



SOCIAL MEDIA POST CONTENT EXAMPLES MYELOMA UK LAKE DISTRICT HIKE EVENT

POST EXAMPLE 1

Looking to get involved in supporting Myeloma UK?

Wishing you could do something to truly make a difference?

After the perfect team-bonding activity?

Or a fitness goal to work towards for 2026?

Who needs an excuse to explore the Lake District's finest trails!

Whatever your reason, we are happy to see you at the start line.

We are incredibly excited to introduce this 20km hike challenge for our fundraisers to get involved in. Taking place this September and giving you plenty of time to train, prepare and fundraise.

Let us know in the comments if you are considering the challenge!

#LakeDistrictHikeChallenge #HikingforMyelomaUK #MilesForMyelomaUK #TeamDay #FitnessGoals #2026ChallengeAccepted

[Insert webpage link, Tag businesses that often support you, tag relevant staff members in your organisation, tag any relevant profiles you can think of]

POST EXAMPLE 2

The countdown is on for our Lake District Hike and there are still spaces for you to join!

Sign up solo, inspire your teammates or get your family and friends involved. We are exploring a quieter region of the Lakes to combine lake views and fell trails on this epic 1-day hike.

Shouting out to our supporters far and wide [tagging profiles] and those who are yet to join us for an adventure. We would love to see you at the start line!

#LakeDistrictHikeChallenge #HikingforMyelomaUK #MilesForMyelomaUK

[Insert webpage link, Tag businesses that often support you, tag relevant staff members in your organisation, tag any relevant profiles you can think of]

LINKEDIN POST EXAMPLES



DON'T FORGET

- Use hashtags that include hike name, charity, commonly searched terms
- Tag locations, relevant profiles and people to increase engagement and reach
- Share any posts to your stories for maximum coverage
- Consider what days and times you post and test out when you get the best engagement

POSSIBLE TEXT YOU MAY INCLUDE IN POSTS:

Dates of the event, where the hiking challenge starts and finishes, the route along the Ullswater Way, hiking distance, the awesome challenge and location, team entries, support of the charity, how / where to get more info and entry, stats, shoutouts to fundraisers, fun facts about the area.

TAG THE ADVENTURE ELEMENT IN YOUR POSTS

LinkedIn: <https://www.linkedin.com/company/the-adventure-element/>