**Celebrate Trails Day**

**April 22, 2023**

*By the Numbers*

“Trails are safe so I can enjoy my run without worrying about traffic. There are lots of opportunities to see wildlife and natural beauty.”

- Participant, Indianapolis, IN

**Impact of Celebrate Trails Day**

“I love how the trails are connected more to each other now and I can ride my bike farther just on trails. Being off roads is great; seeing others enjoying the trails is wonderful.”

- Participant, Lewiston, NY

“Trails impact my life in a way that promotes health and well-being. I have general anxiety and often stress. I believe walking the trails and getting outdoors has helped significantly.”

—Participant, Hancock, Maine.