

# Celebrate Trails Day

APRIL 26, 2025

## By the Numbers:



MORE THAN **33,000 People**  
PARTICIPATED IN **275+ Celebrations**  
HOSTED BY **375+ Partners**  
ACROSS **49 States, Washington, D.C**  
AND **Puerto Rico**

**"Trails bring people together and recognize the importance of not only exercise, but the culture and history of a location."** — 2025 Participant, Abingdon, MD

## Direct Impact:



**More than 3.4 million active minutes**  
spent outside on Celebrate Trails Day in 2025.\*



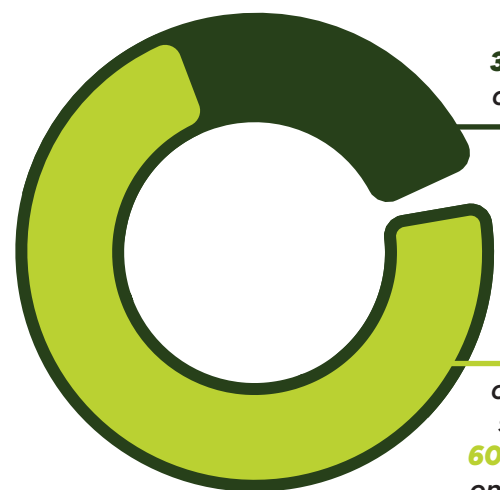
**104 active minutes per person**  
spent outside on Celebrate Trails Day.\*



**\$1.3 million estimated total spent**  
for Celebrate Trails Day, with an average of \$41 spent by respondents  
who indicated that they visited a business on or to prepare for  
Celebrate Trails Day.\*



**97% of people agree**  
that using trails makes a difference for their mental health and well-being.



**97%**  
of participants  
spent at least  
**30 minutes active**  
on the trail on CTD

**74%**  
of participants  
spent at least  
**60 minutes active**  
on the trail on CTD

## Ways People Rely on Trails:

**93%**

For Exercise and Health

**75%**

To Connect With Nature

**74%**

For Mental Health  
and Well-being

**44%**

As a Place to Spend Time  
with Friends and Family

**"The people I see on trails are always smiling. They are my happy place 😊"**  
— 2025 Participant, Shreve, OH

\*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 745/1,087 responses to a survey fielded in SurveyMonkey between April 26 and May 4, 2025. 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 271/1,087 responses to a survey fielded in SurveyMonkey between April 26 and May 4, 2025. Survey results for Celebrate Trails Day represent 1,087 responses gathered via SurveyMonkey between April 26 to May 4, 2025.

