



## ABOUT THE HIKE

Enjoy a beautiful 2 km or 4 km walk on the gently rolling trails at Providence Farm (not up Mt. Tzouhalem!) or take a meditative stroll through the Labyrinth.

Feast on a complimentary BBQ lunch donated by the Malahat Lions. You may also enjoy a relaxing foot spa for a minimum \$5 donation.

Collect pledges on your own or as part of



a team and support Cowichan families going through a difficult time.



**Back by popular demand:** Face painting and toe tapping musical entertainment!

**Leashed pets are welcome**

### Did You Know?

- Your participation in Hike for Hospice helps deliver compassionate care to Cowichan families at no charge
- Hospice cares for and advocates for the dying, their caregivers and the bereaved
- Your support ensures a strong voice in the development of end of life and bereavement care as the Cowichan Region grows and the population ages

## PRIZES

For pledges collected by individual hikers

**\$150:** Stainless steel water bottle

**\$300:** 2 **Reel Alternatives** tickets & water bottle

**\$500** Lunch for two at **Vinoteca** & water bottle

**\$800:** 2 **Reel Alternatives** fall film series vouchers (5 films for two people) & water bottle

**\$1200 or more:** Dinner for two at **Quamichan Inn** & water bottle

**Top Team (total raised by team members):** Take your whole team for a locally crafted brew and appetizers at the **Craig Street Brew Pub** and then catch a Reel Alternatives film together.

(Some alternative prizes are available for youth & families.)

**To increase the impact of your fundraising, you may choose to decline your prize.**

Go to  
[cowichanvalleyhospice.org](http://cowichanvalleyhospice.org)  
for the link  
to set up an online fundraising page



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Duncan BC V9L 1G2 1-888-701-4242

events.cvhs@shaw.ca  
cowichanvalleyhospice.org

BN # 118878388RR0001

# 7th Annual



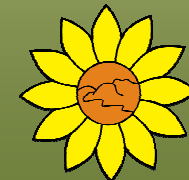
## Hike for Hospice at Providence Farm

Sunday MAY 3<sup>rd</sup> 2015  
10 am - 1 pm

A 2km or 4km FriendRaising Walk to  
Raise Awareness and Funds for  
Hospice Palliative Care in Cowichan



REGISTER NOW  
email  
[events.cvhs@shaw.ca](mailto:events.cvhs@shaw.ca)  
or call  
250-701-4242



Cowichan Valley  
**Hospice**  
Society