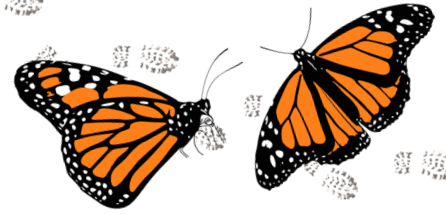


**Trail Terrain Key**

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



# 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

- Jun 21st: **Iron Belle Trail (G)**  
Wah Wah Soo
- Jun 23rd: **Aspen Park (P)**
- Jun 25th: **Aspen Park**

### Week 2

- Jun 28th: **Aspen Park Trails (DNH)**  
239 Commerce Blvd. Gaylord
- Jun 30th: **Aspen Park**
- Jul 2nd: **Aspen Park**

### Week 3

- Jul 5th: **No Walk/Agency Closed**
- Jul 7th: **Aspen Park**
- Jul 9th: **Aspen Park**

### Week 4

- Jul 12th: **Community Gardens (DNH)**  
800 Livingston Blvd, Gaylord
- Jul 14th: **Walk Downtown- Alpenfest**  
120 Grandview Blvd, Gaylord
- Jul 16th: **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

- Jul 19th: **Big Bear Lake Pathway (DHN)**  
Big Bear State Forest Campgrd, Joburg
- Jul 21st: **Aspen Park**
- Jul 23rd: **Aspen Park**

### Week 6

- Jul 26th: **Pine Baron Pathway (DH)**  
2010 Lone Pine Road Gaylord
- Jul 28th: **Aspen Park**
- Jul 30th: **Aspen Park**

### Week 7

- Aug 2nd: **Alpine Maple Farms (DH)**  
3399 Wilkinson Rd, Gaylord
- Aug 4th: **Aspen Park**
- Aug 6th: **Aspen Park**

### Week 8

- Aug 9th: **Jordan Valley (DNH)**  
8592 Deadmans Hill Rd, Elmira
- Aug 11th: **Aspen Park**
- Aug 13th: **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**

