

# Parish Pilgrimage of Hope

A Walking Pilgrimage along the scenic shores of Lake Simcoe from Sutton to Keswick.

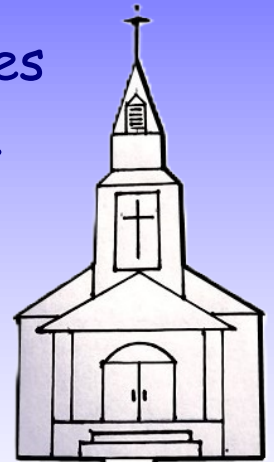
Saturday, June 7, 2025

- Registration in Sutton at 8:30am.
- Mass in Keswick at 4pm followed by a pilgrim's meal and celebration

Rides available back to Sutton



Our Lady of the Lake



Immaculate Conception

Please join us as we walk 19km, enjoying the great outdoors. Nourish your spirituality, mind, body and soul, Embark on a journey of faith and hope. For young and old.

All participants must pre-register before Saturday, May 31st.

To register, please send your name and phone number and if you need a ride back to Sutton, to [perrysmith@rogers.com](mailto:perrysmith@rogers.com)

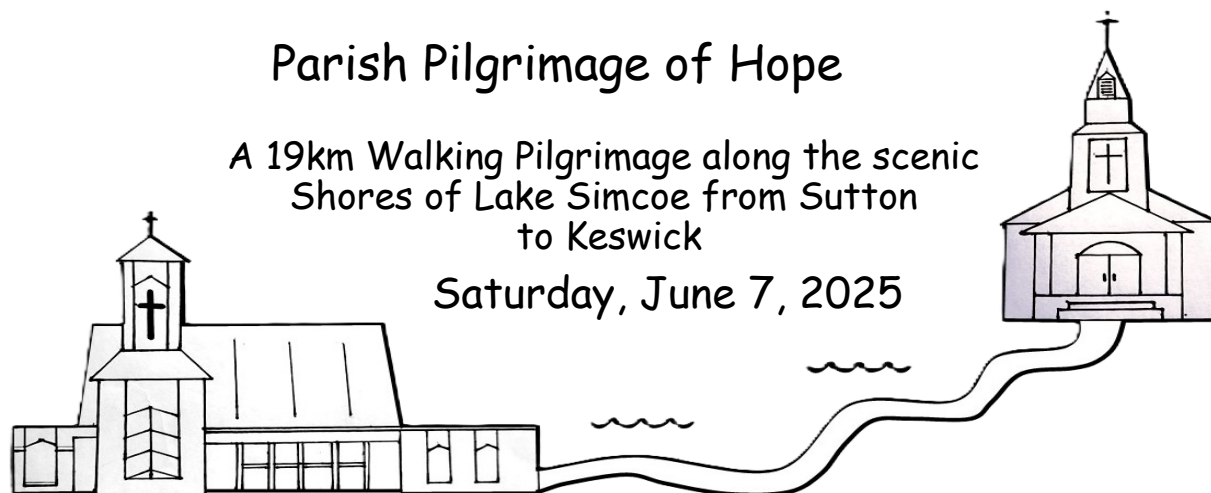
There is no cost, however, donations for the parish are gladly accepted. Thanks.



