

Walkable Edmonton

Walkable Edmonton is an initiative bringing Edmontonians together to build a more walkable community by providing grassroot resources and building civic support. Check out our website for links to other walking resources, maps, walking groups and places to walk in Edmonton.

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

Other Walking Resources

Alberta Centre for Active Living
www.centre4activeliving.ca
780-427-6949

Canada Walks
www.canadawalks.ca

UWALK
www.UWALK.ca



Shape
(Safe Healthy Active People Everywhere)
www.shapeab.com

Get involved with Walk to School Week and Walk to School Programs

info@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

Balwin Community League Hall
76 Street & 128 A Ave
Edmonton, AB T5J 6J6
780-473-2135

Belvedere Community League Hall
13223 – 62 Street
Edmonton, AB T5A 0V5
780-476-1224

Delwood Community League Hall
7515 Delwood Road
Edmonton, AB T5C 3A9
780-406-9022
delwood.ca
facebook.com/DelwoodAGreatPlaceToGrow

Fort Road and Area Business Association
780-472-2562
fortroad@telusplanet.net

Londonderry Fitness & Leisure Centre
14528 – 66 Street
311
www.edmonton.ca

Londonderry Branch - Edmonton Public Library
110 Londonderry Mall – 137 Avenue & 66 Street
780-496-1814
www.epl.ca

North Division Station — Edmonton Police Service
14203 – 50 Street
780-423-4567

Weather
780-468-4940

City Information
Call 311
311@edmonton.ca

Emergency Contacts

Police/Ambulance/Fire 911

Police Complaint Line 780-423-4567

Funding for this project provided by Great Neighbourhoods



Printed 2014

Community Walking Map
Balwin, Belvedere and Delwood
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



Welcome to Balwin! Our community League Hall is located in the heart of the community, and has amenities for all ages — tennis courts, basketball courts, modern playground and ice rink. Come visit the Zoie Gardner Splash Park and playground with our Balwin tiger! Stay and enjoy one of our many parks and green spaces nestled throughout our community. All within walking distance of the 82nd street retail district.

