

# HIKE FOR HOSPICE

Scan Here For Free  
Registration!



**SATURDAY JUNE 20TH 2026**

Registration Starts at 10:00 AM  
Christie Lake Conservation Area  
1000 ON-5, Dundas at Lakeside Pavillion

Raise \$150 in  
pledges to  
receive a free  
t-shirt!

**3K WALK | 5K RUN**



To honour loved ones, lace up your shoes and  
hit the trails with friends & family at  
Christie Lake Conservation Area

Friendly animals are more than welcome!



Kemp Care  
Network

For more information  
visit [kempcarenetwork.org](http://kempcarenetwork.org) or email  
Heather Cozens at [events@kempcarenetwork.org](mailto:events@kempcarenetwork.org)  
905 387 2448 ext. 2211

**HIKE FOR  
HOSPICE**

# Hiker's Toolkit

## Event Details

### WHY?

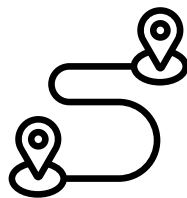
Hike for Hospice is a yearly fundraiser that welcomes families and their four-legged friends. The event offers a meaningful way for people who have experienced the loss of a loved one to honour their memory while building a lasting legacy of compassion and support. Our goal is to raise \$80,000 so we can continue offering hospice care and services to clients and their families—always at no cost.

### WHEN?

Saturday June 20<sup>th</sup> 2026  
Registration begins at 10:00AM

### WHERE?

Christie Lake Conservation Area  
1000 ON-5, Dundas at Lakeside Pavillion



There will be a 3 KM walking route & 5 KM running route  
Friendly Fur Family are more than welcome!

For any questions email Heather Cozens at [events@kempcarenetwork.org](mailto:events@kempcarenetwork.org)  
or call 905 387 2448 ext. 2211

# How to raise funds for your page



Scan to Register

## Step 1: Register

Visit the Dr. Kemp's House registration page at [www.kempcarenetwork.org](http://www.kempcarenetwork.org) and follow the steps to sign up, or scan the QR code on the poster. You can participate on your own, join an existing team, or create a team of your own!

## Step 2: Set Up Your Page

Your personal page is where supporters can donate directly to you and your team. It's your dedicated space to gather contributions and help you reach your fundraising goal!

Don't forget to make it personal, share stories about your "Why"



## Step 3: Share, Share, Share!

Use Dr. Kemp's Social Media Kit to post an image on Instagram, Facebook, or LinkedIn to ask your networks for donations or for them to join your team! Feel free to use the suggested wording or create your own—just be sure to include the link to your personal fundraising page.

For any questions email Heather Cozens at [events@kempcarenetwork.org](mailto:events@kempcarenetwork.org)  
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# Event Activities



## Rest & Reflect

Join us for our memorial activities as we come together to honor and remember your loved ones. Create a meaningful bracelet in their memory, or write a heartfelt message to place in our Box of Remembrance. Take a moment for yourself with a complimentary massage, and find comfort and connection during a visit with a Therapy Dog.

## Games & Activities

Hike for Hospice 2026 will offer even more family-friendly activities. Enjoy a bouncy castle, giant connect 4, cornhole, and more—all available throughout the event. Invite your friends or family to enjoy some friendly competition over lunch!



## Food & Treats!

All Hike for Hospice 2026 participants will be treated to a complimentary lunch! Enjoy hamburgers, veggie burgers, snacks & beverages. Bring a blanket and make it a picnic. The park is yours to enjoy for the day!



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## FAQ's

### *Is there a rain date?*

The Hike for Hospice runs rain or shine, if there is suspected extreme weather conditions, please check your email for updates.

### *Do I pay to get into Christie Lake?*

No, You will receive a message through your registration email that you can show at the gate.

### *Where do we meet once we're in the park?*

Enter Christies and go through the main gate. Take the first right and there is a large parking lot on the left hand side (look for the signage on the left). There will be a walking path and opening along the tree line that will take you directly into the Lakeside Pavilion (about a 2-3 minute walk).

### *What should I bring?*

A water bottle to stay hydrated. Hikers are also welcome to stay in the park for day-so you may want to consider a picnic blanket & bathing suit too!

### *Is the Hike Wheelchair or Stroller Friendly?*

The trail features gentle elevation changes and natural terrain. Some sections are easier than others, so guests using wheelchairs or strollers are encouraged to go at their own pace and enjoy the areas that best suit their comfort and mobility needs.



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