

**COMMUNITY WALKING MAP**

# Inglewood, Prince Charles & Sherbrooke



**Inglewood Business Association**

 myinglewood.ca  
 780-705-0250  
 inglewoodbrz@shaw.ca

**Edmonton Native Healing Centre**

 101, 11813 – 123 Street  
 780 482-5522

**Weather**

780-468-4940

**City Information**

Call 311

## Emergency Contacts

**Police/Ambulance/Fire**

911

**Police Complaint Line**

780-423-4567

## Local Contacts

**Inglewood Community League**

 12525 – 116 Avenue NW  
 inglewoodcl.com  
 780-454-6424  
 president@inglewoodcl.com

**Sherbrooke Community League**

 13008 – 122 Avenue NW  
 sherbrooke-community.com  
 780-453-1428  
 president.sherbrooked@gmail.com

**Prince Charles Community League**

 princecharlescl.ca/  
 president@princecharlescl.ca

**Woodcroft Branch – Edmonton Public Library**

 13420 – 114 Avenue  
 780-496-1830  
 EPL.ca

**Peter Hemingway Fitness & Leisure Centre**

 13808 – 111 Avenue  
 311  
 311@edmonton.ca

## The Benefits of Walking

**Walking... a healthy journey!**

Ranked the number one activity of choice among Canadians, walking is a prescription for improved health and wellness. Walk briskly for 30 minutes a day, 5 days a week, and minimize your risk for cardiovascular disease, stroke, Type 2 diabetes and some types of cancer. Additional benefits include weight management, blood pressure control and boosting good cholesterol (HDLs).

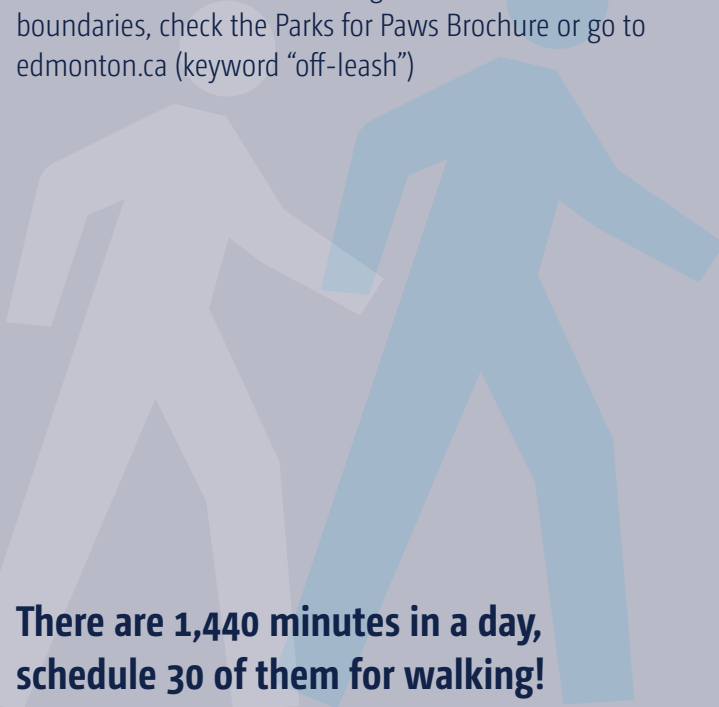
Other benefits of walking:

- Releases the body's tension and stress.
- Refreshes the mind and body, especially when walking outdoors.
- Allows you to connect with your community.
- Offers an excellent way to socialize with family and/or friends.
- Increases "eyes on the street", enhancing community safety.

