

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 2026

Jan 26th: **Walk Downtown (P)**
Salvation Army Parking Lot
Jan 28th: **Aspen Park (P)**
Jan 30th: **Aspen Park (P)**

Week 2

Feb 2nd: **Aspen Park Trails (DHP)**
239 Commerce Blvd. Gaylord
Feb 4th: **Aspen Park (P)**
Feb 6th: **Aspen Park (P)**

Week 3

Feb 9th: **Gaylord Industrial Park (P)**
Badger Pkwy, Gaylord
Feb 11th: **Aspen Park (P)**
Feb 13th: **Aspen Park (P)**

Week 4

Feb 16th: **Agency Closed-No Walk**
Feb 18th: **Aspen Park (P)**
Feb 20th: **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!

Week 5

Feb 23rd: **Otsego County SportsPlex (P)**
1250 Gornick Ave.
Feb 25th: **Aspen Park (P)**
Feb 27th: **Aspen Park (P)**

Week 6

Mar 2nd: **Gaylord Industrial Park (P)**
Badger Pkwy, Gaylord
Mar 4th: **Aspen Park (P)**
Mar 6th: **Aspen Park (P)**

Week 7

Mar 9th: **Aspen Park Trails (DHP)**
239 Commerce Blvd. Gaylord
Mar 11th: **Aspen Park (P)**
Mar 13th: **Aspen Park (P)**

Week 8

Mar 16th: **Walk Downtown (P)**
Salvation Army Parking Lot
Mar 18th: **Aspen Park (P)**
Mar 20nd: **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 **989.748.4068**