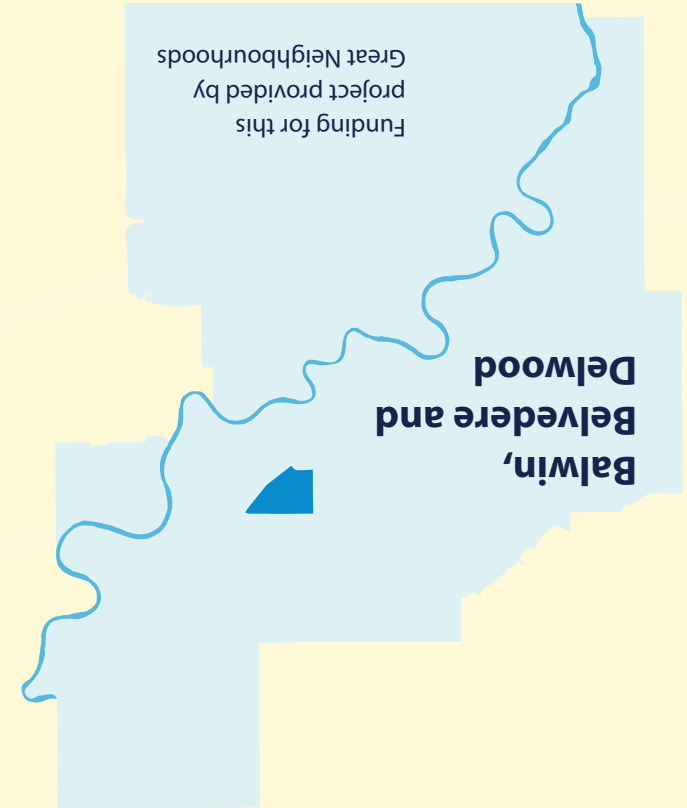
Balwin

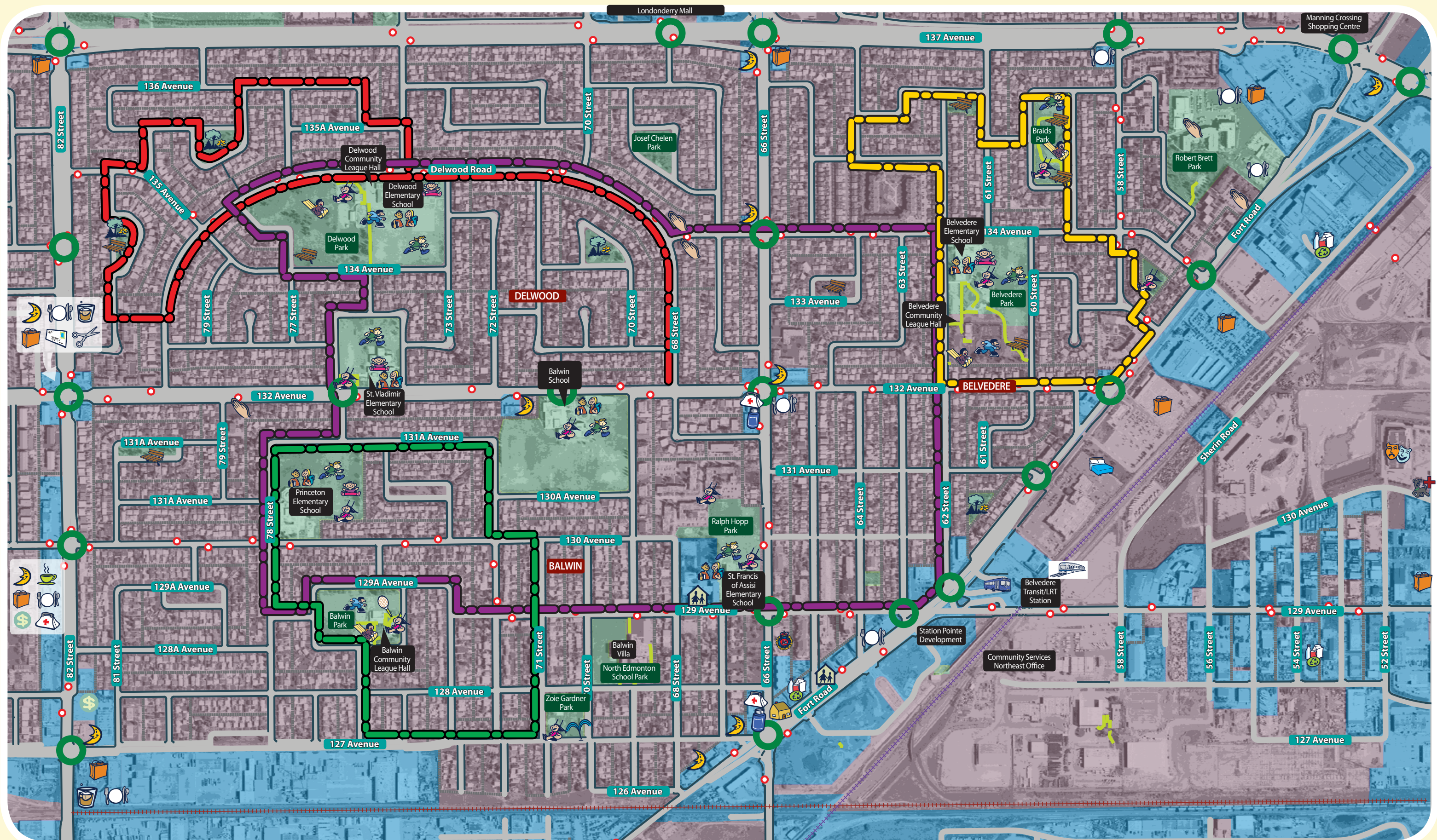
Belvedere

Delwood

Delwood is a well-established neighbourhood with beautiful homes, plenty of park areas, and public and Catholic elementary schools, making this a great community to raise a family. Since the early 1900s, neighbours have worked together to grow Delwood into one of the gems of the city. With many quiet streets, you will always find people walking, jogging or biking, and children safely playing in one of several smaller parks tucked into the neighbourhood. The heart of Delwood is its large, beautiful park area with mature trees, spacious sports fields, and an ideal hill for rolling down, sledding, or kite-flying. The park is also home to the Delwood Community Hall, the community skating rink and a children’s playground. The hall is perfect for hosting family events, big or small, and providing a gathering point for a number of community events, including the popular Delwood Fall Festival for resident, friends and visitors.

Belvedere is a mature neighbourhood rich with community history. The League was founded in 1925 as part of the Village of North Edmonton. The League first leased land from Swift’s to form a hall location 66 St. and Fort Road. Construction of a new hall building was completed in 1948 at this location. In 1962 the community was renamed Belvedere. In September 1981, the existing hall at 132 avenue and 62 street was opened. The building is located next door to Belvedere school and is now named Brads Park for a family that used to farm in the location in the early days of North Edmonton. The Community hosts an annual Winter Festival in February, a fall festival in September, along with other programs throughout the year. Belvedere continues to be a community minded area close to all amenities, and a great place to raise a family.





Balwin/Belvedere/Delwood

Legend

Bank	Hotel	Post Box/Post Office	Sports Fields
Childcare Centre	Liquor Store	Public Service	Spray Deck
Coffee Shop	LRT Station	Restaurant	Tennis Court
Convenience Store/Gas Station	Park	Recycling Centre	Theatre
ETS Bus Transit Station	Pharmacy	Rest Spot	Toboggan Hill
Health Centre/Medical	Place of Worship	School	Vet Clinic
Heritage Site	Police	Shopping Centre	Skating Rink

Commercial	Paved Shared Use Pathway
Parkland	Roadway
Residential Area	Alleys
Crosswalk with Signal	Sidewalk
Bus Stop	Railroad
	LRT

Sample walking routes

2.62 km Balwin Walking Route
2.91 km Belvedere Walking Route
3.45 km Delwood Walking Route
5.77 km Neighbourhood Playground Tour

Scale



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