## Walking with your Dog

Edmonton has over 40 locations where you can enjoy your walk while your dog is off-leash. Please remember that all sites where dogs are permitted to be off-leash are multi-use areas used by all. Your dog must be leashed when not in a designated off-leash area. The dog icons shown on this map are placed in the approximate location of each off-leash area, but do not show the precise boundaries. For more information, including details on off-leash boundaries, check the Parks for Paws Brochure or go to edmonton.ca (keyword "off-leash")

**There are 1,440 minutes in a day, schedule 30 of them for walking!**



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## Walk Edmonton

Walk Edmonton is an initiative bringing Edmontonians together to build a more walkable community by providing grass roots resources and building civic support. Check out our website for links to other walking resources, maps, walking groups and places to walk in Edmonton.

 edmonton.ca/walkedmonton  
 780-944-5339

## Other Walking Resources

**Alberta Centre for Active Living**

 centre4activeliving.ca  
 780-427-6949

**Canada Walks**

canadawalks.ca

**UWALK**

UWALK.ca

## Shape

**(Safe Healthy Active People Everywhere)**

shapeab.com

Get involved with Walk to School Week and Walking School Bus Programs

 edmonton@shapeab.com  
 780-406-8530


# The communities of Inglewood, Prince Charles and Sherbrooke

**Prince Charles**

This neighbourhood was originally known as North Inglewood. In 1953, the existing elementary school was renamed in honour of HRH Prince Charles, the Prince of Wales. The name was adopted by the community league, which petitioned to formally apply the name to the neighbourhood. The housing is varied, spanning 100 years of development. There are homes built before WWII that sit next to newer homes built in 2000s. Along 118th Avenue, there are restaurants and pubs to enjoy with friends.

**Sherbrooke**

In the early 1950s, the Sherbrooke subdivision was replotted under the direction of the City's first town planner, Noel Dant. This was one of the first subdivisions in North America to be designed using the 'neighbourhood unit' concept as a basis of its plan. The design is meant to discourage through traffic and improve the attractiveness of the neighbourhood. In the centre of the community is Sherbrooke Park that has a great playground with a spray deck for the summer and a skating rink in the winter.

