

Trail Terrain Key

- D** - Dirt
- P** - Paved
- G** - Gravel
- N** - Narrow
- H** - Hilly



WALK MICHIGAN



Adult healthy walking program to help reduce pain and discomfort of arthritis and improve balance, strength, and walking pace while exploring parks and trails throughout Otsego County!

ON THE TRAIL TO FITNESS AND HEALTH

Week 1

- Oct 19th: **Jordan Valley (DNH)**
8592 Deadmans Hill Rd, Elmira
- Oct 21st: **Aspen Park (P)**
- Oct 23rd: **Aspen Park**

Week 2

- Oct 26th: **Iron-Belle Trail (G)**
256 Fairview Rd, Gaylord
- Oct 28th: **Aspen Park**
- Oct 30th: **Aspen Park**

Week 3

- Nov 2nd: **Pine Baron Pathway (DH)**
2010 Lone Pine Road Gaylord
- Nov 4th: **Aspen Park**
- Nov 6th: **Aspen Park**

Week 4

- Nov 9th: **Alpine Maple Farms (DH)**
3399 Wilkinson Rd, Gaylord
- Nov 11th: **No Walk/Agency Closed**
- Nov 13th: **Aspen Park**

Summer Walking Times
(June - September)
9:30am to 10:30am

Winter Walking times
(October - May)
10:30am to 11:30am

Meet at the
walking location
with your walking
shoes on & ready
to explore!

Walking
sticks
provided!

Week 5

- Nov 16th: **Otsego Lake State Park (DP)**
7136 Old 27 Hwy, Gaylord
- Nov 18th: **Aspen Park**
- Nov 20th: **Aspen Park**

Week 6

- Nov 23rd: **Aspen Park Trails (DNH)**
239 Commerce Blvd. Gaylord
- Nov 25th: **Aspen Park**
- Nov 27th: **No Walk/Agency Closed**

Week 7

- Nov 30th: **Community Gardens (D)**
800 Livingston Blvd, Gaylord
- Dec 2nd: **Aspen Park**
- Dec 4th: **Aspen Park**

Week 8

- Dec 7th: **Walk Downtown (P)**
120 Grandview Blvd, Gaylord
- Dec 9th: **Aspen Park**
- Dec 11th: **Aspen Park**

**Walks are weather pending, call the weather hotline 989.731.5652 for outdoor program updates. Locations may change due to trail conditions, contact below for more information.*

INTEREST IN JOINING US?



Please contact Amanda Dobrzelewski, OCCOA Healthy Aging Program Coordinator, at [989.748.4068](tel:989.748.4068)

