WHY TRAILS MATTER

Trails are more than places to walk — they are community assets that support health, nature, learning, tourism, and local quality of life. Well-used and well-cared-for trails benefit both residents and visitors.



- Trails support physical health by making it easier for people to walk, hike, run, and be active.
- Time outdoors and physical activity can improve mental health and reduce stress.
- Trails connect people with nature, local history, and cultural landscapes.
- Trails create opportunities for families, schools, and visitors to learn outdoors.
- Connected trail systems can improve community livability and strengthen tourism appeal.
- Trails also help build appreciation for conservation and the protection of natural heritage.

Healthy trails help build healthy people, healthy communities, and healthy landscapes

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