

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 **10:30 am Walk**

Oct 6th: **Walk Downtown (D)**

**Downtown Trailhead Pavillion*

Oct 8th: **Aspen Park (P)**

Oct 10th: **Aspen Park (P)**

Week 2

Oct 13th: **Dead Man's Hill (P)**

Dead Man's Hill Road **(DHN)**

Oct 15th: **Aspen Park (P)**

Oct 17th: **Aspen Park (P)**

Week 3

Oct 20rd: **North Country Trail**

256 Fairview Rd—Soccer Fields

Oct 22nd: **Aspen Park (P)**

Oct 24th: **Aspen Park (P)**

Week 4

Oct 27th: **Fairview Cemetary (P)**

256 Fairview Rd—Soccer Fields

Oct 29th: **Aspen Park (P)**

Oct 31st: **Aspen Park (P)**

Winter Walking Hours

10:30am to 11:30 am
(October—May)

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

Walking sticks provided!

Week 5

Nov 3rd: **Gaylord Industrial Park (P)**

Badger Pkwy, Gaylord

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

Nov 7th **Aspen Park (P)**

Week 6

Nov 10th: **Belle Iron Trail (D)**

Wah Wah Soo—US-27 South

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

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

Week 7

Nov 17th: **North Belle Iron Trail (D)**

(across from) Sports Plex, 1250 Gornick Ave.

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

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

Week 8

Nov 24th: **Aspen Park Trails (DHP)**

239 Commerce Blvd. Gaylord

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

Nov 28th **Agency Closed- (No Walk)**

**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**

