

Saturday Morning Walking Club

*** Meet us at the park or Carpool from St. Alphonsus. **RSVP** the Friday before the walk. ***



Cannonsburg, MI 49317

Saturday, October 5, 2024 @ 9:30 am

Townsend Park: The Cannon Trail is a paved multi-use trail extending from the Township Hall at Myers Lakes Ave and Belding Rd to Townsend Park. We will start at Townsend Park and walk towards Myers Lake. Within Townsend Park, the trail includes a scenic boardwalk over wetlands at the northwest corner of the park. You can find more information about the trail including a map and future plans on the [Cannon Township website](https://kentcountyparks.org/parks-trails/townsend-park/). **8280 6 Mile Rd**

<https://kentcountyparks.org/parks-trails/townsend-park/>



Saturday, October 12, 2024 @ 10:00 am

Explore Jerry and Betty Ford's Grand Rapids

This two-mile, 90-minute walk mixes places and experiences from the Fords' lives with stories about their impact here in Grand Rapids and nationally. Through this tour you will hear often untold stories of their formative years, and encounter people and moments that would shape the Fords' public service later in their lives. You will learn about how, as

President, Ford worked to heal the nation's wounds—not only through working to restore trust in government and concluding the Vietnam War, but also for indigenous and minority populations. **MUST RSVP**



Saturday, October 19, 2024 @ 9:30 am

Wahlfield County Park: This Park in Alpine Township is home to 283 acres. It has a one-mile nature trail, or a 4.5-mile mountain bike trail open to hikers. The trails have rolling hills with moderate difficulty.

6811 Alpine NW, Alpine Township, Mi 49321

<https://outdoormichigan.org/feature/2091>



Saturday, October 26, 2024 @ 9:30 am

Aman Park: This beautiful park offers flat and hilly terrain. We will feature a 2.5-mile loop, with shorter, flat options. Natural trail. Parking available at the park. **0-1859 Lake Michigan Dr, GR, MI 49534**

<https://www.grandrapidsmi.gov/files/assets/public/departments/parks-and-recreation/files/aman-park-trail-map.pdf>

RSVP: Young at Heart Senior Enrichment Center

616-251-1134 <https://youngatheartgr.org/>