



Grab and Go Foundation Hosts Second "Hike for Change" at Baakens Valley Nature Reserve

PORT ELIZABETH, South Africa - April 12, 2026 - [PRLog](#) -- The Grab and Go Foundation is once again calling on the community to come together for a meaningful morning of movement, connection, and purpose at its second *Hike for Change*, set to take place on 2 May 2026 at Baakens Valley Nature Reserve.

Following the success of the first hike, this upcoming event continues to build on a simple but powerful idea that people can come together not only for fitness or leisure, but to create real change. *Hike for Change* brings individuals from all walks of life into one shared space, united by a common goal of making a positive impact within their communities.

"This initiative is about more than just walking," the foundation shares. "It's about connection, intention, and reminding ourselves that even the smallest actions can contribute to something bigger."

Participants are invited to join the hike for an entry fee of R20, a symbolic contribution that reflects support, unity, and a shared commitment to community upliftment. While the fee is minimal, the impact of collective participation is what truly drives the event.

Set against the natural beauty of Baakens Valley Nature Reserve, the hike offers a peaceful environment for reflection, wellness, and reconnection. The trails provide not only a scenic experience, but also an opportunity to pause, breathe, and engage with a purpose beyond the everyday.

Through initiatives like *Hike for Change*, the Grab and Go Foundation continues to create spaces that inspire togetherness and encourage meaningful community involvement. Each event forms part of a broader mission to uplift and empower, one step at a time.

Hike for Change is more than just a walk — it is a reminder that when people move together with intention, they have the power to create lasting change.

Event Details:

Date: 2 May 2026

Venue: Baakens Valley Nature Reserve

Entry Fee: R20

Follow the link to our blog site <http://grabandgofoundation.blogspot.com/>

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