

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

July 13th: **Downtown Pathway (D)**

*** Downtown Trailhead Pavillion**

July 15th: **Aspen Park (P)** (Assessment)

July 17th: **Aspen Park (P)** (Assessment)

***PICNIC Celebration**

Week 2

July 20th: **North Country Trail (D)**

256 Fairview Rd—Soccer Fields

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

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

Week 3

July 27th: **Gaylord Industrial Park (P)**

Badger Pkwy, Gaylord

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

July 30th: **Aspen Park (P)**

Week 4

Aug 3rd: **Belle Iron Trail (D)**

Wah Wah Soo—US-27 South

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

Aug 7th: **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

Aug 10th: **Community Gardens (DH)**

800 Livingston Blvd

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

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

Week 6

Aug 17th: **Fairview Cemetery (D)**

256 Fairview Rd—Soccer Fields

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

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

Week 7

Aug 24th: **Downtown Pathway (D)**

*** Downtown Trailhead Pavillion**

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

Aug 28th: **Aspen Park (P)**

Week 8

Aug 31st: **North Country Trail (D)**

256 Fairview Rd—Soccer Fields

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

Sept 4th: **Agency Closed- (No Walk)**

**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.



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