



- Program available in Ottawa and Allegan counties
- 8-week program
- Individuals and families welcome
- Visit new parks
- Guided group walks, kayaking and orienteering
- Easy-to-use goal setting and tracking

**May 2 – June 24, 2023**

Register via the QR code below.



Check out the full list of events at:  
**[miottawa.org/stepitup](https://miottawa.org/stepitup)**

Questions?  
Contact Rajvir Kaur at  
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Step it Up! is brought to you by:



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## ***Events 2023***

**Event details at [miottawa.org/stepitup](https://miottawa.org/stepitup)**

- **Group Walk** | **May 2, 6:00 - 7:30 PM**, [Hemlock Crossing](#) | Dogs on leash welcome
- **Group Walk** | **May 10, 6:00 - 7:30 PM**, [Grand River Park](#) | Dogs on leash welcome
- **Kayaking** | **May 13, 10:00 AM - 12:00 PM**, [Ely Lake Campground](#), Fennville
- **Group Walk** | **May 18, 5:30 - 6:30 PM** | [Bysterveld Park](#), Wayland | Dogs on leash welcome
- **Eat Green. Stay Active. Live Well.** | **May 21, 3:00 - 4:30 PM** | [Pine Bend](#)
- **Group Walk** | **May 23, 6:00 - 7:30 PM** | [Connor Bayou](#) | Dogs on leash welcome
- **Group Walk** | **May 31, 6:00 - 7:30 PM** | [Pigeon Creek](#) | Dogs on leash welcome
- **Group Walk** | **June 3, 10:00 - 11:00 AM** | [New Richmond Park](#), Fennville | Dogs on leash welcome
- **Group Walk** | **June 7, 6:00 - 7:30 PM** | [Hager Park](#) | Dogs on leash welcome
- **Kayaking** | **June 8, 5:00 - 6:30 PM** | [Water Trail Ventures Paddle Respite](#), Fennville
- **Orienteering** | **June 10, 10:00 AM - 12:00 PM** | [Pigeon Creek](#) | No Dogs
- **Group Walk** | **June 13, 6:00 - 7:30 PM** | [Paw Paw Park-East](#) | Dogs on leash welcome
- **Kayaking** | **June 17, 1:00 - 3:30 PM** | [Hawthorn Pond](#) | No Dogs
- **Group Walk** | **June 19, 1:00 - 2:00 PM** | [Outdoor Discovery Center](#) | Dogs on leash welcome
- **Group Walk** | **June 22, 6:00 - 7:30 PM** | [Upper Macatawa Natural Area - 84th Ave.](#) | Dogs on leash welcome
- **Grand Explorers Trail Run/Walk** | **June 24, 8:00 - 10:00 AM** | [Grand River Park](#) / [Grand Ravines](#) | Dogs on leash **may be** welcome. Check [miottawa.org/stepitup](https://miottawa.org/stepitup) for event details.