

**Trail Terrain Key**

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



Adult healthy walking program to help reduce the 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**

- Feb 27th: **Aspen Park Trails (DHP)**  
239 Commerce Blvd. Gaylord
- Mar 1st: **Aspen Park (P)** (Assessment)
- Mar 3rd: **Aspen Park (P)** (Assessment)

**Week 2**

- Mar 6th: **Gaylord Industrial Park (P)**  
Badger Pkwy., Gaylord
- Mar 8th: **Aspen Park (P)**
- Mar 10th: **Aspen Park (P)**

**Week 3**

- Mar 13th: **Walk Downtown (P)**  
120 Grandview Blvd.,  
Alpine Alten Zimmer
- Mar 15th: **Aspen Park (P)**
- Mar 17th: **Aspen Park (P)**

**Week 4**

- Mar 20: **Gaylord Industrial Park (P)**  
Badger Pkwy., Gaylord
- Mar 22nd: **Aspen Park (P)**
- Mar 24th: **Aspen Park (P)**

**Winter  
Walking Hours**  
10:30 a.m.—11:30  
(October—May)

**Meet at the  
walking location  
with your walking  
boots on & ready  
to explore!**

**Walking  
sticks  
provided!**

**Week 5**

- Mar 27th: **Aspen Park Trails (DHP)**  
239 Commerce Blvd. Gaylord
- Mar 29th: **Aspen Park (P)**
- Mar 31st: **Aspen Park (P)**

**Week 6**

- Apr 3rd: **Gaylord Industrial Park (P)**  
Badger Pkwy, Gaylord
- Apr 5th: **Aspen Park (P)**
- Apr 7th: **Agency Closed (No Walk)**

**Week 7**

- Apr 10th: **North Country Trail (D)**  
256 Fairview Rd.—Soccer Fields
- Apr 12th: **Aspen Park (P)**
- Apr 14th: **Aspen Park (P)**

**Week 8**

- Apr 17th: **Community Gardens (DH)**  
800 Livingston Blvd.
- Apr 19th: **Aspen Park (P)**
- Apr 21st: **Aspen Park (P)**

**\*\*Bad Walking Weather: We meet at the Otsego County Sportsplex\*\***

*\*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.*



**INTERESTED IN JOINING US?**

Please contact Charlie May, OCCOA Healthy Aging Program Coordinator, at **989.732.1122**

