



Ottawa County

Year-round Neighborhood Group Walks

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

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

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.

During the winter, these walks are inside in the winter at Hudsonville and Zeeland schools.

SOUTHWEST

Saturdays at 3:00 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. Meet at trailhead by the bridge.

NORTHEAST

Tuesdays at 6:00 pm - Grand Ravines North in Jenison: Meet at first parking area on the left when you enter. The walk will go to Grand Valley State University and along the lighted path on Pierce Drive.

NORTHWEST

Fridays at 10:30 am - Spring Lake Fitness and Aquatic Center (starting on January 1, 2020): Walks will be outdoors when possible. In case of inclement weather, walks will take place inside the Fitness Center. Meet at entrance. Through December 2019, walks will be at Central Park in Spring Lake. Meet by restrooms.

For more information, contact: Amy Sheele, Ottawa County Department of Public Health (616) 393-5799 or asheele@miottawa.org. Walks will be canceled if local school in that community is closed due to weather. Ice cleats or sturdy walking boots are recommended in inclement weather. Updated schedule available March 1, 2020.

