

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
780-448-4555

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



Ramsey Park

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 the 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

Riverbend Community League
To contact the league, visit the office at 258 Rhatigan Road East, call 780-437-7108 or email info@riverbendonline.ca
www.riverbendonline.ca

TRAC
(Terwillegar Riverbend Advisory Council)
www.tracspirit.ca

Brookview Community League
www.brookview.ca
bcl@brookview.ca
780-437-8761

Environment Canada Weather
780-468-4940

City Information Line
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

11/2009

Community
Walking Map

Brookside, Brander Gardens,
Ramsay Heights, Rhatigan Ridge,
and Bulyea Heights



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

Riverbend Community League — Promoting a Safe and Active Neighbourhood

Like other community leagues, Riverbend Community League has always promoted active living, beginning with the construction of two skating rinks and a hall in 1977 in Brookside, continuing with the tennis courts in the mid-80s in Brander Gardens, and a community centre in Rhatigan Ridge in 1991. Ramsay Heights saw the completion of a major redevelopment of the park and playground in 2007. These facilities, located on parkland at the centre of each neighbourhood, bring neighbours together to enjoy walking, running, cycling, skateboarding, soccer, baseball, cross-country skiing, or skating. Play tennis, go tobogganing, walk the trails through our neighbourhoods. Riverbend Community League invites you to enjoy the outdoors in all seasons! Get Up, Get Out, and Get Active!

Riverbend Community League is comprised of the neighbourhoods of Brookside, Brander Gardens, Ramsay Heights, and Rhatigan Ridge. Founded in 1971 in the Brookside neighbourhood, it grew to its present boundaries by 1995. Bounded on the west and north by the North Saskatchewan River and on the east by the Whitemud Creek Ravine, the walkways and roadways of these neighbourhoods provide easy access to the river valley, including Terwillegar Park, Fort Edmonton, and Rainbow Valley. Adjacent to Riverbend and included in this map, the Brookview Community League includes the neighbourhood of Bulyea Heights. It was named in 1972, after the first lieutenant-governor of Alberta, George Hedley Vicars Bulyea. The area is also commonly known by the developer-given name of Brookview.



Riverbend kids at play



Riverbend

Legend

- Accessible Route
- Bus Stop
- Childcare Centre
- Coffee Shop
- Community Centre
- Late Night Store
- Library
- Medical
- Off-Leash Area
- Pharmacy
- Picnic Site
- Place of Worship
- Playground
- Point of Interest
- Public Washroom
- Recreation Facility
- Restaurant
- Recycling Centre
- School
- Scenic Viewpoint
- Shopping Area
- Skating Rink
- Sports Field
- Toboggan Hill
- Tourist Attraction

Commercial

Parkland

Residential Area

Stairs

Crosswalk with Signal

Gravel Trails

On Street Bike Route

Paved Multi-Use Trails

Roadway

Sidewalk

Sample walking routes

- 1.4 km
- 2 km
- 2.3 km
- 3.5 km
- 4 km

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



Thomas Rhatigan Park

