

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

Londonderry Mall Walking Club

Edmonton’s largest mall walking program, with 1000 registered members, runs weekdays September to April, 7 – 10 am. Members can register by calling Londonderry Mall Customer Service at 780-476-1441.



Residents using exercise equipment before a walk in Cherrydale Park.

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



about following his well worn path. At the time of the creation of this map, Ron has walked over 12,800 km. That is near the equivalent of walking across Canada and back! Marg Day, Rocky Pilisko and Jon Watchuk, Residents of Londonderry and York Communities.

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

Londonderry Community League

14224 – 74 Street
780-475-4972
www.londonderry.ca

Steele Heights Community League

5825 – 140 Avenue
780-475-3553
www.steeleheightscommunityleague.com

Londonderry Mall

137 Avenue & 66 Street
780-476-1441
www.londonderrymall.com

Londonderry Fitness and 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

Northeast Community Health Centre — Alberta Health Services

14007 – 50 Street
780-342-4000 (Main Line)

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

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Community Walking Map

Londonderry and York
Londonderry and Steele Heights
Community Leagues

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 most recognizable feature to the general public is likely the largest mall walking programs in Edmonton, this commercial complex is the bridge between Londonderry and its nearby neighbourhood York. York is a vibrant neighbourhood home to beautiful green spaces and public amenities at the very centre of the neighbourhood. York Park in an expansive green space which includes York School, a large playground, water features, walking trails, baseball diamonds, soccer fields as well as tables and benches for picnics. The park is also home to Steele Heights Community League hall and its very popular skating rink. Other parks in the area include David Vire Park which is a large area adorned with beautiful mature trees and benches. It is a perfect place for quiet reflection or a quick pick up game of soccer or Frisbee. Henri LeGay Park includes a full playground, picnic area, open spaces for small field activities and a sledding hill for winter fun. The parks throughout York are linked together by numerous walking paths which connect residents to these hubs of activity.

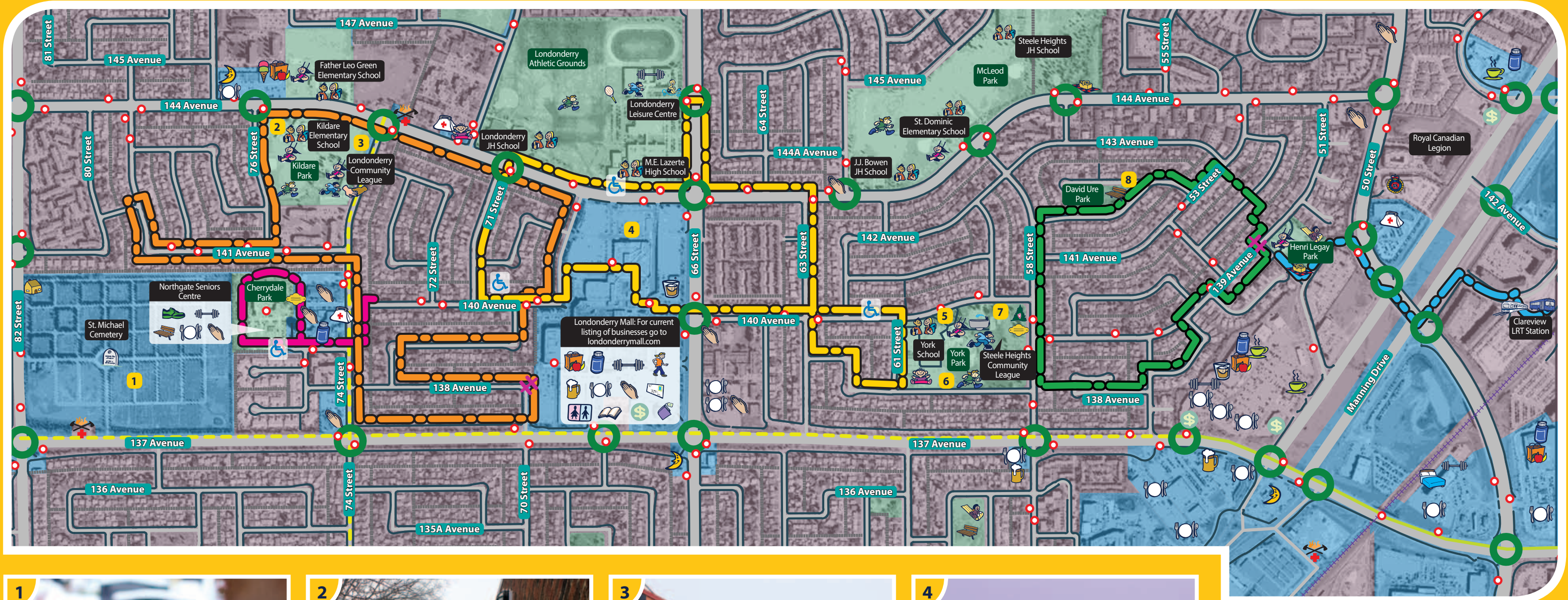
The strength of Londonderry and York neighborhoods is the connection between their residential areas, nearby shopping, and green spaces for playing and relaxing. These are gathering places where people know one another and enjoy a high quality of life. Londonderry neighbourhood, officially known as Kildare, is a residential community with very diverse amenities at its heart. These include Londonderry Community Hall, St. Michael's Centre, St. Michael's Cemetery and numerous local churches. Kildare School is joined by Father Leo Green Catholic School, Londonderry Junior High and M.E. Lazerte High School as educational offerings in the area. The community is home to one of two senior recreation centres in Edmonton. Renovated in 2012, Northgate Lions Seniors Recreation Centre has served the broader community for over 30 years. This is in addition to the nearby Londonderry Fitness and Leisure Centre. Features include two playgrounds, exercise equipment, sports fields, benches, tables, and a climbing wall.

