



## National Walking Day 2024

We're delighted to announce that our annual National Walking Day is in its' 5th year!

This year as part of **European Week of Sport** we're starting our week of walking celebrations on **Monday 23rd September**.

It is a wonderful opportunity to celebrate the benefits of walking for both wellbeing and physical health and for everyone to celebrate the outdoors and **#WalkHikeRunPushRoll**.

**Check out our week of walking celebrations:**



## National Walking Day Resource pack

During the second week in August, we'll be sending you our **National Walking Day Resource Pack** which will contain everything you need to promote your week of walking celebrations. **If you have any questions before this please come back to us:**

email: [linda@getirelandwalking.ie](mailto:linda@getirelandwalking.ie)

Many thanks,  
The Get Ireland Walking Team!

**#WalkHikeRunPushRoll #EuropeanWeekOfSport**

**NWD**  
**NATIONAL WALKING DAY 2024**

**Sunday 29th Sept. 2024**

As part of European Week of Sport

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for more information visit:  
[NationalWalkingDayIreland.ie](http://NationalWalkingDayIreland.ie)

