

Active Edmonton

Active Edmonton is a great place to turn for all things “active”. Resources, web links and contests! Get Up, Get Out, Get Active and make Edmonton Canada’s most active city.

Our aim?

To build awareness and to encourage Edmontonians to value and participate regularly in physical activity.

www.activedmonton.ca

Walkable Edmonton

Walkable Edmonton is an initiative bringing Edmontonians together to build a more walkable community by providing grass roots resources and building civic support.

www.edmonton.ca/walkable  
780-944-5339



Shape  
(Safe Healthy Active People Everywhere)

www.shapeab.com  
Get involved with Walk to School Week and Walking School Bus Programs

edmonton@shapeab.com  
780-406-8530

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 is an easy activity to do, costs very little money and the benefits to health, fitness, and mental well-being are priceless!

Here are some tips to keep you on track:

- For starters, take a leisurely walk around your block. Slowly increase your walking time by 5 – 10 minutes a day until you are walking for 30 minutes. A duration of 30 minutes a day is what you’re after but don’t stop there! Once in a while, go for a 45 – 60 minute walk.
- Walking with a buddy can be very motivating.
- Gear up with loose clothing and proper walking shoes. Comfort is key.
- Walking to a destination — grocery store, mailbox, school, etc. — is a way to fill your walking prescription of 30 minutes per day.

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

Local Contacts

Bonnie Doon Community League

9240 – 93 Street  
Edmonton, Alberta T6C 3T6  
780-466-0202  
www.bonniecoon.ca

Cloverdale Community League

9411 – 97 Avenue  
Edmonton, Alberta  
780-465-0306  
www.cloverdalecommunity.com

Strathearn Community League

8777 – 96 Avenue  
Edmonton, Alberta  
www.strathearncommunityleague.org

Idylwylde Branch Edmonton Public Library

8310 – 88 Avenue  
Edmonton, Alberta T6C 1L1  
780-496-1808

Bonnie Doon Leisure Centre

8648 – 81 Street  
Edmonton, Alberta  
311  
www.edmonton.ca

Mill Creek Outdoor Pool

9555 – 84 Avenue  
311 or 780-442-5261  
www.edmonton.ca

Ottewell Community Police Station

9807 – 71 Street  
Edmonton, Alberta T6A 2TB  
780-496-8516

Weather  
780-468-4940

City Information  
Call 311

Emergency Contacts

Police/Ambulance/Fire  
911

Police Complaint Line  
780-423-4567

Walking Resources

Alberta Centre for Active Living

www.centre4activeliving.ca  
780-427-6949

Canada Walks  
www.canadawalks.ca



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Community  
Walking Map

Bonnie Doon, Cloverdale  
and Strathearn  
Communities on Foot Series



About the Communities on Foot Map Series

The Communities on Foot series are walking guides, created as a joint project of Walkable Edmonton and local Community Leagues to promote walkable communities.

Contact us to find out if your community has an edition of this map series or to find out more about creating a map.

Walkableedmonton@edmonton.ca  
780-944-5339



Bordering Bonnie Doon to the north is Strathearn. Scott'sh Gaelic for "Valley of the river Earn" the name is likely a reference to Prince Arthur, the Duke of Connaught and Strathearn and the Canadian Viceroy during the first years of WW1. Perched atop the North Saskatchewan River Valley, Strathearn offers easy access to the river valley park system and provides commanding views of the valley from vantage points along Strathearn Drive and Strathearn Crescent. Enjoy the local shops off 95th avenue and splash park for some family recreation.

North of Strathearn sits Cloverdale, Edmonton's "Village in the Park". The iconic Muttart Conservatory and the century old Edmonton Ski Club are located here and Gallagher Park provides the stage for the annual Edmonton Folk Festival. Charming homes, park spaces and access to Edmonton's great river valley trail system have become a major attraction of this historic neighbourhood for both residents and visitors alike.

Enjoy walking our beautiful neighbourhoods!

Stunning views, a superb network of trails and a mix of local amenities intermingled with residential space define Bonnie Doon, Strathearn and Cloverdale; three of the most walkable neighbourhoods in Edmonton!

These historically rich neighbourhoods were originally annexed by the Town of Strathcona in 1907 and then became part of the City of Edmonton in 1912 when these two cities amalgamated. By 1915 Cloverdale was abuzz with homes, stores, a school and churches; however most of Strathearn and Bonnie Doon remained undeveloped until the late 1940s and early 1950s.

Scottish for "pleasant rolling countryside", Bonnie Doon was named in honour of Premier Alexander Cameron's Scottish descent (Canadian-born), who owned land east of Mill Creek. A stroll through Bonnie Doon provides opportunities to explore Edmonton's francophone university campus, wander down one of the many entry points into the Millcreek ravine, or play with your children at the community playground and splash park.





# Bonnie Doon, Cloverdale and Strathearn

## Legend

- Accessible Route
- Bank
- BMX Park
- BluPhone
- Bowling Alley
- Childcare Centre
- Coffee Shop
- Community League Hall
- Fire/Ambulance
- Grocery Store
- Health Centre
- Library
- Park
- Pharmacy
- Picnic Site
- Place of Worship
- Playground
- Point of Interest
- Post Office
- Public Art/Monument/Statue
- Public Washroom
- Recycling Centre
- Restaurant
- Scenic Viewpoint
- School
- Shopping Area
- Skating Rink
- Sports Fields
- Spray Park
- Swimming Pool
- Tennis Court
- Toboggan Hill
- Tourist Attraction

