

On the Trails: Ideas for Kicking Off Spring on the Trails



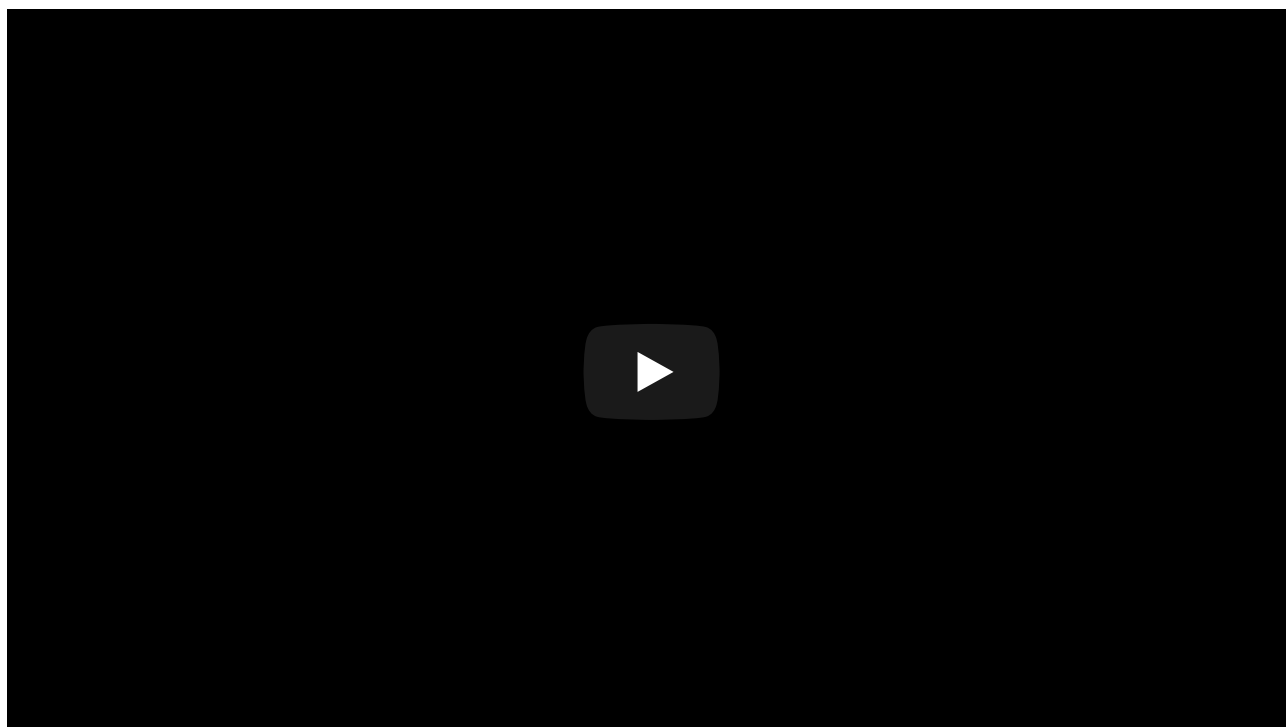
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Spring is here, and the outdoors are calling. Sometimes it can be hard to think of new ways to get outside and have fun. Recently, vice president of communications at Rails-To-Trails Conservancy (RTC), Brandi Horton, participated in a satellite media tour campaign to talk about kicking off the spring trail season and share ideas to make the most out of the outdoors on the nation's 40,000 miles of trails, where people can walk, bike and be active outside, completely separate from vehicle traffic. There are thousands of multiuse trails across the country, including trails in every state.

A video accompanying this announcement is available at: <https://youtu.be/n92molHjE74>



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RTC, the nation's largest trail advocacy organization, is encouraging Americans to kick off the spring trail season on **Celebrate Trails Day, Saturday, Apr. 23, 2022**, by getting outside and being active on their favorite trails.

Celebrate Trails Day is an annual celebration of the nation's trails and the benefits they bring to our health and well-being. Since 2019, **trail use has surged** as people seek outdoor spaces for exercise and connection with friends and family. Trails make getting outdoors and around by foot, bike and wheelchair more accessible for everyone. On Celebrate Trails Day, and beyond, RTC is offering **resources** and events to encourage people to make trail use part of their daily lives.

As people increasingly navigate back to in-person work, school and other activities, there is an urgency in encouraging them to continue their practice of outdoor physical activity. The CDC recommends **30 minutes of moderate aerobic activity per day, five days per week**, through activities such as a brisk walk or bike ride, yet the latest data shows that **25% of Americans are inactive**. Trails are a valuable resource to address inactivity, providing safe, close-to-home spaces where people can walk, bike and be active. Those who participated in Celebrate Trails Day in 2021 reported spending on average more than 90 minutes being active outside, exceeding physical activity guidelines.

RTC offers **creative ideas for getting outside**, a free trail-finder app, **TrailLink.com**, and stories from RTC's **Trail Moments** initiative and **TrailBlog**, which capture voices from around the country about how people are incorporating trail use into their lives.

Hosted on the fourth Saturday of April, Celebrate Trails Day is an annual spring celebration of America's trails. Started by Rails-to-Trails Conservancy in 2013, the celebration encourages people across the country to get outside and enjoy the nation's exceptional trails and trail systems. On April 23, more than 185 partner organizations and thousands of people from all 50 states and Washington, D.C., plan to take part in Celebrate Trails Day.

For more information about Celebrate Trails Day, to find events, and to enter to win prizes, visit **railstotrails.org/celebratetrails** and follow #CelebrateTrails on social media. Celebrate Trails Day is supported by "Parks for All" championed by Hydro Flask, Athletic Brewing Company, Catrike, Clif Family Foundation, the CDC's "Active People, Healthy Nation" initiative, Dogfish Head, Mirrycle, the Recreate Responsibly Coalition, IZIP and Warm Peet.

About Brandi Horton:

Brandi Horton serves as RTC's vice president of communications. She has dedicated her career to communications for social change and is passionate about creating communities that promote health and well-being. She lives in Arlington, Virginia, with her family, where she regularly frequents the Four Mile Run and W&OD trails en route to work, the playground and little league games.

About Rails-to-Trails Conservancy:

Rails-to-Trails Conservancy (RTC), the nation's largest trails 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. Connect with RTC at railstotrails.org and @railstotrails on [Facebook](#), [Twitter](#) and [Instagram](#).

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