



Hike Challenges

1

Walk/Hike/Run/Bike 5km for two of the 10 days of Hike!

2

Take a photo of yourself walking in your Hike t-shirt and send it to us with your location. We'll track it on a map! Let's see how many places our Virtual Hike for Hospice Calgary t-shirt can go!

3

Tag a friend on social media and challenge them to Hike 5km today or donate to your team.

4

Share a photo of yourself hiking on social media using #Hike4HospiceYYC hashtag.

5

Hike with a companion! Bring along a friend, your family or your furry friend on your socially distanced 5km outing today.