

> SUBSCRIBE

> DIGITAL EDITION

SAVE 87% AND GO DIGITAL




Your Source For Global Trail Information

HOME Bikemag.com Community IMBA Epics Submit Your Trail



The Rivalries Issue Is On Sale Now!

Flow, Marquette, Michigan >

Enter state, city, county, trail name or keywords

Search this site:

This hardy college town of 25,000 on Lake Superior's south shore has quietly become a destination for Midwest singletrack seekers. A seemingly limitless number of excellent trails rise out of town and extend into the surrounding rock-strewn forests. Buffed epic singletrack, huge hucks or mellow two-track—Marquette has it all. Flow is one of several trails, including Your Mom, Back 9 and Bertha, that begin from the top of Benson Grade, just south of Marquette. Dropping and twisting several hundred feet through a mile of Upper Peninsula hardwoods, this is the type of trail where the harder you stomp it, the smoother it gets. Chocked full of gnarly rock drops, skinny wooden bridges, roots and arm-pumping, bermed turns. Flow will leave you hungry for more, which is fine because you could ride these woods for years, and never see it all. This seven-year-old trail has adapted to time, loggers and stunt-removing zealots to find its own Zen-like way, as its name would suggest. Some make a day of shuttling the long climb to the top for multiple runs on these trails, but core locals still grind it out. —Dan Powell



www.frankowski.ca  
Derek Frankowski



< PREVIOUS | NEXT >

GOOGLE MAP >



Map Sat Ter  
Show labels

- Bike Offers**
- [Mountain Bike Shorts](#)
  - [Trek Mountain Bikes](#)
  - [Cannondale Bikes](#)
  - [Cycling Jerseys](#)
  - [BMX Bikes](#)
  - [North Face](#)
  - [BMX Videos](#)
  - [Bikes & Cycling Gear](#)

POWERED BY  
Google  
Map Labels

Imagery ©2009 DigitalGlobe, USDA Farm Service Agency, GeoEye, Map data ©2009 Tele Atlas, Terms of Use

**V.I.O.** VIDEO PLAYER >

SHOOT TAG EDIT SHARE

**TRAIL FACTS >**

**The Trail**

Skill Level: Advanced  
Trail Type: Downhill  
Length: 1.4 miles  
Elevation Gain:  
Elevation Loss: 389 feet

**Location**

Trail Name : Flow  
City(s) : Marquette  
County : Marquette County  
State : Michigan  
Country : USA  
Trail GPS Cords : 46.513338,-87.41787

[Flow.gpx](#)

**LOCAL KNOWLEDGE >**

**Directions**

**Places to Eat**

The Border Grill is the place for a post-ride burrito  
(906)228-5228  
180 S McClellan Ave,  
Marquette, MI 49855  
<http://bordergrill.com/>

Check out the Rice Paddy for homestyle Thai food,  
(906)225-0368  
1720 Presque Isle Ave  
Marquette, MI 49855

**Places to Stay**

Holiday Inn of Marquette  
1951 U.S. 41 West  
Marquette, MI 49855  
906-225-1351

**Local Bike Shops**

Quickstop Bike Shop,  
(906) 225-1766  
1100 North Third Street,  
Marquette, MI 49855  
[www.quickstopbike.com](http://www.quickstopbike.com)

Lakeshore Bike,  
(906)228-7547  
505 Lakeshore Blvd  
Marquette, MI 49855



[Marquette, MI](#)

Find Another City:



Currently | [Hour-by-hour](#) | [10-day](#)  
 **51°F**  
Sunny

Today's Outlook  
 55/42°F  
Sunny

Tomorrow's Outlook  
 49/45°F  
Rain / Wind



@weather.com: [Football Forecast](#) | [Holiday Weather](#) | [Get the temp on your desktop](#)