

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

**Walks are weather dependent, and locations may change due to trail conditions.
Call the weather hotline at 989.731.5652 for program updates.*

INTERESTED IN JOINING US?

Please contact Charlie May, OCCOA Healthy Aging Program coordinator, at 989.748.4068.



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