

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



Marathon on Ada Boulevard

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 that costs very little and offers benefits to health, fitness and mental well-being.

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

Bellevue Community League
7308 – 112 Avenue
780-477-8004
bellevue_membership@hotmail.com

Highlands Community League
6112 – 113 Avenue
780-477-5350
http://www.highlandscommunity.ca/

Highlands Library
6710 – 118 Avenue
780-496-1806
www.epl.ca

Highlands Merchant Group
780-479-4050
www.highlands112avenue.com

Eastglen Leisure Centre
11410 – 68 Street
311
www.edmonton.ca

Weather
780-468-4940

City Information
Call 311
311@edmonton.ca

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



Printed 2011



Community
Walking Map

Highlands, Bellevue and
Virginia Park
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, Active 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

www.activedmonton.ca



The Communities of Highlands, Bellevue and Virginia Park

A defining feature of the Highlands, Bellevue and Virginia Park communities is their close proximity to the North Saskatchewan River valley. You'll find many attractive viewpoints along the riverbank, plus easy access to walking and cycling trails. The Highlands community contains about three dozen heritage homes built between 1912 and 1930, approximately ten of which are designated as heritage sites by the City of Edmonton or the Province of Alberta. Other community landmarks include the Highlands United Church, Highlands Junior High School, Highlands Lawn Bowling Club and the Highlands Golf Club. The 1912 apartment hotel that is now La Bohème Restaurant/B&B is part of the 112 Avenue Highlands shopping district, which includes Mandolin Books and Coffee, a popular gathering place.

The two small communities of Bellevue and Virginia Park are neighbours to Northlands and Borden Park. Bellevue, established in 1907, is now bisected by Wayne Gretzky Drive. It is home to Eastglen High School; the Eastglen Leisure Centre, which has one of the few salt-water pools in the city; and the oldest curling club in Edmonton, the Thistle. Notable sites in Virginia Park include Concordia University College, founded in 1921 by the Lutheran Church, and a major senior citizens lodge/apartment building. Northlands, the site of Edmonton's agricultural fair established in 1879 (now called FarmFair and a part of the annual Capital Ex event), is located in this part of the city. Northlands also hosts Edmonton Oilers hockey games, major concerts and large trade shows, and is home to one of Canada's most successful horse racing tracks.

Another important landmark in the area is the beautiful Borden Park, which has been attracting people since 1906 for picnics, play, swimming excursions — and in the early years even included an amusement park and a zoo! A walk around the friendly communities of Highlands, Bellevue and Virginia Park is always a pleasure. Visit this area soon to enjoy scenic views of the river valley; beautiful old trees on the streets and in the parks; and the chance to admire many historic homes and buildings as much as 100 years old. — Anita Jenkins, Cathy Jol, Cheryl Mahaffy, William Prettie and Susan Petrina-Prettie, Caroline Thomson, Residents of Highlands, Bellevue and Virginia Park. Photos supplied by William Prettie and Susan Petrina-Prettie





1 Borden Park Bandshell
Borden Park is a popular summer destination, and offers activities for the entire family.



2 Thistle Curling Club, 6920 – 114 Avenue
The Thistle Curling Club is the oldest in Edmonton. Founded in 1920, the club has been in the Bellevue location since 1952. The Thistle hosts youth and adult leagues, and proudly hosts championship tournaments.



3 Highlands Golf Club
The Highlands Golf Club was established more than 80 years ago in the Highlands and Bellevue communities. In the winter months, the course is popular with dog-walkers and area residents who ski, snowshoe and sled down hills.



4 6423 – 112 Avenue (1913) Gibbard Block
The historic Gibbard Block, home to La Bohème Restaurant, is a prominent architectural feature of the Highlands business district.



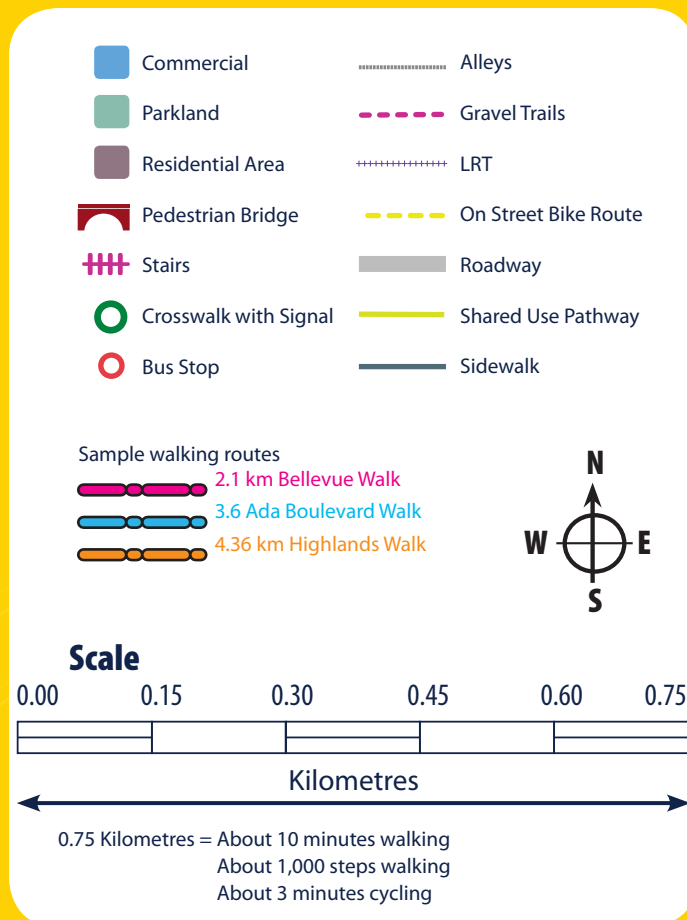
5 11153 – 64 Street (1912)
Residence of Ernest William Morehouse, architect for Magrath-Holgate & Co. Ltd. Morehouse designed many Highlands homes, including the Magrath and Holgate residences, and the Gibbard Block.



6 6240 Ada Boulevard (1912)
Historic residence of William and Ada Magrath. He was senior partner in Magrath-Holgate & Co. Ltd., real estate developers of the Highlands.



7 6210 Ada Boulevard (1912)
Historic residence of Bidwell Holgate, partner in Magrath-Holgate & Co. Ltd.



Highlands, Bellevue and Virginia Park

Legend

