

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

Jun 16th: **Downtown Pathway (D)**

Trailhead Pavilion M-32

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

Jun 20th: **Aspen Park (P)**

Week 2

Jun 23rd: **Gaylord Industrial Park (P)**

Badger Pkwy, Gaylord

Jun 25th: **Aspen Park (P)**

June 27th: **Aspen Park (P)**

Week 3

Jun 30th: **Belle Iron Trail (D)**

Wah Wah Soo—US-27 South

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

July 4th: **Agency Closed- (No Walk)**

Week 4

July 7th: **North Country Trail (D)**

256 Fairview Rd—Soccer Fields

July 9th: **Walk Downtown (Alpenfest) 10:30**

***Salvation Army Parking Lot**

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

Summer Walking Hours

9:30am to 10:30am
(June—September)

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

Walking sticks provided!

Week 5

July 14th: **Gaylord Industrial Park (P)**

Badger Pkwy, Gaylord

July 16th: **Aspen Park (P)- Picnic Celebration**

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

Week 6

July 21st: **Downtown Pathway (D)**

Trailhead Pavilion M-32

July 23rd: **Aspen Park (P)**

July 25th: **Aspen Park (P)**

Week 7

July 28th: **Belle Iron Trail (D)**

Wah Wah Soo—US-27 South

Jul 30th: **Aspen Park (P)**

Aug 1st: **Aspen Park (P)**

Week 8

Aug 4th: **Aspen Park Trails (DHP)**

239 Commerce Blvd. Gaylord

Aug 6th: **Aspen Park (P)**

Aug 8th: **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**

