

NWD

NATIONAL
WALKING DAY
2026

TEEN
STEP OUT
DAY



★ CHOOSE YOUR DATE > PLAN YOUR WALK
Take part during our week of walking celebrations: 21 - 27 Sept
as part of European Week Sport

✗ For more, visit: GetIrelandWalking.ie

GET IRELAND
WALKING

SPORT ÉIREANN
SPORT IRELAND

hi

MOUNTAINEERING
IRELAND

MOUNTAINEERING
IRELAND

#BEACTIVE
EUROPEAN WEEK OF SPORT
23-30 September

an initiative
of the

#WalkHikeRunPushRoll

#EuropeanWeekofSport

#TeenStepOutDay



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TEEN STEP OUT DAY

Alongside our week of walking celebrations, Get Ireland Walking will be promoting a **teen-focused, week-long programme of themed walking activities designed to increase participation among young people.**

In association with European Week of Sport, our **#TeenStepOutDay** programme will engage with schools, youth organisations, walking clubs, disability groups, community organisations and local partners across Ireland and Northern Ireland. Our goal is to encourage teenagers to build a lifelong passion for staying active by promoting the benefits of walking. We want to reinforce the message that walking is simple, social, and open to everyone, no matter your age, ability, or background.

Youth Leaders / Coordinators can register their Teen Step Out Day walk and receive free public liability insurance cover:

[Click here to Register your Walk](#)



For more information about becoming a registered Walking Group Leader, visit: [GetIrelandWalking.ie](https://getirelandwalking.ie)

YES



Check out our Teen Step Out Day walking group inspiration on the next page!



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NWD NATIONAL WALKING DAY 2026

TEEN STEP OUT DAY

YEAH!

Looking for some inspo?!
Check out these fun ideas
for planning your walk on
Teen Step Out Day.

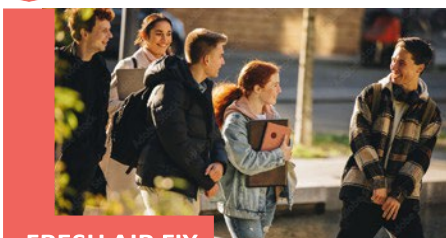
01



SCREEN FREE STROLL

Leave your phone behind or stick it on Airplane Mode for 15 minutes. Take a lunchtime walk around campus just to clear your head. No notifications, no stress.

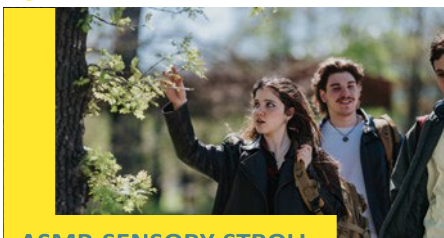
02



FRESH AIR FIX

Organise a local walk or even a walk around your school or campus where the focus is entirely on a relaxed pace and catching up with friends.

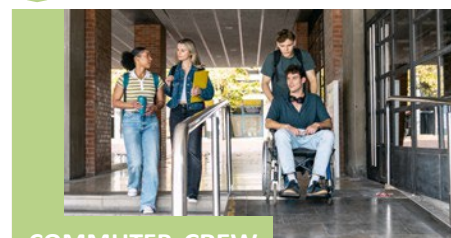
03



ASMR SENSORY STROLL

Swap concrete for a sensory walk. Take a stroll somewhere you can switch up the textures underfoot – like gravel, grass, or forest trails – and focus on the sounds, sights and smells.

04



COMMUTER CREW

Switch up your morning commute. Whether you walk, hike, run, push, or roll – get to school or college on your own terms.

05



INTERVAL ACTIVITY TRAIL

Set up an activity trail with fun stations that everyone can try at their own pace: easy obstacles, quick stretching zones, balance games, or mindfulness stops with an emphasis on enjoyment!

06



THE SNAPSHOT SAUNTER

A relaxed, low-pressure hike with zero rush. Focus on taking frequent stops to capture landscape photos, aesthetic views, or just to take a breather with friends.

07



THE HEADSPACE MAP

Create a map of your school, college, or local park. Plot out the best quiet spots, the nicest views, or the best places to sit and chat.

[Click here to Register your Walk](#)

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SPORT IRELAND

hi
hills

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