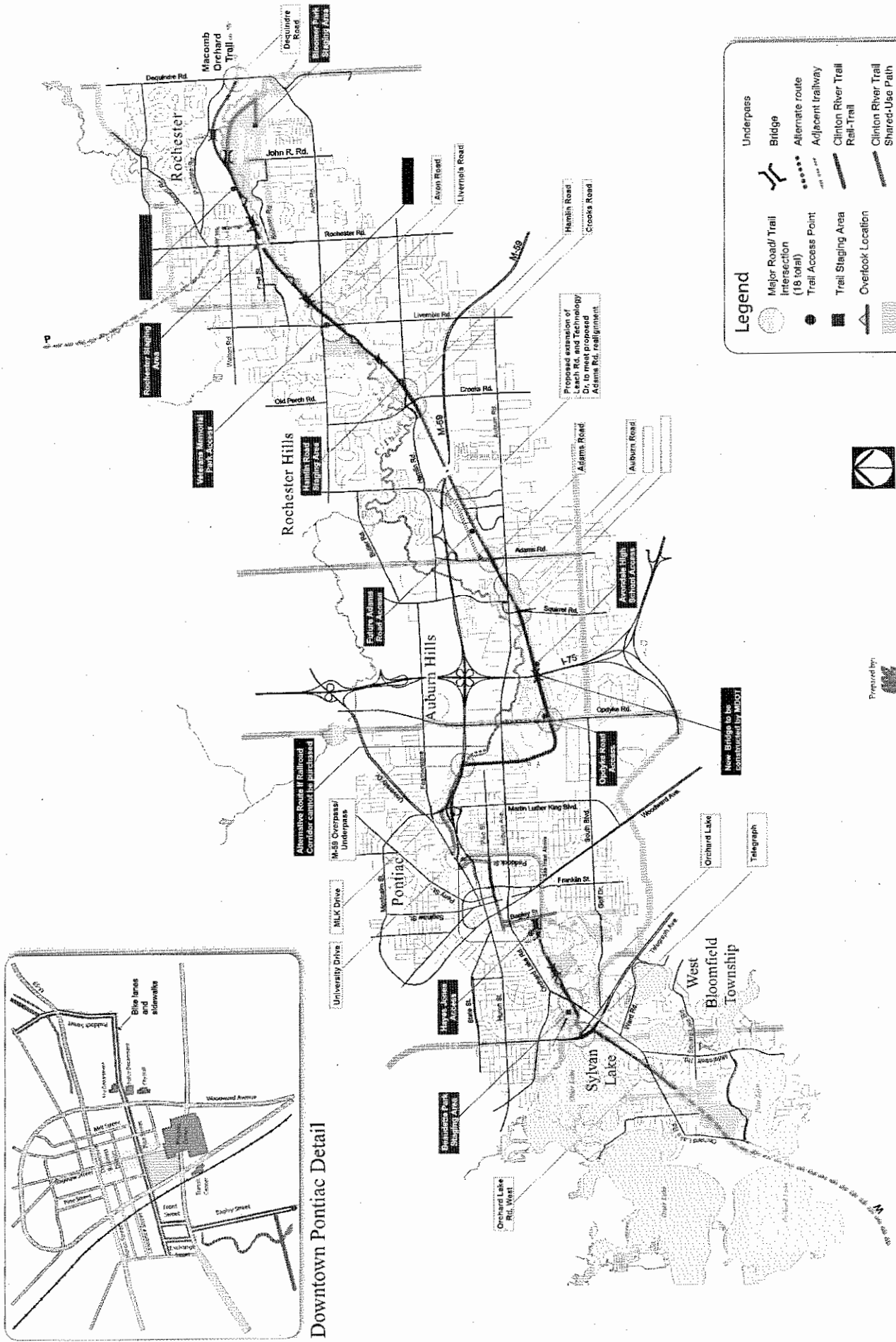
Prepared by:

 The Greenway Corporation, Inc.
 February 13, 2008

Clinton River Trail Overview



Downtown Pontiac Detail



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Prepared by:

 THE GATEWAY CAPITAL GROUP, INC.
 February 13, 2003

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