

Tillamook County Walking Groups 2024



Interested in joining a walking group?

Staying active and having social support are keys to lifelong health. Joining a walking group is a fun way to get healthy. **All groups walk outdoors, rain or shine.** Find a group near you or consider starting your own! To add or update group information, contact kbenson@tillamookymca.org.

North Tillamook County

Rockaway, Wheeler, Nehalem & Manzanita | Tuesdays at 10 am | Different location each week.

Coordinator: Wellness Team from Nehalem Bay Health Center | wellness@nehalembayhealth.org

Weekly locations posted on nehalembayhealth.org and [Facebook.com/nehalembayhealth](https://www.facebook.com/nehalembayhealth).

Rockaway Beach

Rockaway Beach | Wednesdays at 2:30 pm | Meet at 3rd Avenue & Miller Street

Coordinator: Lina | mamalinabest@gmail.com

Tillamook

Tillamook YMCA | Mon, Wed & Fri at 11 am | Meet at the front entrance to the YMCA.

Coordinator: Linda | siempreprime@outlook.com | 503-842-7850 | Contact coordinator to be added to the private Facebook group for info and any schedule changes.

Tillamook YMCA | Saturdays at Noon | Meet at the front entrance to the YMCA.

Coordinator: Amy | sanfora01@ah.org | 262-370-3677

Pacific City

Kiawanda Community Center (Pacific City) | Mon-Wed-Fri at 10 am

Coordinator: Kathy | katystar7@hotmail.com | 503-801-7448 (text)



NOTE: Walking groups are informal and volunteer led. Drop-ins welcome! Comfortable shoes, layers and rain gear recommended as most groups walk outdoors, rain or shine.

Follow @ Tillamook County Wellness on Facebook and Instagram.