

**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**

- Aug 23rd: **Iron Belle Trail (G)**  
256 Fairview Rd, Gaylord
- Aug 25th: **Aspen Park (P)**
- Aug 27th: **Aspen Park**

**Week 2**

- Aug 30th: **Louis Groen Nature Pres (DH)**  
2043 Gingell Rd, Joburg
- Sep 1st: **Aspen Park**
- Sep 3rd: **No Walk/Agency Closed**

**Week 3**

- Sep 6th: **No Walk/Agency Closed**
- Sep 8th: **Aspen Park**
- Sep 10th: **Aspen Park**

**Week 4**

- Sep 13th: **Pine Baron Pathway (DH)**  
2010 Lone Pine Road Gaylord
- Sep 15th: **Aspen Park**
- Sep 17th: **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**

- Sep 20th: **Pigeon River Hdqtrs (DHN)**  
9966 Twin Lakes Rd, Vanderbilt
- Sep 22nd: **Aspen Park**
- Sep 24th: **Aspen Park**

**Week 6**

- Sep 27th: **Gaylord Industrial Park (P)**  
Badger Pkwy, Gaylord
- Sep 29th: **Aspen Park**
- Oct 1st: **Aspen Park**

**Week 7**

- Oct 4th: **Otsego Lake State Park (DNP)**  
7136 Old 27 Hwy, Gaylord
- Oct 6th: **Aspen Park**
- Oct 8th: **Aspen Park**

**Week 8**

- Oct 11th: **Jordan Valley (DNH)**  
8592 Deadmans Hill Rd, Elmira
- Oct 13th: **Aspen Park**
- Oct 15th: **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**

