

# NWD

## NATIONAL WALKING DAY 2026



GET  
IRELAND  
WALKING

- Presents -

# ★ WORKPLACE WALKING DAY ★

Wednesday 23<sup>rd</sup> Sept. 2026

Workplace Walking Day is a fantastic opportunity for companies + organisations across Ireland to encourage employees + staff members to connect with each other whilst walking as part of their working day.

Workplace Walking Day is perfect for getting everyone in your workplace together and boosting team morale whilst also improving mental health and wellbeing.

Workplace Walking Day (23<sup>rd</sup> Sept. 2026) is part of our week of daily walking celebrations before National Walking Day as part of European Week of Sport.

GET IRELAND  
WALKING

SPÓRT ÉIREANN  
SPORT IRELAND

hi

MOUNTAINEERING  
IRELAND

MOUNTAINEERING  
IRELAND

#BEACTIVE  
EUROPEAN WEEK OF SPORT  
23 - 30 September

an initiative of the  
EUROPEAN COMMISSION

#WalkHikeRunPushRoll

#EuropeanWeekofSport

#WorkplaceWalkingDay

# ★ WORKPLACE WALKING DAY ★

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On Workplace Walking Day, there are lots of ways you can include walking in your schedule:

You'll also be supporting local businesses!



Why not try a workplace walking meeting



Encourage your staff to walk to + from work



Encourage staff to get off public transport early



Organise a work lunch in a local café + walk there + back

Even if your team can't meet in person, Workplace Walking Day is a great opportunity for colleagues to connect with each other. Encourage your remote employees to participate!

Share your Workplace Walking day with Get Ireland Walking

## See steps below

- 1 Register your workplace with Get Ireland Walking.  
[Click here to register](#)
- 2 Choose a Walk Group Co-ordinator (ie: Health & Wellbeing Officer). The Walk Group Co-ordinator will organise the walking route and encourage colleagues to participate.
- 3 Visit [getirelandwalking.ie](http://getirelandwalking.ie) to download everything you need to promote your walk, including:  
Social Media frame for promoting your Workplace Walking Day walk on Instagram or Facebook etc.  
A promotional poster you can print out and put on noticeboards to encourage staff to take part.
- 4 Join Workplaces across Ireland + share your Workplace Walking Day online. Post a photo on social media using the Social Media Frame and tag Get Ireland Walking.  
GIW Social Media Handles:  
[f /GetIrelandWalking](#) [t /GetIreWalking](#)  
[i /Get\\_Ireland\\_Walking](#)
- 5 Don't forget to use the hashtags:  
**#EuropeanWeekofSport** +  
**#WorkplaceWalkingDay** + **#WalkHikeRunPushRoll**
- 6 We'll send your organisation a Workplace Walking Day Certificate of Participation.

**#WalkHikeRunPushRoll** Workplace Walking Day is an accessible and inclusive and we invite everybody to participate for all the notable benefits.