



ADULT WALKING PROGRAM

Healthy walking program exploring parks and trails throughout Otsego County!

8-WEEK WALKING PROGRAM

For adults
WALK 1X / WEEK
Exploring Trails
WALK 2X / WEEK
Aspen Park



EVERY
MON, WED, & FRI
10:30am-11:30am

GRANT FUNDED
FREE TRANSPORTATION
FROM

120 Grandview Blvd. Gaylord
TO walking location
(SPACE LIMITED)

ON THE TRAIL TO FITNESS AND HEALTH

WEEK 1 (April 1st - 5th)

Mon: **Walk Downtown**

120 Grandview Blvd
(paved path)

Wed & Fri: **Aspen Park**

WEEK 2 (April 8th - 12th)

Mon: **Pine Baron Pathway**

2010 Lone Pine Road Gaylord
(grass, dirt path)

Wed & Fri: **Aspen Park**

WEEK 3 (April 15th - 19th)

Mon: **Alpine Maple Farms**

3399 Wilkinson Rd Gaylord
(grass, dirt path)

Wed : **Aspen Park**
Fri: **Closed/No Walk**

WEEK 4 (April 22nd - 26th)

Mon: **Aspen Park Trails**

239 Commerce Blvd. Gaylord
(narrow dirt path)

Wed & Fri : **Aspen Park**

WEEK 5 (Apr 29th - May 3rd)

Mon: **5 Lakes Nature Area**

2024 Five Lakes Rd Gaylord, MI
(narrow grass, dirt path)

Wed & Fri: **Aspen Park**

WEEK 6 (May 6th - 10th)

Mon: **Otsego Lake County Park**

1657 County Park Rd, Gaylord, MI
(paved path)

Wed & Fri: **Aspen Park**

Next
schedule
starts
June 3rd!

WEEK 7 (May 13th - 17th)

Mon: **North Country Trail**

256 Fairview Rd, Gaylord
(gravel path)

Wed & Fri: **Aspen Park**

WEEK 8 (May 20th - 24th)

Mon: **Jordan Valley**

8592 Deadmans Hill Rd, Elmira
(narrow dirt path)

Wed & Fri: **Aspen Park**

Walking sticks
provided!

**Locations may change due to weather and trail conditions, contact below for more information*

INTEREST IN JOINING US?



Amanda Dobrzelewski

OCCOA Healthy Aging Activities Coordinator, CTRS
Otsego County Commission on Aging
989.748.4068

**Otsego County
Bus System**



Thank you to all of our supportive sponsorship and transportation partners!