

**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

- Apr 19th: **Aspen Park Trails (DNH)**  
239 Commerce Blvd. Gaylord
- Apr 21st: **Aspen Park (P)**
- Apr 23rd: **Aspen Park**

### Week 2

- Apr 26th: **Iron Belle Trail (G)**  
256 Fairview Rd Gaylord (Soccer Field)
- Apr 28th: **Aspen Park**
- Apr 30th: **Aspen Park**

### Week 3

- May 3rd: **Pine Baron Pathway (DH)**  
2010 Lone Pine Road Gaylord
- May 5th: **Aspen Park**
- May 7th: **Aspen Park**

### Week 4

- May 10th: **Alpine Maple Farms (DH)**  
3399 Wilkinson Rd, Gaylord
- May 12th: **Aspen Park**
- May 14th: **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  
boots on & ready  
to explore!

Walking  
sticks  
provided!

### Week 5

- May 17th: **Louis Groen Nature Pres (DH)**  
2043 Gingell Rd, Joburg
- May 19th: **Aspen Park**
- May 21st: **Aspen Park**

### Week 6

- May 24th : **Community Gardens (DNH)**  
800 Livingston Blvd, Gaylord
- May 26th: **Aspen Park**
- May 28th: **No Walk/Agency Closed**

### Week 7

- May 31st: **No Walk/Agency Closed**  
No Walk
- Jun 2nd: **Aspen Park**
- Jun 4th: **Aspen Park**

### Week 8

- Jun 7th: **Hartwick Pines (DH)**  
3612 State Park Dr. Grayling
- Jun 9th: **Aspen Park**
- Jun 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)

