

Malham Yorkshire Dales Walk, on October 20

Getting that diagnosis of cancer is devastating, for the patient, their families and friends. From that moment a life changing journey starts it may be a relatively minor change if cancer was diagnosed quickly or it could be a more difficult journey that involves a loved one becoming a Carer. No matter how far you are on with your journey, we are here to help. We are a group who of people who have been where you are and know how you feel, we are here for you. It is well known that exercise and maintaining a positive attitude can enhance the effectiveness of the treatment.

Carers also need to maintain a positive attitude and it is easy to get depressed. At Hike Over Cancer we plan to take people who are fighting Cancer and or their Carers on a fun walking day out, we have arranged companions to walk with you, many of these have been fighters or Carers in the past. We will arrange the transport for you and drop you off after the walk. Our Cancer fighters get a free ticket, Carers can go at a reduced rate or free if we can raise the funds! We are working with McMillan and Sefton CVS and our first walk is going to take place on October 20 at Malham, Yorkshire.

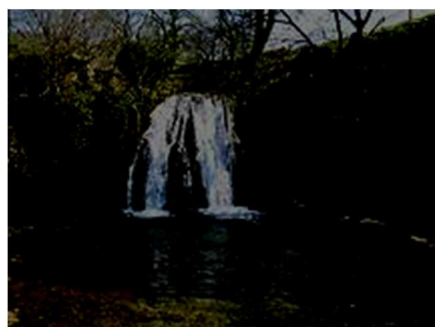
Our Walks:

A Walk: This is a gentle 1 mile walk to Janet's Foss mainly on the flat.

B Walk: Lovely walk of around 4 miles and has wonderful views.

C Walk: More challenging and around 7 miles.

All the walks are fully lead by experienced walk leaders, all our leaders are either former Carers or fighters. Our B walk leader did a gruelling 10 mile walk when she was on Chemotherapy last year, her oncologist said that her fitness greatly assisted in a positive outcome to her treatment, it was her that inspired us to start this group to assist others.



This is Janet's Foss and is the midpoint destination for the A walk. Even though it is October getting out is a wonderful way of forgetting all about your treatment and recharging those batteries. The A walk is fairly flat and an easy walk even for those who do not feel that well, walking with others is great exercise and it can help you to make Hiking Over Cancer part of your journey and hopefully help you to a successful outcome for you.

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Hike Over Cancer is proud to be working with:

