

# 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](mailto:kbenson@tillamookymca.org).

### Rockaway Beach

**Rockaway Beach | Wednesdays at 2:30 pm** | Meet at 3rd Avenue & Miller Street  
**Coordinator:** Lina | [mamalinabest@gmail.com](mailto: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](mailto: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](mailto:sanfora01@ah.org) | 262-370-3677

### Pacific City

**Kiawanda Community Center (Pacific City) | Mon-Wed-Fri at 10 am**  
**Coordinator:** Kathy | [katystar7@hotmail.com](mailto: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.

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