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FREE!

Fremont, Michigan

Town
 & Country
 Path



Bike,
 Hike, & Skate



Family Fun Ideas

Dining and Shops



Branstrom Park
Frisbee Golf Map

Welcome!

Downtown Friends & More!



If you don't live in Fremont, you will wish you did. Come and enjoy the Town and Country Path that weaves around our picture postcard town. You will be charmed by the variety and culture that makes this place the "Heartbeat of Newaygo County." On any given day, you will find many of the locals getting fresh air and healthy exercise along this 5.5 mile pathway and bike friendly lanes. However, Fremont's arms are wide open to visitors who would like to spend a day or more cycling, skating or hiking our picturesque trails.



Use this map and activity guide to plan your outing. There are plenty of places to park and unload your bikes. Take time to refresh and refuel at any of our West Main or Downtown restaurants, grills and cafes. Downtown Fremont is a nostalgic snap shot of life the way it should be. Take your time to browse around quaint shops and specialty stores and take home some unique treasures.



Stay awhile and enjoy a relaxing day on Fremont Lake or how about an evening concert? How about a round of frisbee golf in the park or even a star party at the observatory? This historic town has something for everyone.

Keep this helpful publication handy and plan a day-cation or stay-cation in Fremont soon!

Special thanks to the following entities for online and on air promotions.



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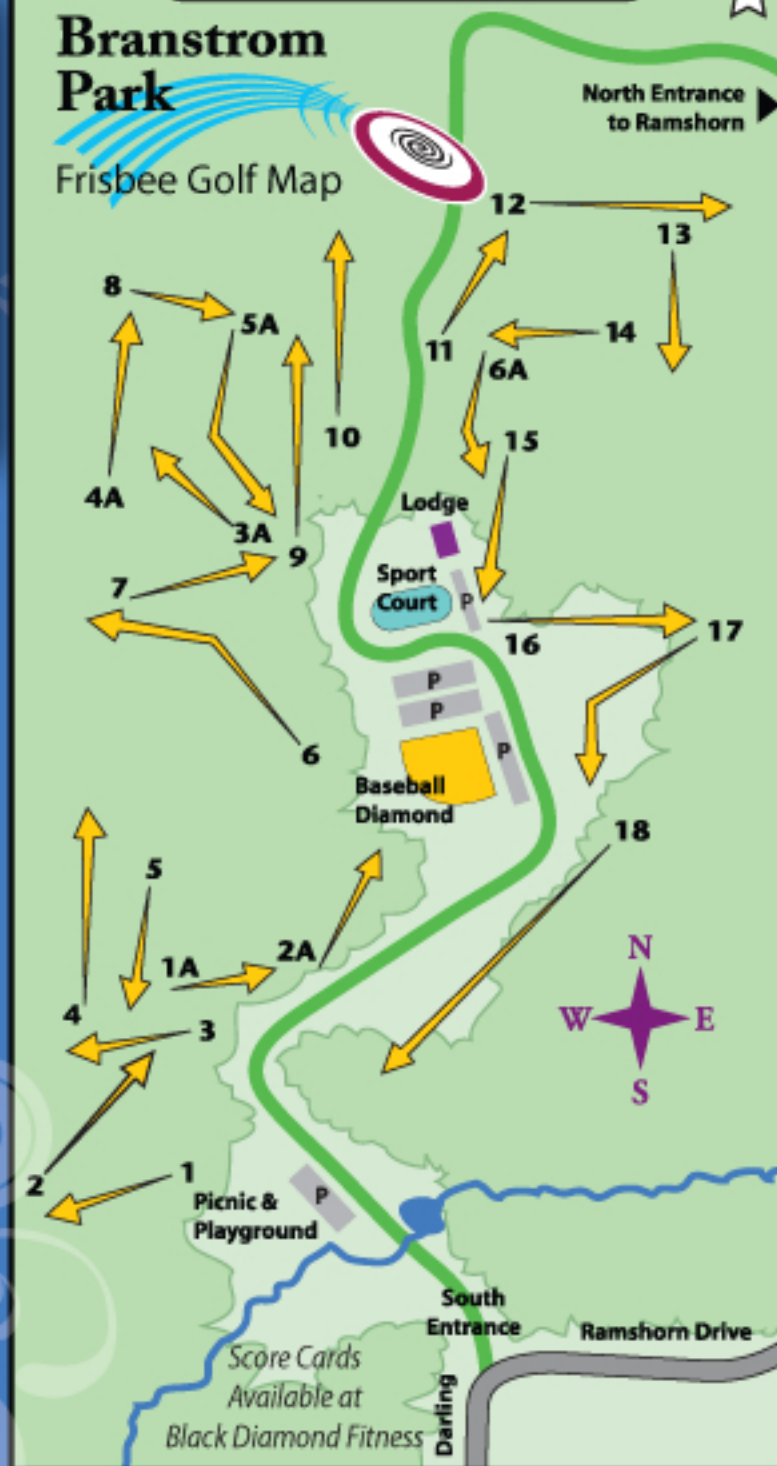
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Within minutes of Fremont are some fine golf courses, bowling, and sight seeing venues. Visit newaygocountytourism.com to discover all the possibilities.

Corporate Sponsors:

Spectrum Health Gerber Memorial is a 49-bed acute care hospital that serves all of Newaygo County with a wide range of medical, surgical and specialty care. The hospital has a cancer care center, intensive care unit, birthing center and a women's health center that provides digital mammography, bone scans and ultrasounds. Its emergency department operates 24 hours a day and specialist clinics provide diagnosis and treatment in cancer and hematology, cardiology, ear/nose/throat, neurology, nephrology, ophthalmology, plastic and reconstructive surgery, podiatry, pulmonary, sleep disorders, urology and vascular diseases. Gerber Memorial offers diagnostic imaging, including CT and MRI scans; home health services called Gerber Home Care and a physician-led medical weight loss program. The hospital's medical wellness center, Tamarac, houses a rehabilitation group, fitness center and medical day spa.

Tamarac, the Center for Health and Well-Being is an inclusive facility that offers:

- Ahhh, The Spa at Tamarac (open to the public)
- Cardio equipment
- Child watch area
- Group fitness studio
- Spinning room
- Hot tub/sauna/steam room
- Warm water therapy pool
- Indoor walking/jogging track
- Personal training
- "New You" medical weight loss program

Call 231.924.1788 for more information or to schedule a tour.

Corporate Sponsors:

Sonus Hearing Care Professionals in Fremont offer complimentary hearing screenings, in-depth evaluations and testing, the latest technology in hearing aids, and expert recommendations to help improve each patient's hearing and quality of life. A commitment to personalized service, an industry-leading 75-day trial and some of the longest hearing aid warranties available have garnered Sonus extraordinarily high levels of patient loyalty and satisfaction ratings. To learn more, please visit sonus.com/fremont today.

Start Healthy, Stay Healthy™ is **Nestlé's** commitment to nourish a healthier generation, one baby at a time. **Nestlé** believes breastfeeding offers the best possible start for babies followed by developmental, stage-appropriate feeding choices.

Start Healthy, Stay Healthy is a unique, integrated nutrition solution that provides products, information and guidance all backed by rigorous science and research to help parents make the right nutritional choices for their little ones from birth to 4 years. Visit www.gerber.com to learn more.

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