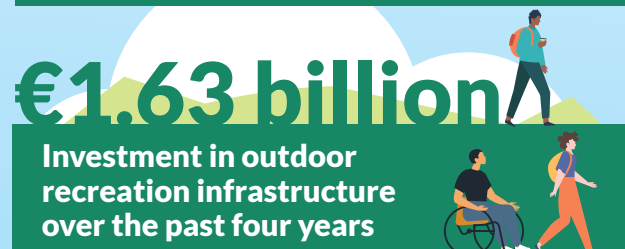
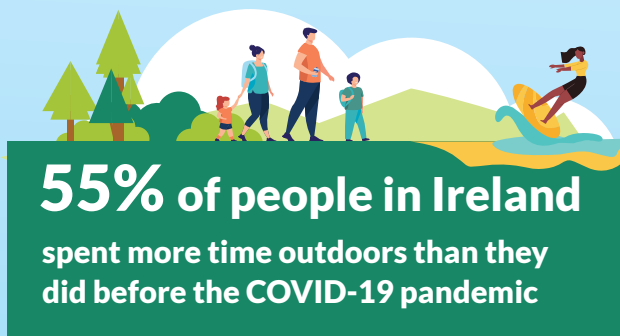
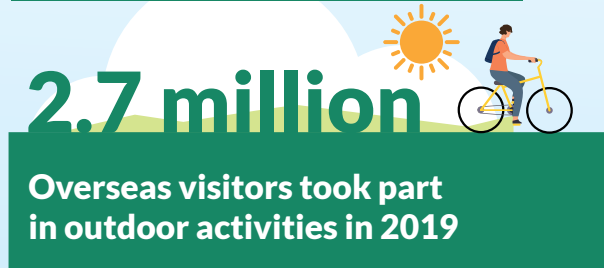


Embracing Ireland's Outdoors

National Outdoor Recreation Strategy 2023-2027



Mental Health Benefits

"Better mental health, better quality of life"

In Ireland, middle-aged and older adults walking 150 minutes per week report a better mental health status, better quality of life and overall wellbeing.

Environmental Benefits

"By being in green or blue natural spaces we foster a bond to nature which helps us become more environmentally aware."

Physical Health Benefits

"Inactivity increases the risk of cancer, heart disease, stroke and diabetes by 25-30% and shortens lifespan by 3-5 years."



Rialtas na hÉireann
Government of Ireland

Outdoor Recreation in Ireland

The following map highlights some of the outdoor recreation opportunities available around the country.

