

Tillamook County Walking Groups 2025



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.

Rockaway Beach

Rockaway Beach | Wednesdays at 2:30 pm | Meet at 3rd Avenue & Miller Street
Coordinator: Dee | 580-214-0908

Tillamook

Tillamook YMCA | Mon, Wed & Fri at 11:15 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.

Pacific City

Kiawanda Community Center (Pacific City) | Mon-Wed-Fri at 10 am
Coordinator: Kathy | katystar7@hotmail.com | 503-801-7448 (text)

Nehalem Bay Health Center & Pharmacy

Days times and locations TBA



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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