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Shores of Lake Simcoe from Sutton  
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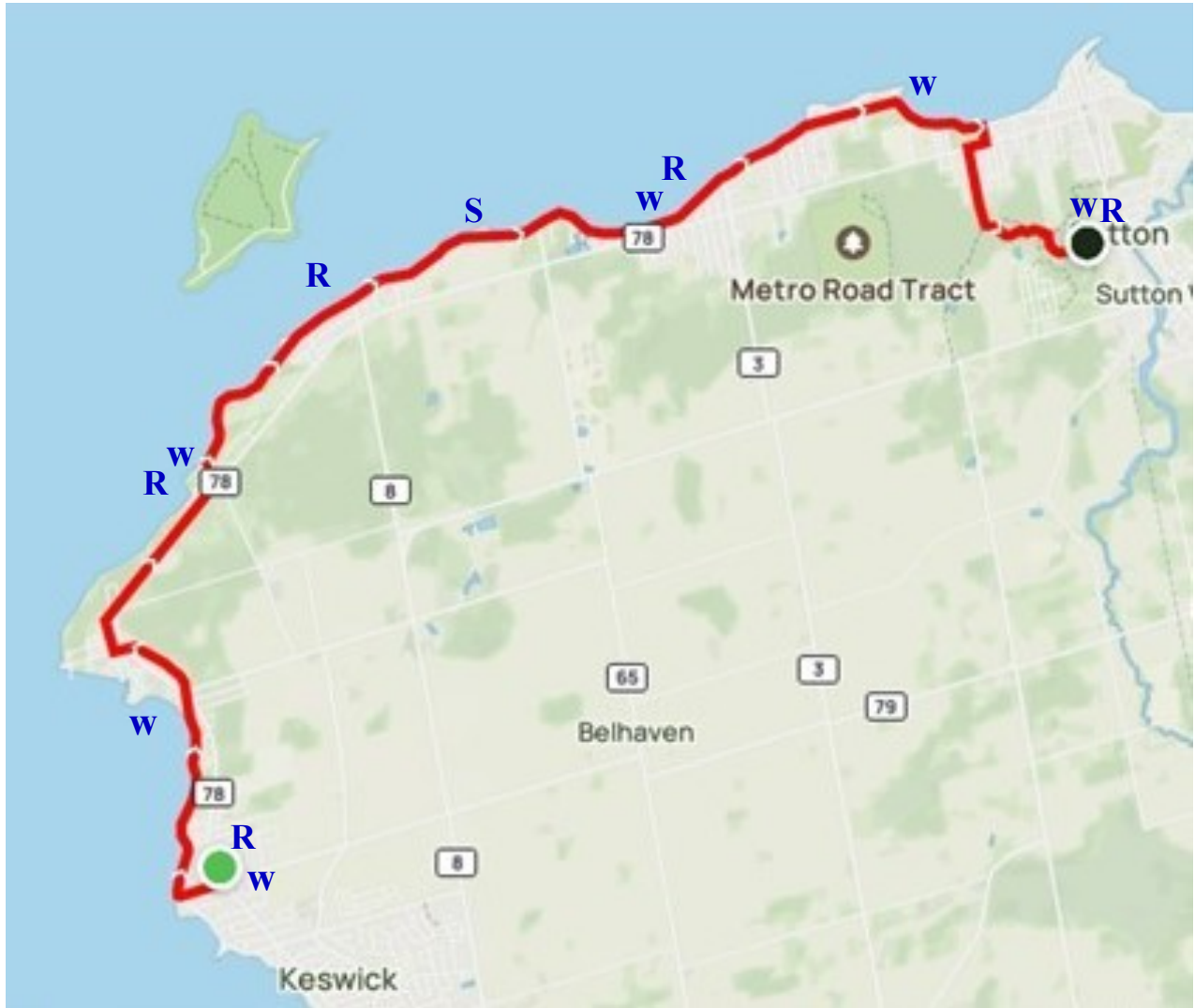
Saturday, June 7, 2025



- Nourishing your spirituality
- Enjoying the great outdoors
- Getting great exercise
- Having fun and enjoying good company

Starting with Registration and a Blessing at 8:30am and Finishing with Mass at 4pm followed by a Pilgrims' meal and Celebration. (Rain or Shine)

