

**Trail Terrain Key**

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



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**

Sept 5th: **No Walk/Agency Closed**

Sept 7th: **Aspen Park (P)**

Sept 9th: **Aspen Park**

**Week 2**

Sept 12th: **Belle Iron Trail (G)**

*Wah Wah Soo*

Sept 14th: **Aspen Park**

Sept 16th: **Aspen Park**

**Week 3**

Sept 19th: **Gaylord Industrial Park (P)**

*Badger Parkway, Gaylord*

Sept 21st: **Aspen Park**

Sept 23rd: **Aspen Park**

**Week 4**

Sept 26th: **Pine Baron Pathway (DH)**

*2010 Lone Pine Road Gaylord*

Sept 28th: **Aspen Park**

Sept 30th: **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**

Oct 3: **Jordan Valley (DNH)**

*8592 Deadmans Hill Rd, Elmira*

Oct 5th: **Aspen Park**

Oct 7th: **Aspen Park**

**Week 6**

Oct 10th: **Alpine Maple Farms (DNH)**

*3399 Wilkinson Rd, Gaylord*

Oct 12th: **Aspen Park**

Oct 14th: **Aspen Park**

**Week 7**

Oct 17th: **Otsego Lake State Park (DNP)**

*7136 Old 27 Hwy, Gaylord*

Oct 19th: **Aspen Park**

Oct 21st: **Aspen Park**

**Week 8**

Oct 24th: **North Country Trail (D)**

*Park at Soccor Fields*

Oct 26th: **Aspen Park**

Oct 28th: **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 **989.732.1122**

