

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. 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



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

Ermineskin Community League
10709 32A Ave NW, Edmonton, AB T6J 4A6
(780) 438-6623
www.erminekincommunity.ca
ECLinfo1@gmail.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

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Community
Walking Map
Ermineskin, Steinhauer
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

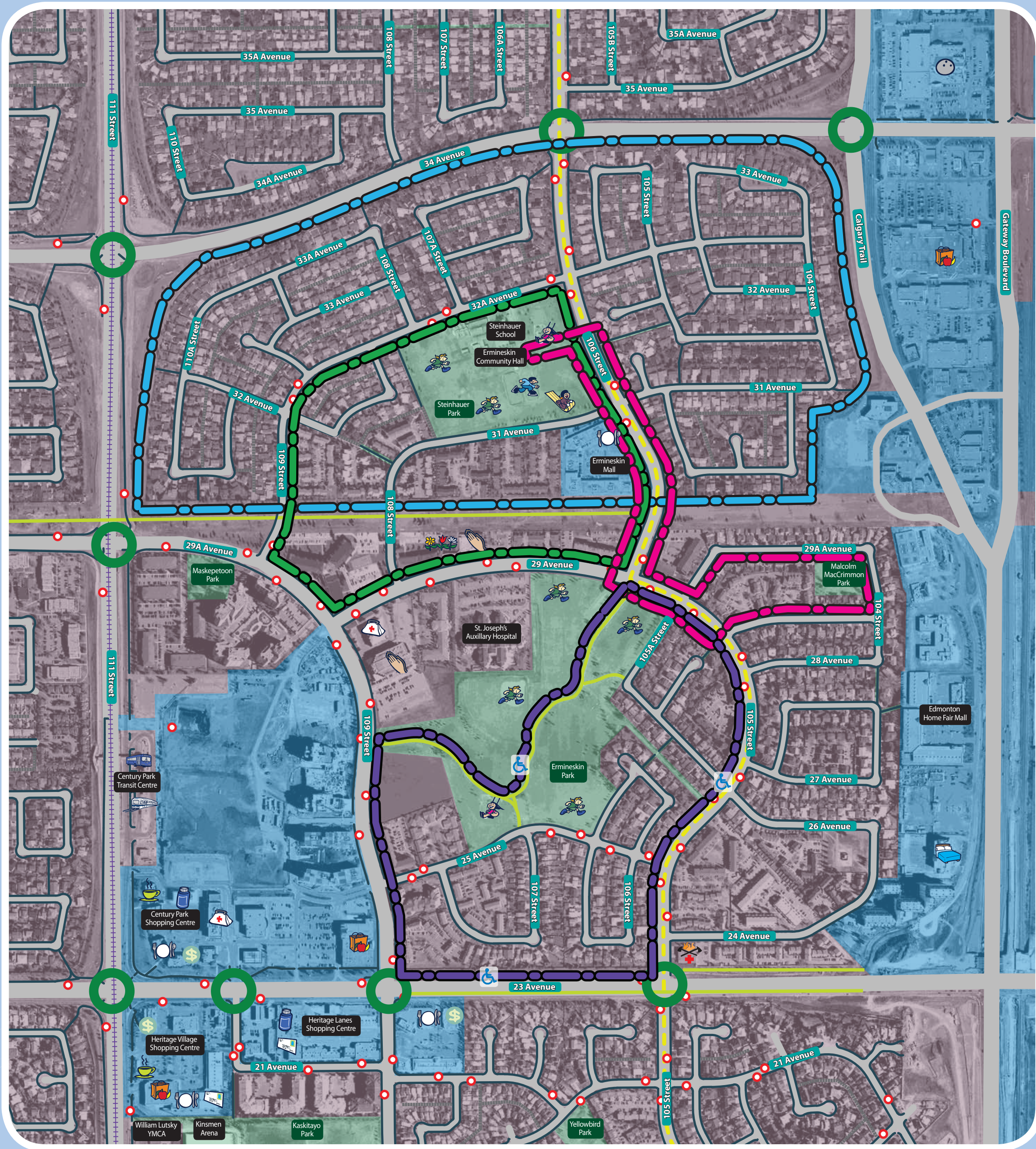


The Steinhauer neighbourhood is named for Henry Bird Steinhauer, an Ojibway missionary who settled in Alberta during the mid-1800s. Steinhauer is a newer suburban area developed during the 1970s, where single family homes surround a cluster of denser housing complexes. Residents enjoy proximity to the Southgate Shopping Centre and other nearby commercial areas. A large landscaped utility transmission corridor to the south bolsters the community's inventory of usable recreation space.

Ermineskin, Steinhauer

The Ermineskin Community League was founded in 1978, serving both the neighbourhoods of Ermineskin and Steinhauer. The League's first project was a playground built in November of 1978. In 1985 a community wing was built onto Steinhauer Elementary School that houses the League, and in 2004 an updated playground was built by community volunteers. The League's mission is "To bring our neighbours together and foster a caring, friendly environment through the promotion & support of activities and events for the Ermineskin Community."

The Ermineskin Neighbourhood is named for Chief Ermineskin of Hobbema. While some residential development in Ermineskin dates to the 1960s and earlier, the bulk of residential development in the neighbourhood occurred during the 1970s and 1980s. During the first decade of the 21st century, redevelopment of the old Heritage Mall site, located in south west Ermineskin, began. This new transit oriented development is called Century Park. The new Century Park LRT Station, which opened in 2010 is located adjacent to the Century Park Development.



Ermineskin, Steinhauer Legend

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|--|------------------------|--|------------------|
| | Bank | | Hotel |
| | Bowling | | LRT Station |
| | Childcare Centre | | Pharmacy |
| | Coffee Shop | | Place of Worship |
| | Community Garden | | Playground |
| | ETS Bus Transit Centre | | Post Office |
| | Fire/Ambulance | | Restaurant |
| | Grocery Store | | Skating Rink |
| | Health Centre/Medical | | Sports Fields |
| | | | Toboggan Hill |

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|--|-----------------------|--|--------------------------|
| | Commercial | | Paved Shared Use Pathway |
| | Parkland | | Roadway |
| | Residential Area | | Alleys |
| | Crosswalk with Signal | | Sidewalk |
| | Bus Stop | | LRT Track |
| | On Street Bike Route | | |

- Sample walking routes
- 2.13 km Steinhauer
 - 2.20 km MacCrimmon Park
 - 4.70 km Ermineskin
 - 3.63 km Utility Coor.

