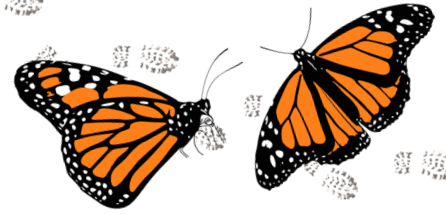


Trail Terrain Key

- 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**

