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Celebrate Trails Day Uplifts Far-Reaching Impact of Connected Trails Nationwide

Impact survey of Rails to Trails Conservancy's annual event finds 33,000 people participated, spending \$1.3 million and racking up 3.4 million minutes of physical activity

WASHINGTON, D.C.—[Rails to Trails Conservancy's](#) annual nationwide celebration of trails clearly illustrated the far-reaching benefits that connected walking and biking infrastructure deliver to people and places in all types of communities nationwide. As the [U.S. Department of Transportation continues its review of nearly \\$3 billion in grants](#) that were issued to trail, walking and biking projects under the Infrastructure Investment and Jobs Act, [Celebrate Trails Day](#) made clear the universal demand for and direct impact of this infrastructure in America's small towns, suburbs and cities alike.

"There is unmatched potential in trail networks to make walking and biking part of our everyday lives, unlocking all of the good that happens when we are active outside, in the places where we live," said Brandi Horton, RTC's vice president of communications. "Celebrate Trails Day was a moment to unite everyone in a common appreciation for trails—and more than 33,000 people got outside to lift up the the impact of connecting trails where they live. This is evidence that our time on the trail is so much more than a day outside."

On Celebrate Trails Day, more than 275 events took place across the country, bringing together over 33,000 people—citizens, families, neighbors, advocates and elected officials—to experience the potential and impact of the nation's developing trail and active transportation networks. In a survey of participants, RTC found that, on average, people spent \$41 preparing for or participating in Celebrate Trails Day activities, generating an estimated \$1.3 million in direct spending associated with the day—providing a tangible example of the ways that trails and active transportation contribute more than [\\$34 billion annually to the U.S. economy](#).

In addition, people reported spending an average of 104 minutes being physically active on Celebrate Trails Day—28% more time than a typical day (81 minutes) and more than two-thirds of the U.S. Centers for Disease Control and Prevention's [recommended 150 minutes of moderate-intensity physical activity](#). In total, Celebrate Trails Day generated more than 3.4 million minutes of physical activity nationwide, evidence of the power of trails paired with programming to serve as a catalyst for people to be active.

In response to Celebrate Trails Day, people universally reported mental health benefits as a reason for using trails (97%), followed by physical activity (81%). Other reasons for using trails included a place to spend time with friends and family, a way to interact with the community, and connect with nature. Those surveyed referenced trails as safe places to avoid traffic, especially for seniors, children and pets.

In Jefferson County, Ohio, over 600 people came from across the region and beyond to celebrate the opening of the Hellbender Preserve and Recreational Trail, the first piece of multiuse trail in the county and a new segment of RTC's cross-country Great American Rail-Trail®. County commissioners shared

that people came from far and wide as they heard that the event was part of Celebrate Trails Day—leveraging the opportunity to build deeper support for the county’s new amenity.

“I’m not really surprised, I believe our people are starving for this type of thing. It’s quality of life. ... It makes the future really interesting. We want to keep moving it forward,” said Jefferson County Commissioner Tony Morelli [in an interview with the Herald-Star](#).

Celebrate Trails Day is facilitated by RTC annually on the fourth Saturday of April, inviting people across the country to get outside on trails in their community for events and activities that encourage physical activity, stewardship, and community engagement.

The event is made possible with the support of organizations including: [Athletic Brewing Company](#), the premier Celebrate Trails Day sponsor; [Bob’s Red Mill](#); [Brompton](#); [Catrkie](#); [Earth Day Initiative](#); [Green Sports Alliance](#); [HBCUs Outside](#); [iHeart Media](#); [Latino Outdoors](#); [Mirrycle](#); [NEMO Equipment](#); [Patagonia Old Town](#); [Po Campo](#); [REI Co-op](#); [Saris](#); and [Sportsbackers](#).

Survey results for Celebrate Trails Day represent 1,087 responses gathered via SurveyMonkey between April 26 and May 4, 2025. 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 745 responses. Estimated total spend was calculated using the total number of estimated participants in Celebrate Trails Day, and the average dollar amount spent on or to prepare for Celebrate Trails Day from 271 responses.

Rails to Trails Conservancy is the nation’s largest trails, walking and biking advocacy organization—with a grassroots community more than 1 million strong. RTC is dedicated to building a nation connected by trails, reimagining public spaces to create safe ways for everyone to walk, bike and be active outdoors. Follow #CelebrateTrails on social media for updates and connect with RTC at railstotrails.org and @railstotrails on [Facebook](#), [X](#) (formerly Twitter) and [Instagram](#).