

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

Mar 23rd: **Pine Baron Pathway (DH)**
 2010 Lone Pine Road, Gaylord
 Mar 25th: **Aspen Park (P)**
 Mar 27th: **Aspen Park (P)**

Week 2

Mar 30th: **Aspen Park Trails (DHP)**
 239 Commerce Blvd. Gaylord
 Apr 1st: **Aspen Park (P)**
 Apr 3rd: **Agency Closed- (No Walk)**

Week 3

Apr 6th: **Gaylord Industrial Park (P)**
 Badger Pkwy, Gaylord
 Apr 8th: **Aspen Park (P)**
 Apr 10th: **Aspen Park (P)**

Week 4

Apr 13th: **Belle Iron Trail (D)**
 Wah Wah Soo—US-27 South
 Apr 16th: **Aspen Park (P)**
 Apr 18th: **Aspen Park (P)**

****Bad Walking Weather: Meet at the Otsego County Sportsplex**

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

Apr 20th: **Walk Downtown (P)**
 Downtown Trailhead—Main St.
 Apr 22nd: **Aspen Park (P)**
 Apr 24th: **Aspen Park (P)**

Week 6

Apr 27th: **North Country Trail (D)**
 256 Fairview Rd—Soccer Fields
 Apr 29th: **Aspen Park (P)**
 May 1st: **Aspen Park (P)**

Week 7

May 4th: **Gaylord Industrial Park (P)**
 Badger Pkwy, Gaylord
 May 6th: **Aspen Park (P)**
 May 8th: **Aspen Park (P)**

Week 8

May 11th: **Pine Baron Pathway (DH)**
 2010 Lone Pine Road, Gaylord
 May 13th: **Aspen Park (P)**
 May 15th: **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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