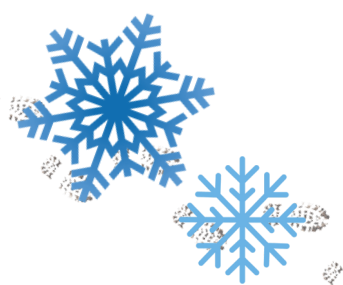


Trail Terrain Key
D - Dirt
P - Paved
G - Gravel
N - Narrow
H - Hilly



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

Dec 14th: **Pine Baron Pathway (DH)**
 2010 Lone Pine Road Gaylord
 Dec 16th: **Aspen Park (P)**
 Dec 18th: **Aspen Park**

Week 2

Dec 21st: **Otsego Lake State Park (DNP)**
 7136 Old 27 Hwy, Gaylord
 Dec 23rd: **Aspen Park**
 Dec 25th: **No Walk/Agency Closed**

Week 3

Dec 28th: **Aspen Park Trails (DNH)**
 239 Commerce Blvd. Gaylord
 Dec 30th: **Aspen Park**
 Jan 1st: **No Walk/Agency Closed**

Week 4

Jan 4th: **Walk Downtown (P)**
 120 Grandview Blvd, Gaylord
 Jan 6th: **Energy Outlet Track (P)**
 Jan 8th: **Energy Outlet Track**

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

Jan 11th: **Industrial Park (P)**
 Bager Pkwy, Gaylord
 Jan 13th: **Energy Outlet Track**
 Jan 15th: **Energy Outlet Track**

Week 6

Jan 18th: **Community Gardens (D)**
 800 Livingston Blvd, Gaylord
 Jan 20th: **Energy Outlet Track**
 Jan 22nd: **Energy Outlet Track**

Week 7

Jan 25th: **Alpine Maple Farms (DH)**
 3399 Wilkinson Rd, Gaylord
 Jan 27th: **Energy Outlet Track**
 Jan 29th: **Energy Outlet Track**

Week 8

Feb 1st: **Louis Groen Nature Pres (DNH)**
 2043 Gingell Rd, Joburg
 Feb 3rd: **Energy Outlet Track**
 Feb 5th: **Energy Outlet Track**

**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**

