

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  
780-496-1144

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



Summer Brothers

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 (HDL’s).

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

Argyll Community League

6750 – 88 Street  
Edmonton, Alberta T6E 5H6  
Phone: 780-466-8166  
Email: office@ejca.org  
Website: www.argyllcl.ab.ca

Avonmore Community League

7902 – 73 Avenue  
Edmonton, Alberta T6C 0C5  
Phone: 780-465-1941  
Website: www.avonmore.org  
Email: admin@avonmore.org

Hazeldean Community League

9630 – 66 Avenue NW  
Edmonton, Alberta T6E 4W9  
Phone: 780-439-0847  
Email: hazeldeanleague@shaw.ca  
Webpage: www.hazeldean.org/

King Edward Park Community League

7708 – 85 Street  
Edmonton, Alberta T6C 4K9  
Email: Kepmembership@gmail.com  
Webpage : http://kingedwardpark.org

Ritchie Community League

7727 - 98 Street  
Edmonton, Alberta T6E 5C9  
Phone: 780-433-7137

Idylwylde Branch Edmonton Public Library

8310 – 98 Avenue  
Edmonton, Alberta T6C 1L1  
Phone: 780-496-1808

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

activedmonton.ca



03/2010

Community  
Walking Map

Argyll, Avonmore, Hazeldean,  
King Edward Park, Ritchie  
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  
780-496-1144

activedmonton.ca



Funding for this project  
provided by Active  
Edmonton and Alberta  
Active Communities

We invite you to enjoy a walk through the Mill Creek Ravine and visit the features of these communities.

- There are many great eating places in the communities. Inventory website.
- The strip malls in the areas contain established and valuable businesses that support the local communities with their goods and services.
- In addition to the Mill Creek Ravine there are a number of green spaces and children’s parks scattered throughout the communities.
- We invite you to enjoy a walk through the Mill Creek Ravine and visit the features of these communities.

moose, beaver, porcupines, skunks, coyotes, foxes, ground squirrels, bats, owls, herons, ducks, woodpeckers — to name just a few — and of course our ever present rabbits. Visitors to Edmonton are amazed at this beautiful scenic place. These five communities care about the ravine and have stepped up on a number of occasions to stop developments and ensure that this beautiful resource is preserved for all to enjoy.

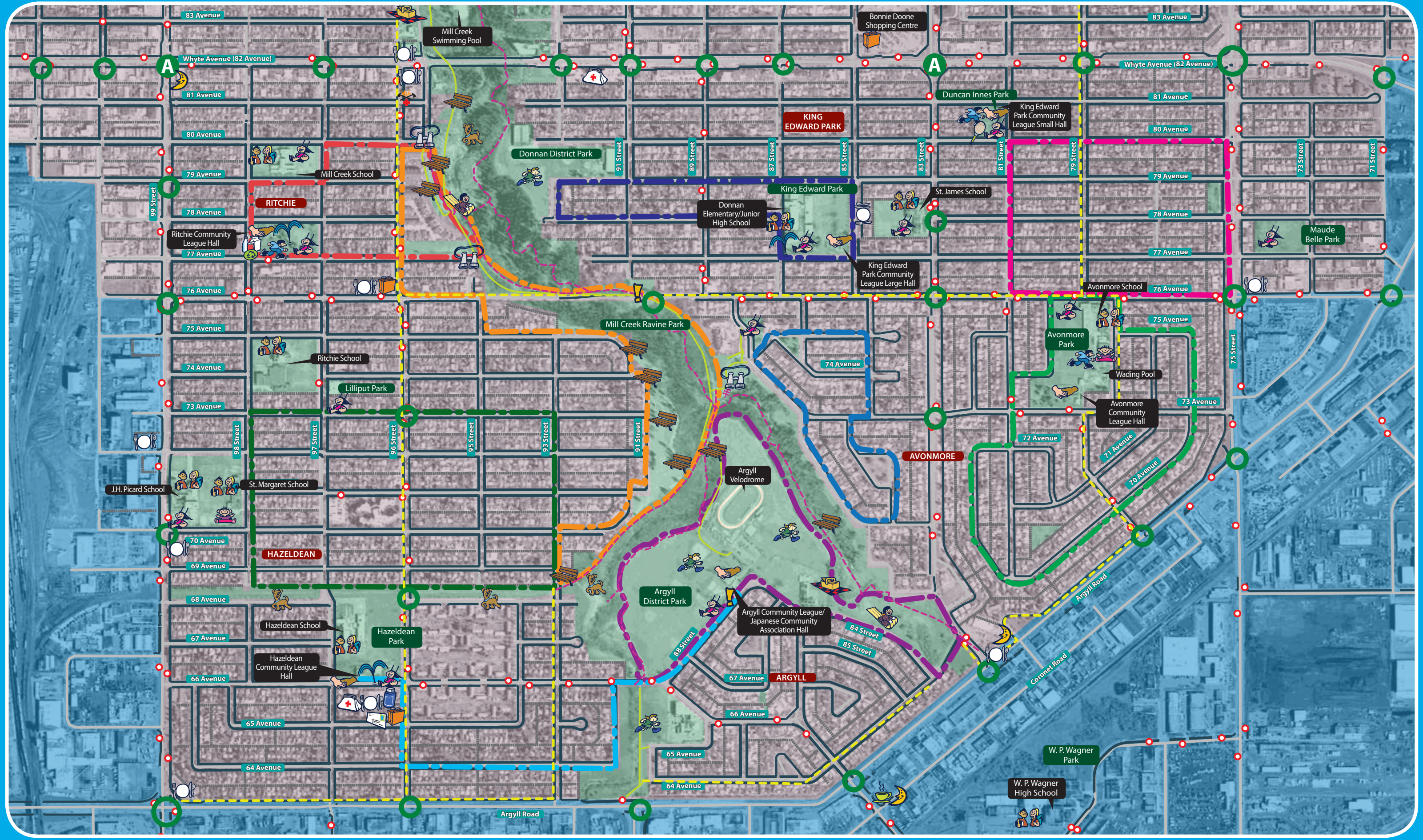
- The route of the paved shared use trail through Mill Creek Ravine is in fact the rail bed of the old Edmonton, Yukon and Pacific Railway the “shortest railroad with the longest name”; The wooden trestle bridge on 76 Avenue overlooks the Mill Creek Ravine, built between 1900 and 1902, and is one of the last physical reminders of the existence of the Railway.
- On the hills of the southeast end of the ravine there is a much used and enjoyed toboggan hill. The laughter and squeals of young and old can be heard in the area.
- The top of the ravine forms a plateau in the Argyll community and has numerous baseball diamonds and soccer fields. At the open air Velodrome and BMX track,

