# **Embracing Ireland's Outdoors**

**National Outdoor Recreation Strategy** 

2023-2027





**97,000** cases of disease were prevented in Ireland due to physical activity participation in 2019 providing a total cost saving of over

€405 million



overseas tourism expenditure



55% of people in Ireland

spent more time outdoors than they did before the COVID-19 pandemic



physical activity in Ireland



Overseas visitors took part in outdoor activities in 2019



#### **Recreational walking**

is at its highest level ever recorded in Ireland

€1.63 billion

Investment in outdoor recreation infrastructure over the past four years



# 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."







#### **Outdoor Recreation in Ireland**

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

