

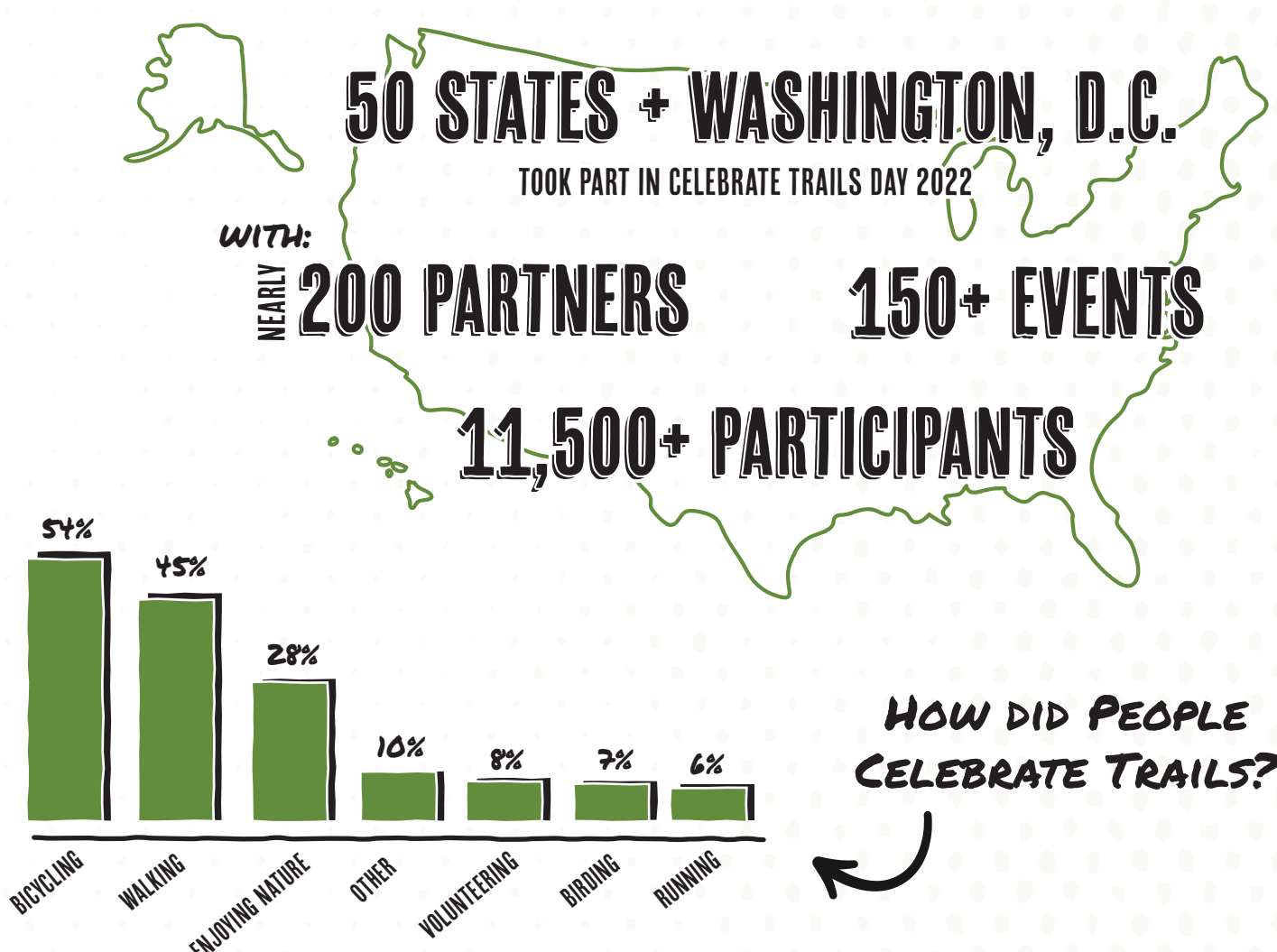
APRIL 23, 2022

# CELEBRATE TRAILS — DAY —

## BY THE NUMBERS

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.

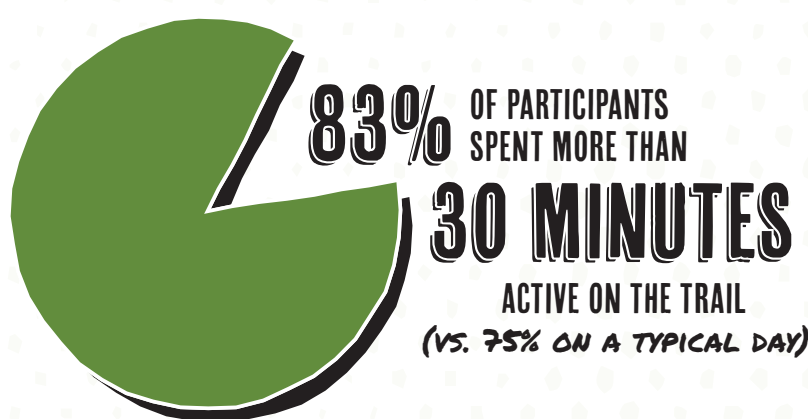


## IMPACT OF CELEBRATE TRAILS DAY

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

**812,000+ ACTIVE MINUTES\***  
FROM PARTICIPANTS IN 2022

**65+ MINUTES\***  
AVERAGE TIME SPENT ACTIVE ON TRAILS



**ONE QUARTER** **24%**  
OF PEOPLE SWAPPED A CAR TRIP FOR A WALK OR A BIKE RIDE TO THEIR DESTINATION

**"RUNNING CELEBRATE TRAILS 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

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

**95%** SAY THAT TRAILS REDUCE THEIR  
**STRESS LEVELS**

**82%**  
SAY THEY GO TO TRAILS TO BE PHYSICALLY ACTIVE

**"I LOVE TO BE OUTSIDE, STAY ACTIVE, AND ENJOY NATURE."**  
—SHEILA, MANHATTAN, ILL.

**56%** REPORT GETTING OUT ON TRAILS WEEKLY



**34%** REPORT BEING ACTIVE AT LEAST  
**FIVE DAYS A WEEK**



[RAILSTOTRAILS.ORG/CELEBRATETRAILS](https://railstotrails.org/celebratetrails)  
**#CELEBRATETRAILS @RAILSTOTRAILS**



\*Active minutes were calculated based on 1,035 responses to the Celebrate Trails Day survey fielded in SurveyMonkey between April 30 and May 2, 2022, and a calculation of an average number of 60 active minutes spent among event participants. Survey results for Celebrate Trails Day represent 1,572 responses gathered via SurveyMonkey between April 20 and May 2, 2022.