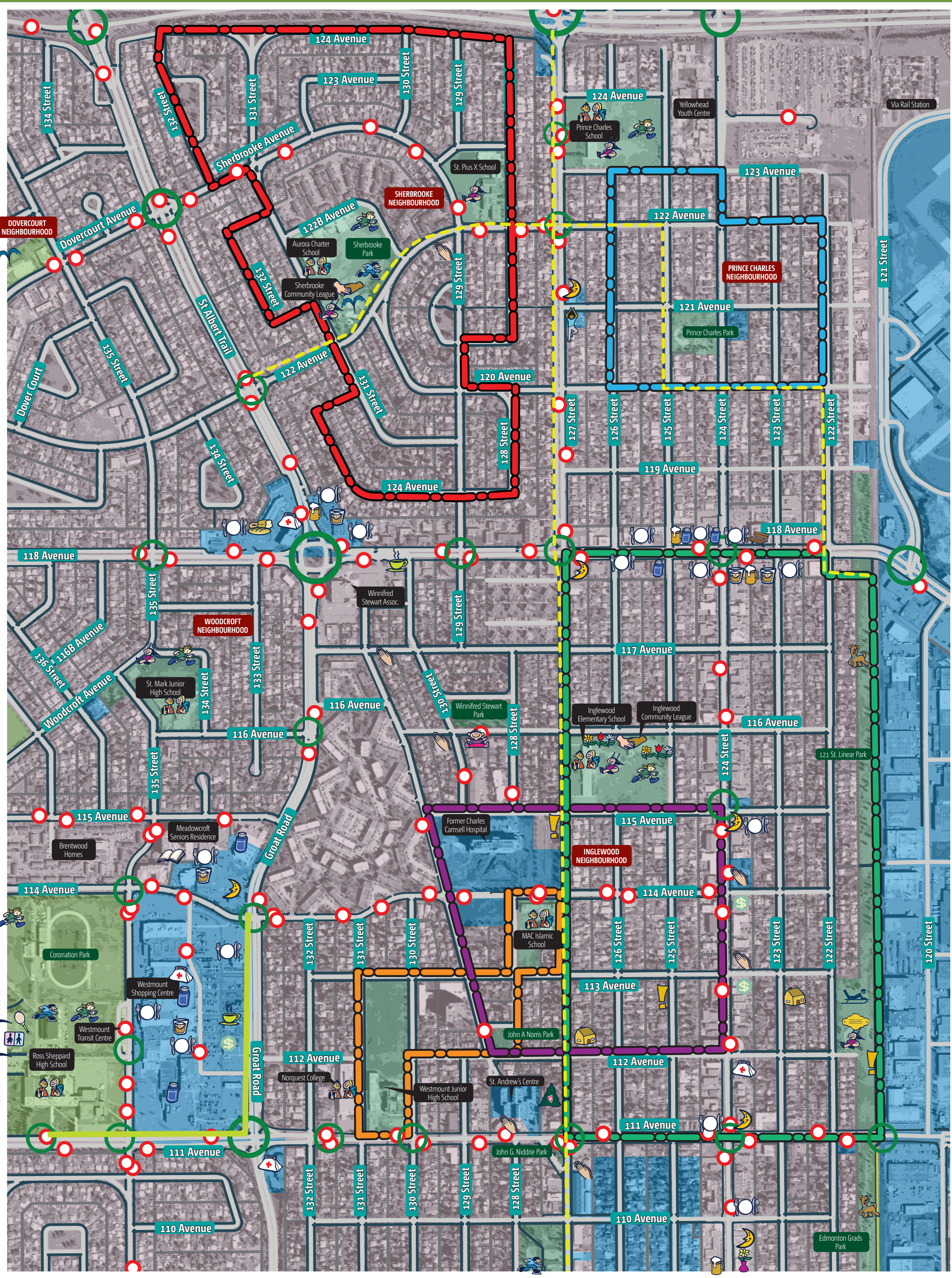
**Inglewood**

The initial development of Inglewood and Prince Charles communities were prompted by the extension of the electric street car in 1913 which offered service until 1948. The Westmount Shopping Centre was built in 1955 in the adjacent Woodcroft neighbourhood which then attracted more people to the area. The former Charles Camsell Hospital stands as a reminder of the past and is slowly being prepared for redevelopment. There are great parks to visit and enjoy, including an off-leash dog park area, playground and toboggan hill in 121A Street Linear Park.

Just west of the Edmonton Municipal Airport lands and south of the Yellowhead Trail are the neighbourhoods of Inglewood, Prince Charles and Sherbrooke. These areas were annexed to Edmonton between 1904 and 1920 with a majority of the residential development occurring in the 1940s and 1950s. Now, friendly communities where people get to know each other and enjoy where they live.

Beaver Bench





# INGLEWOOD, PRINCE CHARLES & SHERBROOKE

## Legend

- |  |                        |  |                   |
|--|------------------------|--|-------------------|
|  | Bakery                 |  | Place of Worship  |
|  | Bank                   |  | Plaque            |
|  | Childcare Centre       |  | Playground        |
|  | Coffee Shop            |  | Point of Interest |
|  | Community Garden       |  | Pub               |
|  | Community League Hall  |  | Public Washroom   |
|  | Florist                |  | Restaurant        |
|  | Health Centre/Medical  |  | Rest Spot         |
|  | Heritage Home          |  | School            |
|  | Heritage/Memorial Tree |  | Skating Rink      |
|  | Late Night Store       |  | Sports Field      |
|  | Library                |  | Spray Deck        |
|  | Liquor Store           |  | Toboggan          |
|  | Off-Leash Park         |  | Tennis Court      |
|  | Pharmacy               |  | Yoga Studio       |

	Commercial		Sample walking routes
	Parkland		Wes' Walk or Bike Ride 3.9 km
	Residential Area		Sherbrooke Sunday Morning 3.8 km
	Roadway		Prince Charles Magestic Industrial 2.5 km
	Alleys		Charles Camsell Stroll 2.2 km
	Sidewalk		Inglewood Park Loop 1.9 km
	On Street Bike Route		
	Paved Shared Use Pathway		
	Crosswalk with Signal		
	Bus Stop		

**Scale**

0.00 0.1 0.2 0.3 0.4 0.5

Kilometres

0.5 Kilometres = About 4.5 minutes walking  
About 660 Steps  
About 2 minutes cycling