

Trail Terrain

Key

- D** - Dirt
- G** - Gravel
- H** - Hilly
- N** - Narrow



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

Dec 1st, 2025: **Walk Downtown** (P)

*Downtown Trailhead

Dec 3rd: **Aspen Park** (P)

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

Week 2

Dec 8th: **Gaylord Industrial Park** (P)

Badger Pkwy, Gaylord

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

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

Week 3

Dec 15th: **Aspen Park Trails** (DHP)

239 Commerce Blvd. Gaylord

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

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

Week 4

Dec 22nd: **Gaylord Industrial Park** (P)

Badger Pkwy, Gaylord

Dec 24th: **MERRY CHRISTMAS!!**

Agency Closed- (No Walk)

Dec 26th: **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

Dec 29th: **Otsego County SportsPlex** (P)

1250 Gornick Ave.

Dec 31st: **Happy New Year!**

Agency Closed- (No Walk)

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

Week 6

Jan 5th, 2026: **Walk Downtown** (P)

**Salvation Army Parking Lot*

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

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

Week 7

Jan 12th: **Aspen Park Trails** (DHP)

239 Commerce Blvd. Gaylord

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

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

Week 8

Jan 19th: **Gaylord Industrial Park** (P)

Badger Pkwy, Gaylord

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

Jan 23rd: **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**

