

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

City of Edmonton, Community Services

Community Services is committed to being a frontline partner with citizens creating a safe, healthy and vibrant city. Community Building East values and utilizes the strength of volunteers and/or organizational development and recreational programming.

Please contact: 780-442-4972

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

Clareview and District Area Council

To contact the Clareview and District Area Council call 780-634-5621 or email at Clareview.areacouncil@gmail.com

South Clareview Community League

3250 – 132A Avenue
Edmonton, Alberta
780-473-3593
www.southclareview.ca

Homesteader Community League

565 Hermitage Road
Edmonton, Alberta
www.homesteadercommunityleague.ca

Weather

780-468-4940

City Information

Call 311
www.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



08/2010



Community
Walking Map

South Clareview Community League — the neighbourhoods of Sifton Park, Belmont and Kernohan
Homesteader Community League — the neighbourhoods of Homesteader, Overlanders and Canon Ridge

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



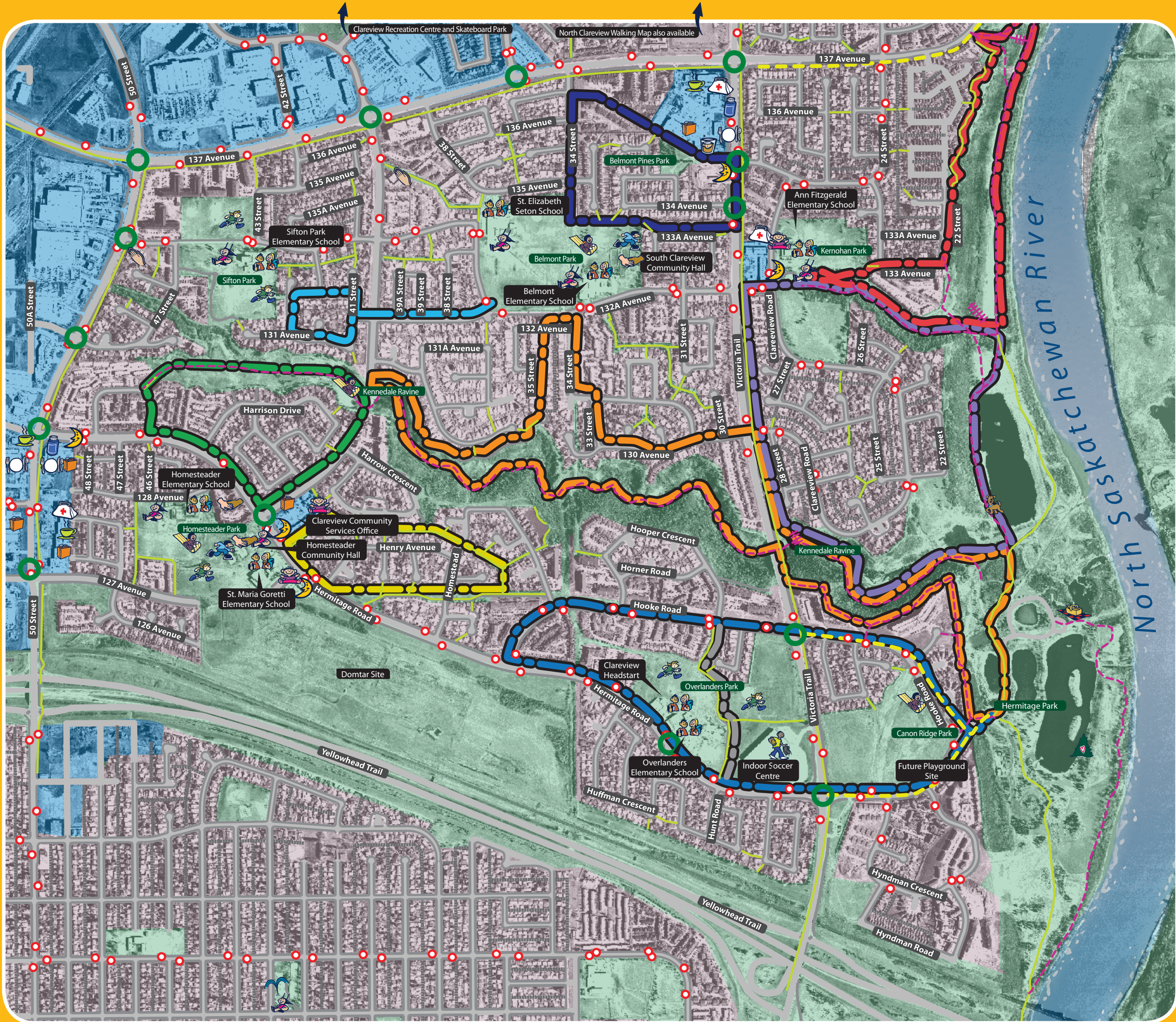
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Edmonton and Alberta
Active Communities



Thank you to the many volunteers — adults, youth and children alike — who contributed their time, energy and enthusiasm to this great Clareview Community Walking Map!

Angie Eleniak, president of Clareview and District Area Council

The Communities of South Clareview and Homesteader Communities — Sifton Park, Belmont, Kernohan, Homesteader, Overlanders and Canon Ridge are featured in this map.
Clareview has the small town feel with big city conveniences. Whether your here to explore the beautiful river valley system, peruse a nearby greenhouse or community garden, or just stopped by to do some shopping or entertain dining options, Clareview has something to satisfy even the most discerning visitor. So explore a local park, go shopping or sit back and simply enjoy the diversity of Clareview and the people that make us so unique!



South Clareview

Legend

- Crosswalk with Signal
- Bus Stop
- Childcare Centre
- Coffee Shop
- Community League Hall
- Late Night Store
- Liquor Store
- Medical
- Memorial Tree
- Off-Leash Area
- Pharmacy
- Picnic Site
- Playground
- Place of Worship
- Recreation Facility
- Restaurant
- School
- Shopping Area
- Skating Rink
- Sports Field
- Spray Park
- Toboggan Hill



- Commercial
- Parkland
- Residential Area
- Alleys
- On Street Bike Route
- Gravel Trails
- Shared Use Pathway
- Sidewalk
- Stairs
- Roadway

Sample walking routes

- 0.5 km
- 1.5 km
- 1.5 km
- 1.7 km
- 1.7 km
- 3.14 km
- 3.5 km
- 3.5 km
- 6.7 km

Scale



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

