

NWD

NATIONAL WALKING DAY 2025



GET
IRELAND
WALKING

- Presents -

★ WORKPLACE WALKING DAY ★

Wednesday 24th Sept. 2025

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 (24th Sept. 2025) 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.
- 2 Choose a Walk Group Co-ordinator** (ie: Health & Wellbeing Officer). The Walk Group Co-ordinator will organise the walking route + encourage colleagues to participate.
- 3 We'll send you** an assets pack including:
Social Media frame for promoting your walk on Instagram or Facebook etc.
A promotional poster you can print out + put on noticeboards to encourage staff.
- 4 Join Workplaces across Ireland + share your Workplace Walking Day online.** Post a photo on social media using the Social Media Frame + tag Get Ireland Walking.
GIW Social Media Handles:
f /GetIrelandWalking v /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.