

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 21: **Belle Iron Trail (D)**
Wah Wah Soo—US-27 South
Apr 23rd: **Aspen Park (P)**
Apr 25th: **Aspen Park (P)**

Week 2

Apr 28th: **Gaylord Industrial Park (P)**
Badger Pkwy, Gaylord
Apr 30th: **Aspen Park (P)**
May 2nd: **Aspen Park (P)**

Week 3

May 5th: **Aspen Park Trails (DHP)**
239 Commerce Blvd. Gaylord
May 7th: **Aspen Park (P)**
May 9th: **Aspen Park (P)**

Week 4

May 12th: **North Country Trail (D)**
256 Fairview Rd—Soccer Fields
May 14th: **Aspen Park (P)**
May 16th: **Aspen Park (P)**

Winter Walking times
(October - May)
10:30am to 11:30am
Summer Walking Times
(June - September)
9:30am to 10:30am

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

Walking
sticks
provided!

Week 5

May 19th: **Gaylord Industrial Park (P)**
Badger Pkwy, Gaylord
May 21st: **Aspen Park (P)**
May 23rd: **Agency Closed- (No Walk)**

Week 6

May 26th: **Agency Closed- (No Walk)**
May 28th: **Aspen Park (P)**
May 30th: **Aspen Park (P)**

Week 7

Jun 2nd: **Belle Iron Trail (D)**
Wah Wah Soo—US-27 South
Jun 4th: **Aspen Park (P)**
Jun 6th: **Aspen Park (P)**

Week 8

Jun 9th: **North Country Trail (D)**
256 Fairview Rd—Soccer Fields
Jun 11th: **Aspen Park (P)**
Jun 13th: **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**

