The annual celebration of America’s trails, held on the fourth Saturday of April, encourages people across the country to get outside and enjoy the nation’s exceptional trails and trail systems.

“Had a great 35 mile bike ride on the Silver Comet on ‘Celebrate Trails Day.’ As an infectious diseases physician, the peaceful, scenic ride is a great way to unwind from a long—nearly 3 year period—of taking care of COVID patients.”
—Richard, Atlanta, Ga.

50 states + Washington, D.C. took part in Celebrate Trails Day 2022
150+ Events
11,500+ Participants

How did People Celebrate Trails?

Walking 45%
Running 6%
Bicycling 54%
Volunteering 8%
Birding 7%
Enjoying Nature 28%
Other 10%

83% of participants spent more than 30 minutes active on the trail (vs. 93% on a typical day)

812,000+ active minutes from participants in 2022
65+ minutes average time spent active on trails

“I Love to be outside, stay active, and enjoy nature.”
—Sheila, Manhattan, Ill.

Celebrate Trails Day 2022 illustrated the role the nation’s trails can play in helping Americans become more physically active.

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Impact of Celebrate Trails Day

Celebrating Trails Day Day in our community for the second year in a row was a great success! Seeing so many families outside and hearing their stories was a great reminder of why we do what we do.”
—Ashley, Erie, Pa.

“The Benefits of Trails

Celebrate Trails Day and year-round, trails support healthy communities.

95% SAY THAT TRAILS HELP REDUCE THEIR STRESS LEVELS
82% SAY THEY GO TO TRAILS TO BE PHYSICALLY ACTIVE
56% REPORT GETTING OUT ON TRAILS WEEKLY
34% REPORT BEING ACTIVE AT LEAST FIVE DAYS A WEEK

Active minutes are rounded based on 1,035 responses to the Celebrate Trails Day survey fielded on SurveyMonkey between April 30 and May 2, 2022, and a calculation of an average number of active minutes per respondent’s participation.

Survey results for Celebrate Trails Day represent 1,572 responses gathered via SurveyMonkey between April 20 and May 2, 2022.