

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

Royal Gardens Community League
4030 – 117 Street NW
Edmonton, Alberta
780-434-4359
www.royalgardenscommunity.com

Aspen Gardens Community League
12015 – 39A Avenue NW
Edmonton, AB T6J 6P7
780-434-2687
www.aspengardens.ca

Greenfield Community League
3803 – 114 Street NW
Edmonton, AB T6J 1M3
780-435-7833
www.greenfieldcommunityleague.com

EPS Fairway Community Police Station
23 Fairway Drive
119 Street & 38 Avenue
780-496-8550

**Edmonton Public Library —
Whitemud Crossing Branch**
145 Whitemud Crossing Shopping Centre
4211 – 106 Street
780-496-1822

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 2012

Community
Walking Map

Aspen Gardens,
Greenfield, Royal Gardens,
Westbrook Estates
Communities on Foot Series

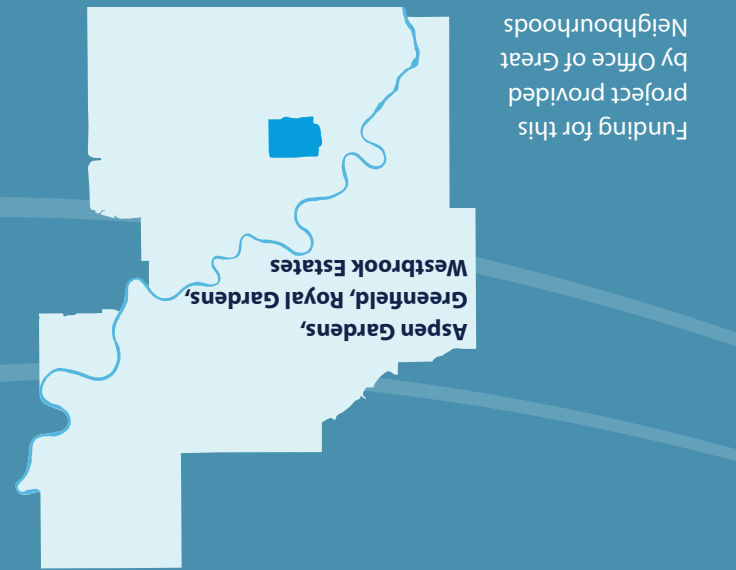


About the Communities on Foot Map Series

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



activities. This dynamic, thriving community sits peacefully on the top of Whitemud Ravine, so it’s a natural link into the City’s river valley trails.

Funding for this project provided by Office of Great Neighbourhoods

are centrally located, and provide year round recreational opportunities — including an incredible spray park that entertains Greenfield and surrounding South West residents with a cool place to hang out on our glorious summer days!

Royal Gardens is a diverse and energetic community. The Community League is key in connecting its residents through their annual Winter Carnival and many other exciting programs and events. Royal Gardens is home to four schools and the Confederation Leisure Centre — making it a great place to live!

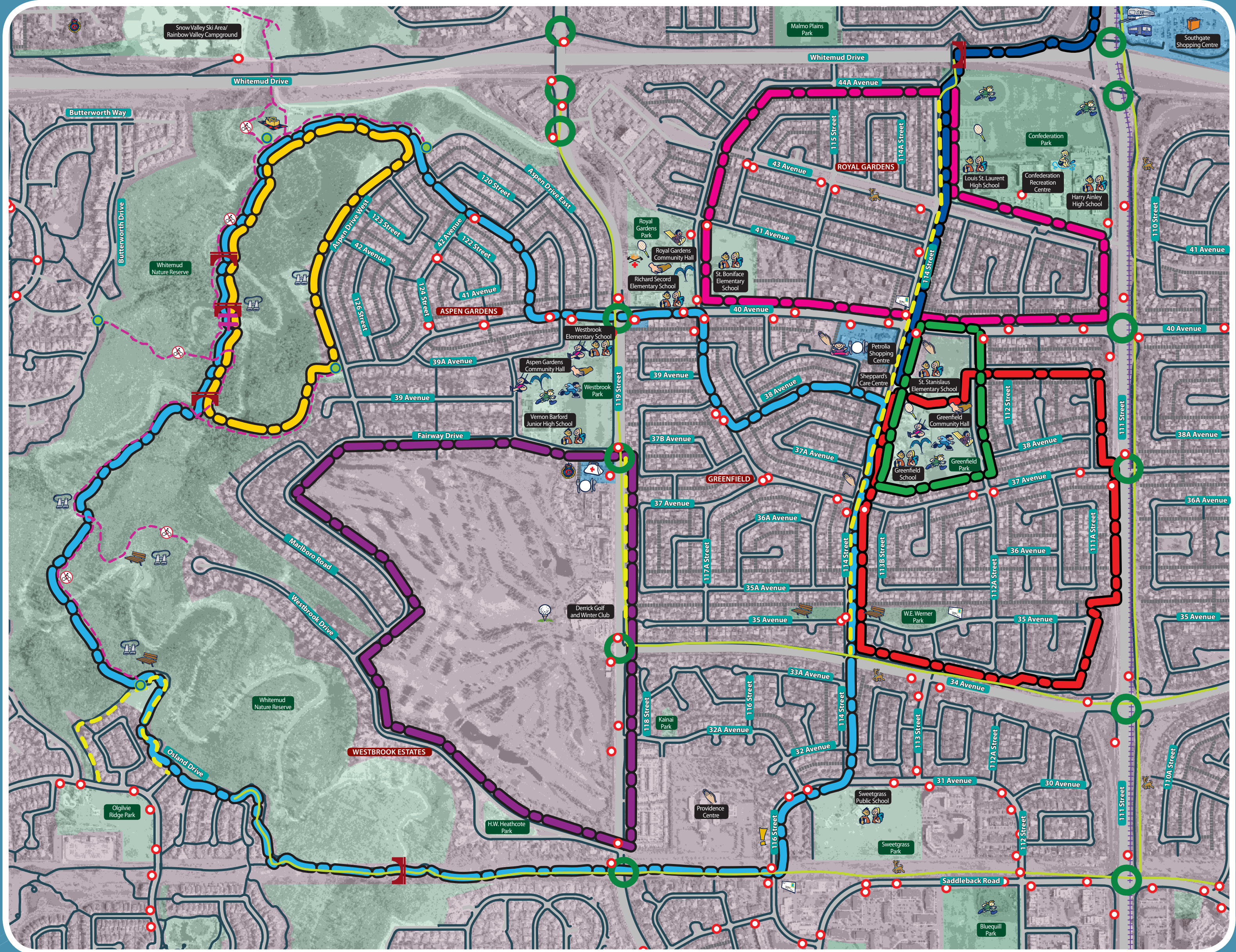
Aspen Gardens is a quiet, mature neighbourhood — its residents are committed to an active lifestyle, from gardening in their yards to walking the trails and participating in the League’s

This map features three unique communities that are vibrant and community minded. They demonstrated their collaborative spirit in the creation of this map.

All three communities were developed in the late 1960’s. Predominantly these neighbourhoods are single detached homes that are now being renovated and updated while maintaining their distinctive characteristics.

Greenfield was named in honour of Herbert Greenfield, the leader of the United Farmers Party and Premier of Alberta from 1921 – 1925. Greenfield is a vibrant, active community and we are proud of our tradition of volunteerism and community involvement. The two schools and Community League sites

Aspen Gardens, Greenfield, Royal Gardens, Westbrook Estates



Commercial	Crosswalk with Signal	On Street Bike Route	Alleys
Parkland	Bus Stop	Paved Shared Use Pathway	Sidewalk
Residential Area	Entrance to Nature Trails	Gravel Pathway	LRT Track
Bridge	No Cycling	Roadway	Stairs

Sample walking routes

- 1.5 km Once Around the Park
- 1.7 km Greenfield C.L. to Southgate Mall LRT (one way)
- 3 km Aspen Loop
- 3.3 km Greenfield Park — East Loop
- 3.7 km Royal Gardens Fairway Loop
- 8 km Greenfield to Whitemud

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

N
W E
S

Aspen Gardens, Greenfield, Royal Gardens, Westbrook Estates Legend

Childcare Centre	Late Night Store	Police	Skating Rink
Community Hall	LRT Station	Post Box/Post Office	Sports Fields
ETS Bus Transit Centre	Off-Leash Area	Rest Spot	Spray Deck
Fire-Ambulance	Picnic Site	Restaurant	Swimming Pool
Golf Course	Place of Worship	Scenic Viewpoint	Tennis Court
Health Centre/Medical	Playground	School	Toboggan Hill
	Point of Interest	Shopping Area	