

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

Feb 24th: **Pine Baron Pathway**(DH)
2010 Lone Pine Road, Gaylord

Feb 26th: **Aspen Park** (P)

Feb 28th: **Aspen Park** (P)

Week 2

Mar 3rd: **Aspen Park Trails** (DHP)
239 Commerce Blvd. Gaylord

Mar 5th: **Aspen Park** (P)

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

Week 3

Mar 10th: **Gaylord Industrial Park**(P)
Badger Pkwy, Gaylord

Mar 12th: **Aspen Park** (P)

Mar 14th: **Aspen Park** (P)

Week 4

Mar 17th: **Pine Baron Pathway**(DH)
2010 Lone Pine Road, Gaylord

Mar 19th: **Aspen Park** (P)

Mar 21st: **Aspen Park** (P)

**Winter Walking
Hours**

10:30am—11:30am
(October—May)

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

**Walking
sticks
provided!**

****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.*

Week 5

Mar 24th: **Walk Downtown** (P)
Salvation Army Parking Lot

Mar 26th: **Aspen Park** (P)

Mar 28th: **Aspen Park** (P)

Week 6

Mar 31st: **Aspen Park Trails** (DHP)
239 Commerce Blvd. Gaylord

Apr 2nd: **Aspen Park** (P)

Apr 4th: **Aspen Park** (P)

Week 7

Apr 7th: **Gaylord Industrial Park**(P)
Badger Pkwy, Gaylord

Apr 9th: **Aspen Park** (P)

Apr 11th: **Aspen Park** (P)

Week 8

Apr 14th: **Pine Baron Pathway**(DH)
2010 Lone Pine Road, Gaylord

Apr 16th: **Aspen Park** (P)

Apr 18th: **Aspen Park** (P)

INTEREST IN JOINING US?



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

