

# Celebrate Trails Day

APRIL 27, 2024

## By the Numbers:



MORE THAN **20,000 People**  
 PARTICIPATED IN **240+ Celebrations**  
 HOSTED BY **306 Partners**  
**ACROSS 50 States + Washington, D.C.**

**"I see more than a day outside. I see myself connecting with nature and feeling at ease. I feel my body getting stronger and reaching new goals. And I will continue to take up space outside especially on trails and bring others along with me!"**

— @brandihikes, (center) celebrating along the Skyline Drive Trail in Corona, California



## Impact:



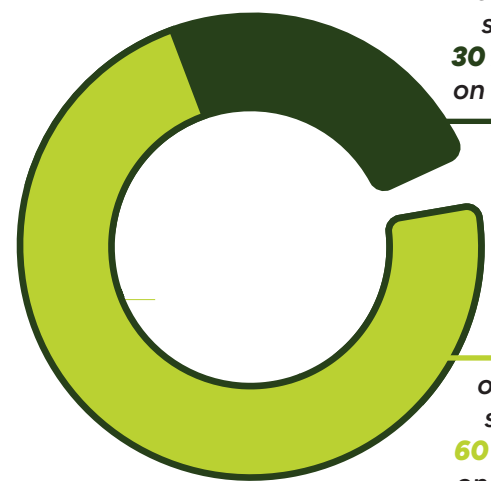
**More than 2.1 Million Active Minutes**  
 spent outside on Celebrate Trails Day in 2024\*



**102 Active Minutes per Person**  
 spent outside on Celebrate Trails Day\*



**76% Would Swap a Car Trip**  
 respondents indicated they chose to swap a car trip for a walk, bike ride or other active transportation on Celebrate Trails Day and/or at other times in their day-to-day routines.\*



**96%**  
 of participants  
 spent at least  
**30 minutes active**  
 on the trail on CTD

**72%**  
 of participants  
 spent at least  
**60 minutes active**  
 on the trail on CTD

## Benefits of Trails:

**97%**

of people report that trails make a difference for their mental health and well-being.

**81%**

of people say they go to trails to be physically active.

**85%**

of people say that having events or programming on the trail motivates them to be physically active.

**53%**

of people report being active at least 5 days in the past week.

\*Active minutes were calculated using the total number of estimated participants in Celebrate Trails Day, and the average time reported spent on trails on Celebrate Trails Day from 1,170 responses to a survey fielded in SurveyMonkey between April 27 and May 5, 2024. Survey results for Celebrate Trails Day represent 1,748 responses gathered via SurveyMonkey between April 27 to May 5, 2024.