



Hike 2 Heal



In 2022

One in every four Idahoans is a family caregiver.

Respite is a **break** from caregiving. Time away.

300,000 caregivers in Idaho.



MISSION:

Providing support to caregivers through outdoor adventures so that caregivers can regain balance and perspective.



VISION:

Every Idahoan caregiver has the support they need to live balanced lives in their role as a caregiver.



2024 Events:



JANUARY 19TH - BOGUS BASIN SNOWSHOEING



FEBRUARY 2ND - SNOWSHOE ADVENTURE



MARCH 2ND - SNOWSHOE ADVENTURE



JUNE 20TH - 23RD, BACKPACKING TRIP



JULY 18TH - 21ST, BACKPACKING TRIP

All food & gear (if needed) provided.

Cost: FREE for Caregivers

*\$100 for one additional family/friend to join the backpacking trip.

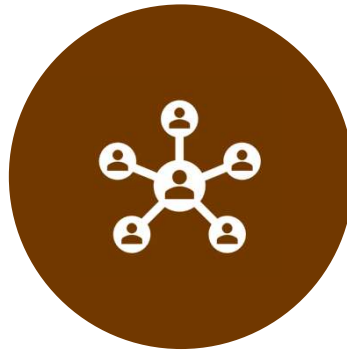
*\$30 for a family/friend to join us snowshoeing



GET INVOLVED!



GIVE

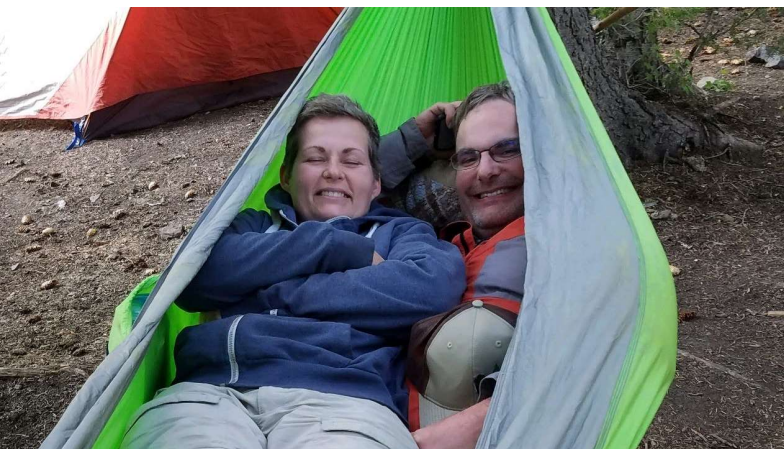


CONNECT



HIKE





MORE INFORMATION

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