

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

May 18th: **Downtown Pathway (D)**

Trailhead Pavilion M-32

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

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

Week 2

May 25th: **Agency Closed- (No Walk)**

May 27th: **Aspen Park (P)**

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

Week 3

June 1st: **Fairview Cemetery (D) 9:30 am**

256 Fairview Rd—Soccer Fields

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

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

Week 4

June 8th: **North Country Trail (D)**

256 Fairview Rd—Soccer Fields

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

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

Summer Walking Hours
9:30am to 10:30am
(June—September)

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

Walking sticks provided!

Week 5

June 15th: **Gaylord Industrial Park (P)**

Badger Pkwy, Gaylord

June 17th: **Aspen Park (P) - Picnic Celebration**

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

Week 6

June 22nd: **Pine Baron Pathway (DH)**

2010 Lone Pine Road Gaylord

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

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

Week 7

June 29th: **Belle Iron Trail (D)**

Wah Wah Soo—US-27 South

July 1st: **Aspen Park (P)**

July 3rd: **Agency Closed- (No Walk)**

Week 8

July 6th: **Community Gardens (DH)**

800 Livingston Blvd

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

July 10th: **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.

INTERESTED IN JOINING US?

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



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