

Get Along for 'A Walk to Remember'

St Columba's Hospice strives to ensure everyone within our community has access to excellent palliative care whoever they are, wherever they are and whenever they need it. Join them on Saturday 22nd June for A Walk to Remember.

It's a fun way for people of all ages to get outside, support the Hospice and remember their loved ones.

This family-friendly – and dog-friendly! – event offers two routes, the **Big Yin** at a slightly more challenging 13.5 miles and the **Wee Yin** at 5.5 miles. This year we will be using our East Lothian route!

The Big Yin starts at Portobello Community Centre at 9:00am before heading along the front passed Fisherrow Harbour and along Musselburgh Promenade. The route then crosses the River Esk and goes around Musselburgh Lagoons, hugging the coastline to Prestonpans.





Once through Prestonpans, the route re-joins the coastal path and heads around the site of the old Cockenzie Power Station before coming into Cockenzie itself and going through the beautiful gardens of Cockenzie House.

The Wee Yin starts at Cockenzie House at 10:30am and joins participants from the big walk. We all then head out of Cockenzie and Port Seton, once again hugging the coastline as it winds through Seton Sands and Longniddry Bents. The route passes in front of Gosforth House before turning inland for the final stretch along woodland paths to Aberlady.

Along the route of the Wee Yin there will be fun activities for children (and any young at heart adults!) including a scavenger hunt, face painting, a selfie frame so you can pose for pics, and at the end you will be rewarded with refreshments, ice cream, cakes as well as goodie bags for children in addition to a t-shirt and medal.

A Walk to Remember is a great chance to spend quality time with family and friends. By inviting friends and family to join you on A Walk to Remember, and taking it at your own pace, you can walk and talk to your hearts content!



To sign up, or sponsor one of our walkers, head to:
<https://www.everydayhero.co.uk/event/awalktoremember2019>

St Columba's Hospice provides the highest standard of care for patients with active, progressive, far-advanced illness, together with support for their relatives and carers. St Columba's Hospice strives to ensure everyone within our community has access to excellent palliative care whoever they are, wherever they are and whenever they need it. We do this free of charge with compassion, honesty and integrity.

St Columba's Hospice, Registered in Scotland No. 48700,

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