



WWF Climb For Nature × Anywhere

No matter where you live, you depend on nature and nature depends on you. The WWF-Canada Anywhere Climb for Nature is your chance to step up for wildlife, climate and the future we all share.

Let's get you started on your climb!

What is the Anywhere Climb and what does it support?

The Anywhere Climb is an opportunity to participate in the WWF Climb for Nature from anywhere in Canada. How and where you climb is up to you: take steps around your neighbourhood, climb up and down your own stairs or find a spot out in nature!

Whether you're in a bustling city, a small town or surrounded by nature, your steps matter.

Step Up Together

When you step up in the WWF Climb for Nature, you conquer your personal goals while being part of something bigger. Together, we can reverse the seemingly irreversible path we're on and create a brighter future for wildlife, nature and people. Learn more about the work you can help to make happen [here](#).

Every step you take is part of a national movement — Canadians coming together to protect the places and species we love.

Where Your Funds Go

The funds you raise will support **WWF-Canada's 10-year plan** to restore at least one million hectares of degraded habitat and protect and steward at least 100 million hectares of ecologically rich ecosystems, which also store carbon. When you climb for nature, you're supporting our efforts to recover wildlife and conserve nature as part of a nationwide movement.

RESTORE

**1 MILLION
HECTARES**

Restore at least one million hectares, regenerating lost complex ecosystems that provide essential wildlife habitat and sequester carbon in nature.

STEWARD

**100 MILLION
HECTARES**

Steward at least 100 million hectares of vital ecosystems for wildlife and communities.

REDUCE CARBON EMISSIONS BY

30 MILLION TONNES

Reduce carbon emissions by 30 million tonnes by restoring carbon-rich habitats and protecting current carbon stores.

How does the Anywhere Climb work?

Getting involved is simple and flexible.

REGISTER — **Register** online. You can climb solo or as part of a team. (You can also register for our in-person Toronto or Vancouver climbs.). There is no registration fee for the Anywhere Climb. While registering, enter the number of steps you'll be taking and the day you'll be climbing.

FUNDRAISE — Fundraise through your online pages or in person. Anyone who raises the \$100 suggested minimum qualifies for a WWF Climb t-shirt! Based on your fundraising efforts, you may also be eligible for extra fundraising rewards!

CLIMB — Log your climb by syncing a supported fitness app or entering your steps manually in your fundraising dashboard. Share your climb with the WWF-Canada team by tagging us on Facebook, Instagram, LinkedIn and Threads using **@wwfcanada**

POST CLIMB — T-shirts and rewards for those who qualify will be mailed after the event.



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What are the different ways to participate in the Anywhere Climb?

This is an all-ages event, so you can go solo, or participate with family, friends, colleagues or even a four-footed friend! We encourage you to make the climb your own. Here are some suggestions to get you started:

- Climb solo
- Climb solo, but as part of a larger team that may have climbers in other areas
- Create your own team for the climb with family, classmates, colleagues or community members

Whether you're a seasoned hiker, a lunchtime walker, a stair climber or just getting started, you belong here!

Do Anywhere participants qualify for fundraising rewards?

Yes! The more you fundraise, the more rewards you qualify for! [View this year's rewards here.](#)

All t-shirts and rewards will be mailed intermittently after the event is complete and you've completed your fundraising.



How do I get started?

1. Choose a date, time and location to climb.
2. **Register** at the WWF Climb for Nature website.
3. Customize your fundraising page by adding a picture and personal message, such as why you are motivated to climb.
4. Create your team (if climbing as a group) and send the URL link to your team members so they can set up their profiles.
5. Invite your community to donate to your page through social media, email or in person.
6. Download our **free materials** to help spread the word. These include customizable posters, training tips and a climb video.
7. Build some team spirit! Organize a picnic, brunch, smoothie run or any type of gathering and share what nature means to you.

What does a Team Captain do?

A team captain creates and manages the team fundraising page. Here are some tips that can help you have the most impact as a Team Captain:

- Choose your Anywhere Climb date, time and location.
- **Register** yourself and create a team.
- Create an email list of climbers or a group chat on your preferred platform for easy communication.
- Encourage participants to sign up early.
- Announce the Climb date to all your team members. Make sure all climbers register and sign the event **waiver**.
- Plan events around the Climb (e.g., post-Climb breakfast, a group call).
- Encourage fundraising by highlighting rewards.
- Send out day-of info: meeting point and time, carpooling sheet, etc.
- Tag WWF-Canada in your social media posts on climb day (**@wwfcanada**).
- Add **@wwfcanada** as a contributor to your Instagram reels.
- Include hashtags in your post: **#WWFClimb #ClimbForNature**.

Are there tips on how to fundraise for the event?

We're here to support your fundraising journey, so we've compiled some suggestions to help you spread the word and rally your network for your fundraising campaign.

1. **Personalize your fundraising page**

Set a fundraising goal, add photos or videos and share why you are climbing for nature.

2. **Share with friends and family**

Let your friends and family know that you're climbing by:

- Sharing a link to your personal fundraising page on social media and tagging your friends.
- Posting on social media about why you're training for WWF's **#ClimbForNature**.
- Challenging your friends to climb and beat your fundraising goal or time (a little competition can be a whole lot of fun).

3. **Ask your company for support**

An employer donation or match can go a long way in helping you meet your goal and earning fundraising rewards.

4. **Send emails to friends and family**

Send emails to your friends and family through the "Get Support" tab on your personal Climb dashboard.

