

MAGGIE'S LONDON NIGHT HIKE 2023

Take part in Maggie's Night Hike – see London like you've never seen it before - all whilst shining a light to help people with cancer.



Maggie's West London is encouraging people to walk 10 or 18 miles at night on Friday 29 October – head out after dark, pass iconic landmarks and support Maggie's West London.

On the hike you will visit two Maggie's centres and face the ultimate night-time challenge to support people with cancer, their family, and friends. The walk is perfect for all experience levels and every walker will get a free Maggie's t-shirt, medal and goodie bag.

“Well, what a night that was! We had an absolute ball and loved every minute of it in spite of the pouring rain! It was all organised so beautifully, right from the beginning, the maps, the goody bags, t-shirts and continued support all along the way. Such an amazing night - one we shall never forget and one which we all enjoyed enormously” – Maggie's Night Hike Participant 2022.

“All the staff and volunteers were amazing at keeping our spirits up with their enthusiasm and I appreciated the food and drinks provided to keep us all going. The views throughout London, but, especially, over the Millenium Bridge were extraordinary; it was really good fun and I will do it again!” – Maggie's Night Hike Participant 2022.



In order to live more positively with cancer, Maggie believed people needed information, stress-reducing strategies, psychological support, and the opportunity to meet other people in similar circumstances in a relaxed and beautiful setting. All Maggie's centres are individually designed by leading architects to feel like a home and all have a big kitchen table at their heart.

With the impact of Covid and now the cost-of-living crisis on people with cancer, Maggie's support has never been more needed. We are continuing to support people financially emotionally throughout their cancer diagnosis.

**Put on your trainers, tighten your laces, challenge yourself and walk 10 or 18 miles
and raise money for people with cancer.**

bit.ly/maggiesnighthike23

Located at Charing Cross Hospital, Maggie's West London is a warm and welcoming place, with qualified professionals on hand to offer an evidence-based core programme of support that has been shown to improve physical and emotional wellbeing.

Maggie's West London relies on voluntary donations to develop its unique, high-quality programme of support. The charity's aim is to make the biggest difference possible to people living with cancer and their family and friends.

To find out more about Maggie's West London and to see how the centre supports people living with cancer please visit the Centre at Charing Cross Hospital or get in touch on westlondonfundraising@maggies.org.

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For further information about Maggie's please visit
www.maggies.org