The Fred Meijer White Pine Trail is 92 miles long from North Park Street, Comstock Park (near Grand Rapids) to Cadillac. The current trail surface is natural ballast and gravel with the exceptions of 2 trail segments (13 miles from Big Rapids and 13.6 miles from Comstock Park to just north of Rockford) which are asphalt paved. It crosses 14 open deck bridges along its five county span, the longest being 319 feet across the Muskegon River north of Big Rapids.

The corridor of the Fred Meijer White Pine Trail was formerly the Penn Central Railroad, also known as the Michigan Northern. The trail was dedicated on July 20, 1994.

Support of the White Pine Trail is coordinated by The Friends of the White Pine Trail, PO BOX 159, BELMONT MI 49006.