



Ottawa County

Year-round Neighborhood Group Walks

Free • Led by volunteers • No registration required, unless noted

Walks begin week of June 17th—schedule updated quarterly

SOUTHEAST

Wednesdays at 5:30 pm - Various Locations: Spectrum Health Zeeland Community Hospital group walks with a registered dietitian. Walks are 1-2 miles and cover brief health topics. Registration required to obtain schedule—call (616) 748-2834.

Thursdays at 5:30 pm - Upper Macatawa Natural Area: 84th Ave Entrance in Zeeland.

SOUTHWEST

Thursdays at 5:30 pm - 112th & Riley neighborhood in Holland: Meet at the corner of 112th and Cornerstone. The loop is approximately 1 mile on paved streets and can be repeated several times for more miles.

Thursdays at 6:00 pm - Hemlock Crossing in West Olive: Slow to moderate pace. Group will explore the different trails at Hemlock Crossing and observe wildlife. Walks will last about an hour. Mosquito repellent (or protective clothing) is recommended for these trails.

NORTHEAST

Tuesdays at 6:00 pm - Grand Ravines North in Jenison: Meet near the bathrooms at the lodge.

Wednesdays at 8:30 am - Musketawa Trail in Marne (no walks in rain).

Saturdays at 8:30 am - Grand Ravines in Jenison: Meet near the windmill at Grand Ravines South (dog park).

NORTHWEST

Mondays at 6:00 pm - Duncan Woods in Grand Haven: Meet at the entrance on Sheldon. Walks are about 3 miles and include hills.

Fridays at 10:30 am - Central Park in Spring Lake: Meet by the restrooms. Easy flat bike path surface. Walks will last about an hour with plenty of benches for resting along the way.

For more information, contact: Amy Sheele, Ottawa County Department of Public Health (616) 393-5799 or asheele@miottawa.org

For the most up to date information, visit www.miOttawa.org/OttawaWalks

Walks take place rain or shine (unless thunderstorms or heat exceeding 95 degrees).

