

**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**

- Apr 24th: **Belle Iron Trail (D)**  
*Wah Wah Soo—US-27 South*
- Apr 26th: **Aspen Park (P)** (Assessment)
- Apr 28th: **Aspen Park (P)** (Assessment)

**Week 2 10:30am**

- May 1st: **Otsego Lake State Park (DHN)**  
*7136 South Old 27, Gaylord*
- May 3rd: **Aspen Park (P)**
- May 5th: **Aspen Park (P)**

**Week 3**

- May 8th: **Pine Baron Pathway (DH)**  
*2010 Lone Pine Road Gaylord*
- May 10th: **Aspen Park (P)**
- May 12th: **Aspen Park (P)**

**Week 4**

- May 15th: **Community Gardens (DH)**  
*800 Livingston Blvd*
- May 17th: **Aspen Park (P)**
- May 19th: **Aspen Park (P)**

**Summer Walking Hours**  
**9:30am—10:30am**  
(June—October)

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

**Walking sticks provided!**

**Week 5**

- May 22nd: **Alpine Maple Farms (DHN)**  
*3307 Wilkinson Rd, Gaylord*
- May 24th: **Aspen Park (P)**
- May 26th: **Agency Closed- (No Walk)**

**Week 6**

- May 29th: **Agency Closed- (No Walk)**
- May 31st: **Aspen Park (P)**
- Jun 2nd: **Aspen Park (P)**

**Week 7 9:30am Summer Hours**

- Jun 5th: **North Country Trail (D)**  
*256 Fairview Rd—Soccer Fields*
- June 7th: **Aspen Park (P)**
- June 9th: **Aspen Park (P)**

**Week 8**

- June 12th: **Gaylord Industrial Park (P)**  
*Badger Pkwy, Gaylord*
- June 14th: **Aspen Park (P)**
- June 16th: **Aspen Park (P)**

*\*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 Coordinator, at **989.732.1122**