• The common ribbon of green that connects the 5 Points of Interest:

The Communities of Argyll, Avonmore, Hazeldean, King Edward Park and Ritchie are featured in this map.

some of its numerous residents. Sightings have included attention you may have the occasional privilege of seeing forest. Wildlife abounds in the ravine and if you pay careful a big city behind to enjoy the smells and beauty of the of the Mill Creek ravine you leave the sites and sounds of network of over 159 km of trails. When on the pathways These trails also connect with the larger River Valley Parks take a rest on one of the boulders scattered near the creek. creek and you can hear the creek bubbling with water over rocks. There are many side paths to explore and you can encounter dogs and their companions during your travels. The path curves and winds as it follows the meandering Ravine is in fact the rail bed of the old Edmonton, Yukon and Blacksmith Shop are examples. For more information visit the Alberta Community Development Historical Building 1925. Ritchie School, Trinity Lutheran Church and A. Mincham several historical homes and buildings built between 1905 & In the King Edward Park and Ritchie Communities there are area and hear the various sounds of people playing. races and events are enjoyed by cyclists and spectators. On a lovely sunny summer day it is a delight to stroll through this





Due to the many commercial destinations along the border roads (i.e. 99 Street, 82 Avenue, 63 Avenue and 75 Street) we cannot illustrate them all.

[activedmonton.ca](http://activedmonton.ca)



Commercial

Parkland

Residential Area

Alleys

On Street Bike Route

Gravel Trails

Shared Use Pathway

Sidewalk

Stairs

Roadway

Sample walking routes

1.5 km

1.6 km

1.8 km

2.1 km

2.1 km

2.4 km

2.6 km

3.0 km

4.1 km

N

W

E

S

Scale

0.00 0.15 0.30 0.45 0.60 0.75

Kilometres

0.75 Kilometres = About 10 minutes walking  
About 1,000 steps walking  
About 3 minutes cycling

## Mill Creek South

### Legend

A

Crosswalk with Audible Signal

Crosswalk with Signal

Bus Stop

Childcare Centre

Coffee Shop

Community League Hall

Fire-Ambulance

Late Night Store

Medical

Off-Leash Area

Pharmacy

Picnic Site

Playground

Point of Interest

Restaurant

Recycling Centre

Rest Spot

Scenic Viewpoint

School

Shopping Area

Skating Rink

Sports Field

Spray Park

Tennis Court

Toboggan Hill