- All are welcome. Children under 14 must be accompanied by an adult.
- No bikes. Walk at your own pace. It's not a race.
- Follow the map and a link to 'alltrails' (*see page 3*)
- You must register ahead before Saturday, May 31. (*see page 4*)
- We encourage you to walk the full 19km. (*see page 5 for training tips*)
- If you are unable to walk the full 19km, do what you can. Perhaps walking part at the beginning and/or part at the end.
- Bring your rosary.
- Bring a small stone and lay it at the foot of the cross at the end of the journey. Carrying a stone is a pilgrimage tradition symbolizing personal burdens and emotional weight that is reflected on and then released at the end.
- Consider walking with no music or electronic distractions.
- A ride back to Sutton, will be available if requested at pre-registration.
- Refreshments will be available along the way.
- Public Washrooms are available along the way.
- Wash stations will be available at the Keswick Church.
- Volunteers in cars will be available if help is needed. Call 905-252-8279
- There is no cost. (...however, a donation is always appreciated)
- Check the weather and dress accordingly. (Rain or shine)
- Bring a refillable water bottle and a few snacks to carry.



**W** - Washroom    **R** - Refreshments    **S** - Store

Immaculate Conception Church, Sutton	0 km
De La Salle Park (washroom)	2.5 km
Willow Beach (washroom & refreshments)	6 km
Sheppard Park and Wharf (washroom)	10.5 km
North Gwillimbury Park (washroom & refreshments)	13 km
The Beach Lakefront Bar and Grill	18 km
Our Lady of the Lake Church, Keswick	19km



[alltrails.com](https://www.alltrails.com)  
parish pilgrimage of hope

## Schedule & Registration

Check-in & confirm registration - Sutton Church	8:30am
Instructions and Blessing	8:45am
Begin Walk	9am
Final Destination - Our Lady of the Lake Church	2:30 to 3:30pm
Mass - Our Lady of the Lake Church	4pm
Pilgrims Dinner & Celebration following Mass	5:30pm
Ride back to Sutton (Requested ahead of time)	6:30pm

Registration: send the following to *perrysmith@rogers.com*

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

I will need a ride back to Sutton: Y or N

Rules and Safety instructions will be explained at check-in and a waiver must be signed before departure at check-in.

## **Walking Tips**

**Walking poles:** Walking poles (one or two) is a personal preference. It can avoid stress on the knees. This walk is all flat walking so poles aren't quite as important as hiking in hill country.

**Footwear:** It is important to have comfortable footwear that is already broken in. Because this walk is mostly on roads, a good quality running shoe or low hiker will work. Your foot will swell a bit so a half a size bigger might be a good idea.

**Socks:** Good quality socks will help to reduce blisters such as Smart wool or Merino wool but may not be necessary for a one day walk.

**Vaseline your feet:** Lubing your feet with Vaseline works well to avoid blisters. Rub the entire foot, between toes, around the ankle, bottom of your foot. Glide works as well. Some use Vicks rub.

**Blister Band-aids:** Band-aid hydro seal works well. To avoid blisters, apply the blister band-aid at the first sign of a blister coming on or a hot spot.

**Stretching:** It's important to do some stretching prior to your walk. It's also not a bad idea to do a little stretching during your breaks and after the walk.

**Training:** This is the most important thing prior to walking the pilgrimage. It's a 19km walk, so you'll want to start training a couple months prior to the walk. Start with walking 3 to 5km 3 or 4 times a week and work your way up to 10 to 15km once or twice a week. On this pilgrimage, there are a number of stops along the way so not to worry.

**Water and snacks:** Make sure you bring a refillable water bottle. It's important to stay hydrated. There will be water filling stations along the way so a 750ml or a couple 500ml bottles will work fine. There will also be a few places along the way that will provide snacks, but it wouldn't hurt to put a few granola bars, nuts, trail mix, or a banana in your pack.

**Clothing and a hat.** The weather that day will dictate what type of clothing to wear. Check the weather the day before. If it looks like rain, bring a good quality poncho or rain coat. Consider wearing a sun hat. Bring sunglasses.

**Sunscreen:** Make sure you apply sunscreen.