5. **Host a FUNdraising event**

Host a FUNdraising event like a bake sale, yard sale, potluck or raffle. Let WWF-Canada know about your event, and we'll send you a free event kit including stickers, posters and a WWF-branded item to raffle off.



How can I talk about my Anywhere Climb on social media?

Tell your friends, family and supporters that you're stepping up for wildlife!

To help you spread the word and achieve your fundraising goals, we have created downloadable Climb for Nature graphics! Here's how to use them:

Step 1: Download graphics at [WWF-Canada : Social graphics](#)

Step 2: Customize your posts by adding your fundraising goal and a link to your personal page:

- Create an Instagram story
- Tap on the "Aa" icon to add your fundraising goal in the blank field on our customizable story templates
- Tap the sticker button
- Select LINK, and add the URL of your personal fundraising page

Step 3: Don't forget to add a link in your bio!

- Go to your Instagram profile
- Tap on "Edit profile"
- Click on "Links"
- Tap on "Add external link"
- Paste your personal fundraising page URL
- Tap "Done"

Use WWF Climb for Nature stickers!

- Create an Instagram story
- Tap the sticker button in the upper right
- Select GIF
- Search "Climb for Nature"
- Decorate your story with your favourites



How can I train for the climb?

The Anywhere Climb for Nature lets you customize your experience — choose your route, number of steps and pace! To help you prepare and feel energized for the big day, we've gathered some training suggestions below.

1. **Build a routine:** Make sure you train ahead of the event, so your body knows what to expect on climb day.
2. **Train for time, not speed:** Your training program should be designed to gradually increase the time you spend stepping, rather than focusing just on how fast you move. For example, if you train for a total of 10 to 15 minutes at a time in one week, don't increase this by more than 10 minutes the following week.
3. **Take it outside:** Mix up your step training. Staircases in offices or apartment buildings are a great place to train, but don't forget about nature. There are some great places to train in and around your city.
4. **Find your pack:** Recruit like-minded friends to train and climb with. This is a fun way to hold yourselves accountable and stay on schedule. Plus, don't forget to plan for post-climb celebrations and high-fives.

Tips for Climb Day:

1. **Wear a good pair of running shoes:** It's important to ensure that your shoes will provide sufficient cushioning to protect your back and legs from injury.
2. **Warm up and cool down:** You should warm up for five to 15 minutes before climbing. Stretching beforehand will also help reduce muscle tension and improve circulation. Don't forget to cool down after your workout.
3. **Have fun:** Remember, this is a fundraiser to support WWF-Canada and our conservation efforts. Enjoy your journey, take it at your own pace and you'll be there before you know it.



Great climb locations across the country

Looking for inspiration? There are beautiful, nature-filled spots that are perfect for your Anywhere Climb walk or run.

ONTARIO:

- [Heartland Forest, Niagara Falls \(Accessible\)](#)
- [Tower Hill Lookout, Parry Sound](#)
- [The Bruce Trail, Niagara Escarpment](#)
- [Chedoke Stairs, Hamilton](#)

TORONTO:

- [Casa Loma Steps](#)
- [Old Mill Subway Station Bridge](#)
- [High Park trails](#)

OTTAWA:

- [Luskville Falls, Gatineau Park](#)
- [Parliament Hill Escarpment Stairway](#)

MONTREAL:

- [Mount Royal](#)
- [Maisonnette Park Loop](#)
- [Parc Angrignon](#)

QUEBEC CITY:

- [Cap-Blanc Stairs](#)

HALIFAX:

- [Point Pleasant Park](#)

CALGARY:

- [Nose Hill Park](#)
- [McHugh Bluff stairs](#)

WINNIPEG:

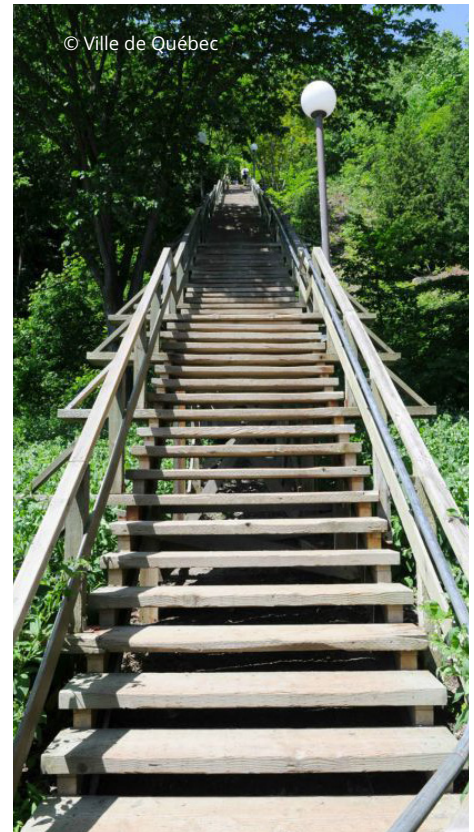
- [Seine River Greenway](#)

LONDON:

- [Boler Mountain](#)
- [Springbank Gardens](#)
- [Western Fair Sports Centre](#)

B.C.:

- [1001 stairs at Surrey Park](#)
- [Mount Douglas Park](#)



No matter where you live, there's a green space, a set of stairs, a riverside path or a neighbourhood loop waiting for you.

Nature is closer than you think.



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Check out our FAQs [here](#). Can't find your answer in one of our FAQs?

Get in touch with us by email or phone. We're happy to help!

Email: events@wwfcanada.org Tel: 416 484-7700 or 1-800-267-2632