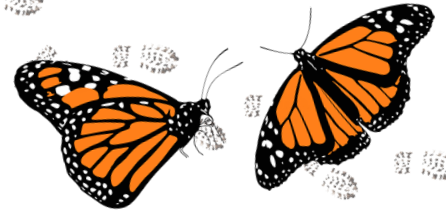


**Trail Terrain Key**

- 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**

July 4th: **No Walk/Agency Closed**

July 6th: **Aspen Park (P)**

July 8th: **Aspen Park**

**Week 2**

July 11th: **Iron Belle Trail (G)**

Wah Wah Soo

July 13th: **Downtown — Alpenfest**

1165 Elkview Ave

July 15th: **Aspen Park**

**Week 3**

July 18th: **Otsego Lake State Park (DNH)**

7136 Old 27 Hwy South, Gaylord

July 20th: **Aspen Park**

July 22nd: **Aspen Park**

**Week 4**

July 25th: **Community Gardens (DNH)**

800 Livingston Blvd, Gaylord

July 27th: **Aspen Park**

July 29th: **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**

Aug 1st: **North Country Trail (D)**

Park at Soccer Fields

Aug 3rd: **Aspen Park**

Aug 5: **Aspen Park**

**Week 6**

Aug 8th: **Pine Baron Pathway (DH)**

2010 Lone Pine Road, Gaylord

Aug 10th: **Aspen Park**

Aug 12th: **Aspen Park**

**Week 7**

Aug 15th: **Alpine Maple Farms (DH)**

3399 Wilkinson Rd, Gaylord

Aug 17th: **Aspen Park**

Aug 19th: **Aspen Park**

**Week 8**

Aug 22nd: **Fairview Cemetery (D)**

Soccer Field Parking Lot

Aug 24th: **Aspen Park**

Aug 26th: **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 Charlie May, OCCOA Healthy Aging Program Interim Coordinator, at **989.732.9977**