The neighbourhood began over 50 years ago with the city's expansion north of 137 Avenue. As the community continues to grow, York has seen an increase of stores, shops, restaurants, worship centres and recreational amenities all within walking distance. In addition to York School, other schools nearby include J.J. Bowlen Catholic School, St. Dominic Catholic School, Steele Heights Junior High School, and M.E. Lazerte High School. By bus or on foot, Clareview Light Rail Transit (LRT) Centre is only a few minutes away allowing residents to be quickly connected with all areas of the city. From one edge to the other, the neighbourhoods of Londonderry and York are connected by shared history and a promising future. Ron Anderson, a long time resident of Londonderry community, has walked this same route daily for over 11 years. No matter the weather, you will see Ron out and

Special Thanks to the students and staff of York School for providing suggestions for the map. Thank you to the customers and staff of Save-On-Foods Londonderry for participating during public consultation.

Photos supplied by Daniela Bonetto and Rocky Pilisko — York Residents

Marg Day, Rocky Pilisko and Jon Watchuk, Residents of Londonderry and York Communities.



St. Michael's Cemetery



Kildare Elementary School



Londonderry Community Hall



Londonderry Mall



York Playground



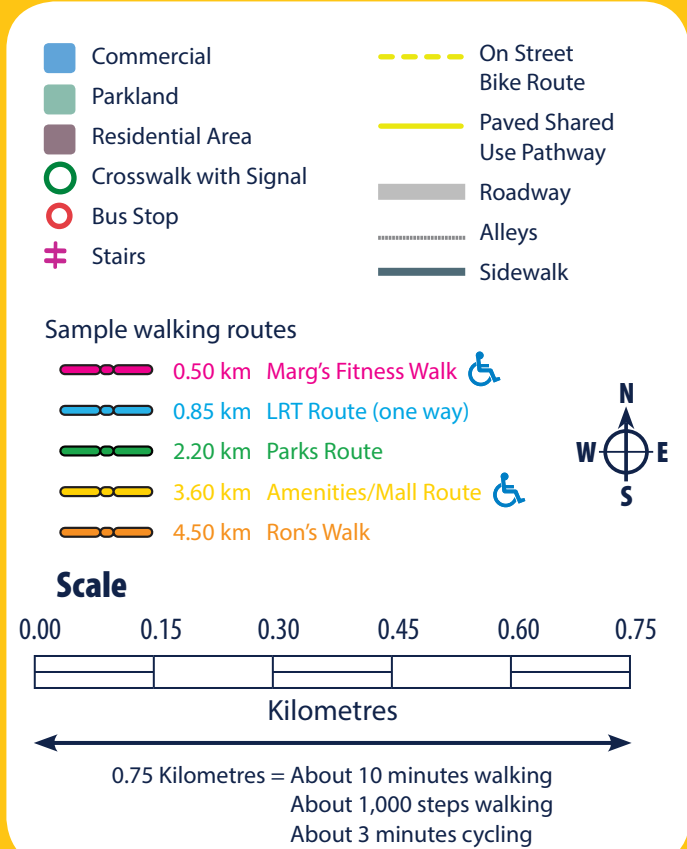
Steele Heights Community League Rink



York Park



David Ure Park



Londonderry and York

Legend

Bank	Fire-Ambulance	Hotel	Outdoor Fitness Station	Post Box/Post Office	Sports Fields
Bookstore	Fitness Centre	Ice Cream Shop	Pharmacy	Pub	Swimming Pool
Cemetery	Grocery Store	Late Night Store	Picnic Site	Public Washroom	Tennis Court
Childcare Centre	Health Centre/Medical	Liquor Store	Place of Worship	Restaurant	Toboggan Hill
Coffee Shop	Heritage Home	Library	Plaque	Rest Spot	Walking Club
Community Hall	Heritage/Memorial Tree	LRT Station	Playground	School	Water Drinking Fountain
ETS Bus Transit Centre		Police	Skating Rink		

