

2022 Toronto Hike for Hospice Frequently Asked Questions

How does the hike work?

Every year, we join thousands of Canadians to participate in the national Hike for Hospice Palliative Care and raise funds and awareness for hospice palliative care in our community. Register as an individual or a team and help make a difference, while having a lot of fun along the way!

In 2022, our 20th annual Toronto Hike for Hospice will have both virtual events and an in-person finale event. It will run from Saturday April 2 until the in-person hike finale on Sunday May 1. Fun virtual events will be held on Saturday April 2, Saturday April 9, and Sunday April 24.

How do I register?

Registration opens Friday March 4, 2022. To register, click here:

<http://41035.thankyou4caring.org/hike-for-hospice-registration-2022>

Is there a fee to participate?

Yes, the registration fee is \$25.00/participant, and gives you access to all three virtual events, plus music, games, snacks and eligibility for prizes at the in-person hike finale. Additional fundraising is encouraged to support our programs and services!

What happens at the hike finale on Sunday May 1?

We hope you will join us on Sunday May 1 at Riverdale Park West in Cabbagetown, for a 2km or 5km hike in the scenic neighbourhood. The event will also feature music, kids' games, snacks and coffee, and exciting prizes. Registration opens at 9:30am and the hike begins at 11am.

What are the virtual events?

As part of 20th annual Hike for Hospice, all registered participants are invited to take part in the following virtual activities leading up to our in-person finale hike.

- **Saturday April 2 – Virtual Jeopardy Game**

Have you always wanted to appear on Jeopardy? Now is your chance to show off your skills – we're bringing it right to your home. Join your teammates and fellow hikers to show off your trivia skills, including a little bit of hospice history. Who will be triumphant?

- **Saturday April 9 – Virtual Photo Walk in London, England**

Virtual Photo Walks enable those who are immobilized by advancing illness, aging, or disability to engage with society virtually. The program permits hospice clients to see places and things they can no longer visit in-person. This year, a virtual Photo Walks volunteer will give hike participants a live tour of London, England. Spot a set of landmarks for a chance to win a prize!

- **Sunday April 24 – Virtual Scavenger Hunt**

Join your fellow hikers to play a virtual game that's fun for your whole family or team. Follow the clues and find the required items in your own home.

Please note that participants must be registered for the 20th Anniversary Hike for Hospice in order to join the virtual events.

Will there be prizes?

Yes, there will be lots of prizes! Categories will be shared soon, and prize winners will be announced at our hike finale event on Sunday May 1.

Will there be t-shirts?

Yes, we will be providing t-shirts to registered participants at the hike finale event on Sunday May 1 at Riverdale Park West.

How long is the hike?

For the in-person hike finale event on May 1, you will have the option of doing either a 2km or 5km hike in the scenic Cabbagetown neighbourhood.

What if I can't attend the hike finale event on May 1, or it's cancelled due to public health concerns?

If you're not able to join us for the finale event – or in the unlikely event we need to cancel it due to public health concerns – we encourage participants to “hike how you like.” You can choose to do something active, such as cycling around the city or at your favourite park or trail. Or you can jog, roller skate or dance. We are also offering three fun virtual events on April 2, 9 and 24, so there are plenty of ways to connect and get involved!

Can I post about the hike on social media!

Yes, please help us spread the word. Use #Hike4HospiceTO so we can see and share your posts.

How do I make a donation to the Hike for Hospice?

You can make a donation by filling out this form: <http://41035.thankyou4caring.org/hike-for-hospice-donation-page-2022>. Thank you so much for your support!

Who do I contact if I have more questions?

We're ready to help! Please email: ellenw@philipazizcentre.ca