

National Walking Day 2026

Take steps towards a longer, healthier life on National Walking Day

Physical activity is one of the best ways to improve overall health and manage stress. Unfortunately, 1 in 4 adults in the U.S. are sedentary for more than eight hours each day, according to the U.S. Centers for Disease Control & Prevention (CDC). This can have negative consequences on physical and mental health. The American Heart Association, the world's leading nonprofit organization focused on heart and brain health for all, established National Walking Day in 2007. Celebrated annually on the first Wednesday in April, National Walking Day encourages people to move more throughout their day.

Explore Carver County & Your Community While You Walk!

Use the links below to access trail maps and information.



[Carver County Trails](#)



[City of Waconia](#)



[City of Chaska](#)



[City of Norwood Young America](#)



[Watertown, MN \(Luce Line Trail\)](#)



[City of Cologne](#)



[City of Victoria](#)



[MN Landscape Arboretum West Side Trails](#)



[MN Landscape Arboretum East Side Trails](#)



[MN Landscape Arboretum Three Mile Walk](#)



[Three Rivers Park District Trails](#)



Want to wait for warmer weather? Try walking at a local community center or try a treadmill at a gym instead!

Many trails are free, but trails accessed through parks or the Landscape Arboretum may have a fee associated with them. (Check online.)

