

Get Moving in Missaukee County

Fitness Facilities

Please visit our Wexford County Page for fitness facilities near Missaukee County.

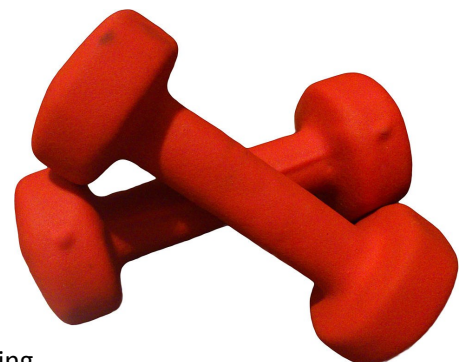
Free or Low-Cost Fitness Programs

Please visit our Wexford County Page for free or low-cost fitness programs near Missaukee County.

Places to Walk

Missaukee Fitness Trail	Choose from 4 different loops of different lengths	Corner of M-66 and Sanborn Rd. in Lake City, behind the Health Department & Conservation District
North Missaukee Trail	91 Miles of trail bordering Kalkaska and Missaukee Counties	Look for trail signs around N 13 Mile Rd. and E. Fahmeyer Rd.
West Higgins Trail	Bordering Missaukee, Kalkaska, Crawford, and Roscommon counties	Look for trail signs in the northeast corner of Missaukee County

Spend at least 30 minutes a day, 5 days a week in physical activity. If you don't have thirty minutes, try 10-minutes at a time, 3 times per day!



*Be sure to get clearance from your health care provider before beginning regular planned physical activity.

Provided by:

