

Walk Edmonton

Walk 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.

edmonton.ca/walkedmonton
780-944-5339

Other Walking Resources

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

Canada Walks
canadawalks.ca

UWALK
UWALK.ca

Shape
(Safe Healthy Active People Everywhere)
shapeab.com

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

edmonton@shapeab.com
780-406-8530

Summer Brothers

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 with your Dog

Edmonton has over 40 locations where you can enjoy your walk while your dog is off-leash. Please remember that all sites where dogs are permitted to be off-leash are multi-use areas used by all. Your dog must be leashed when not in a designated off-leash area. The dog icons shown on this map are placed in the approximate location of each off-leash area, but do not show the precise boundaries. For more information, including details on off-leash boundaries, check the Parks for Paws Brochure or go to edmonton.ca (keyword off-leash)

**There are 1,440 minutes in a day,
schedule 30 of them for walking!**

Local Contacts

Argyll Community League
6750 – 88 Street
Edmonton, Alberta T6E 5H6
780-466-8166
office@ejca.org
argyllcl.ab.ca

Avonmore Community League
7902 – 73 Avenue
Edmonton, Alberta T6C 0C5
780-465-1941
avonmore.org
admin@avonmore.org

Hazeldean Community League
9630 – 66 Avenue NW
Edmonton, Alberta T6E 4W9
780-439-0847
hazeldeanleague@shaw.ca
hazeldean.org

King Edward Park Community League
7708 – 85 Street
Edmonton, Alberta T6C 4K9
Kepmembership@gmail.com
<http://kingedwardpark.org>

Ritchie Community League
7727 - 98 Street
Edmonton, Alberta T6E 5C9
780-433-7137

Idylwylde Branch Edmonton Public Library
8310 – 88 Avenue
Edmonton, Alberta T6C 1L1
780-496-1808

Weather
780-468-4940

City Information
Call 311

Emergency Contacts

Police/Ambulance/Fire
911

Police Complaint Line
780-423-4567

About the Community Walking Maps

This Community Walking Map is part of a series of walking guides. Each map is created as a joint project of Walk Edmonton and local Community groups 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.

Walkedmonton@edmonton.ca
780-944-5339



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The Communities of Argyll, Avonmore, Hazeldean, King Edward Park and Ritchie are featured in this map.



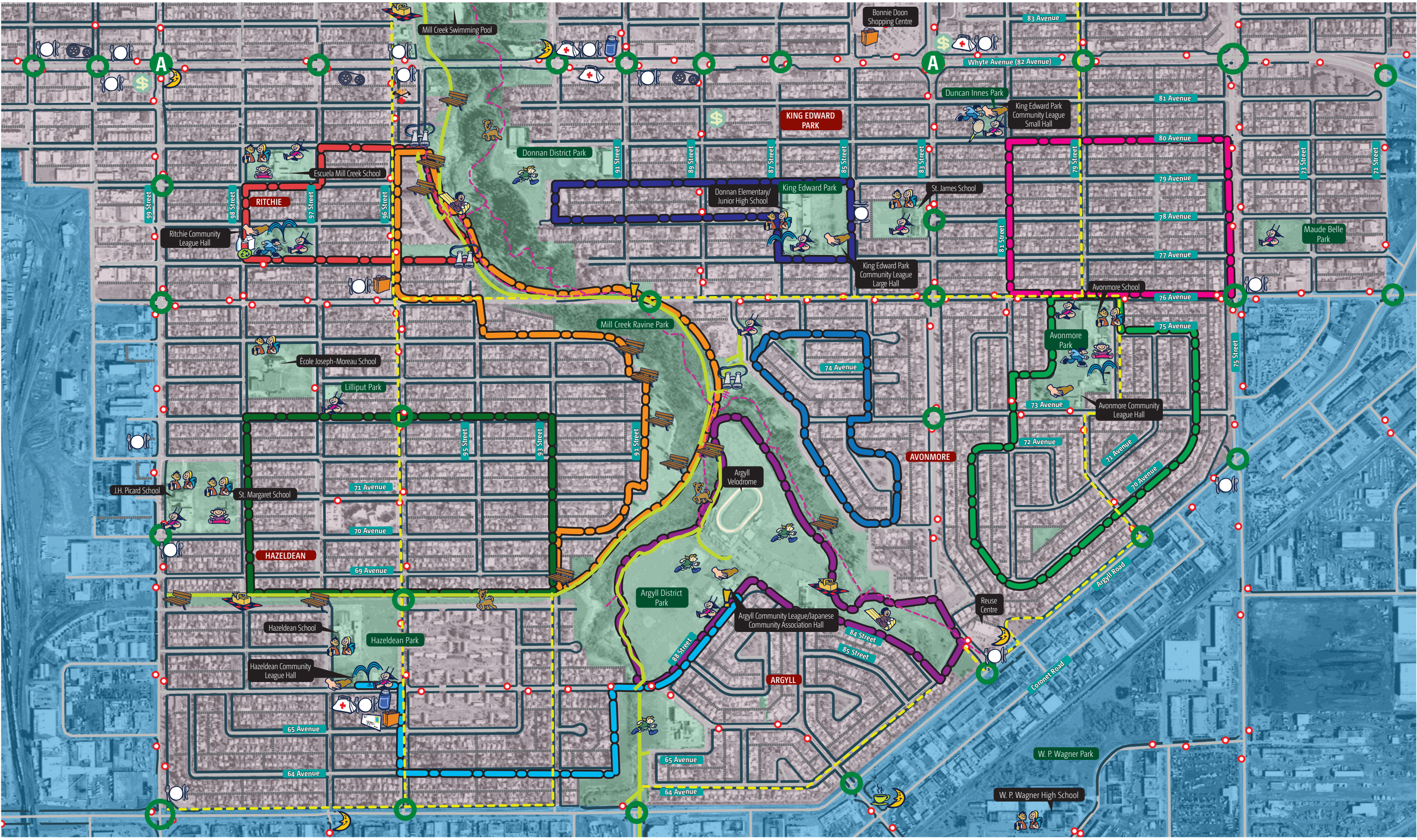
- In the King Edward Park and Ritchie Communities there are several historical homes and buildings built between 1905 & 1925. Ritchie School, Trinity Lutheran Church and A. Minchau Blacksmith Shop are examples. For more information visit the Alberta Community Development Historical Building Inventory website.
- There are many great eating places in the communities.
- The strip malls in the areas contain established and valuable businesses that support the local communities with their goods and services.
- In addition to the Mill Creek Ravine there are a number of green spaces and children's parks scattered throughout the communities.
- We invite you to enjoy a walk through the Mill Creek Ravine and visit the features of these communities.

Just a few — and of course our ever present rabbits. Visitors to Edmonton are amazed at this beautiful scenic place. These five communities care about the ravine and have stepped up on a number of occasions to stop developments and ensure that this beautiful resource is preserved for all to enjoy.

- The route of the paved shared use trail through Mill Creek Ravine is in fact the rail bed of the old Edmonton, Yukon and Pacific Railway the “shortest railroad with the longest name”. The wooden trestle bridge on 76 Avenue overlooks the Mill Creek Ravine, built between 1900 and 1902, and is one of the last physical reminders of the existence of the Railway.
- On the hills of the southeast end of the ravine there is a much used and enjoyed toboggan hill. The laughter and squeals of young and old can be heard in the area.
- The top of the ravine forms a plateau in the Argyll community and has numerous baseball diamonds and soccer fields. At the open air Velodrome and BMX track, races and events are enjoyed by cyclists and spectators. On a lovely sunny summer day it is a delight to stroll through this area and hear the various sounds of people playing.

Points of Interest:

- The common ribbon of green that connects the 5 communities is the Mill Creek Ravine. You can explore the ravine via two types of pathways: the “upper” is paved, shared use pathway allowing for visitors to enjoy walking, in-line skating, running, cycling, and skateboarding. The “lower” gravel trails immerse you in the natural landscape of the ravine. The dirt and pebble pathway is also a shared used trail that serves as an “off leash” dog area; so you will likely encounter dogs and their companions during your travels. The path curves and winds as it follows the meandering creek and you can hear the creek bubbling with water over rocks. There are many side paths to explore and you can take a rest on one of the boulders scattered near the creek. These trails also connect with the larger River Valley Parks network of over 159 km of trails. When on the pathways of the Mill Creek ravine you leave the sites and sounds of a big city behind to enjoy the smells and beauty of the forest. Wildlife abounds in the ravine and if you pay careful attention you may have the occasional privilege of seeing some of its numerous residents. Sightings have included moose, beaver, porcupines, skunks, coyotes, foxes, ground squirrels, bats, owls, herons, ducks, woodpeckers — to name



Due to the many commercial destinations along the border roads (i.e. 99 Street, 82 Avenue, 63 Avenue and 75 Street) we cannot illustrate them all.

Commercial

Parkland

Residential Area

Alleys

On Street Bike Route

Gravel Trails

Shared Use Pathway

Sidewalk

Stairs

Roadway

Sample walking routes

1.5 km

1.6 km

1.8 km

2.1 km

2.1 km

2.4 km

2.6 km

3.0 km

4.1 km

N

W

E

S

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

ARGYLL, AVONMORE, HAZELDEAN, KING EDWARD PARK, RITCHIE

Legend

A

Crosswalk with Audible Signal

Crosswalk with Signal

\$

Bank

Bike Shop

Bus Stop

Childcare Centre

Coffee Shop

Community League Hall

Fire-Ambulance

Late Night Store

Medical

Off-Leash Area

Pharmacy

Picnic Site

Playground

Point of Interest

Restaurant

Recycling Centre

Rest Spot

Scenic Viewpoint

School

Shopping Area

Skating Rink

Sports Field

Spray Park

Tennis Court

Toboggan Hill

Mill Creek Pool

WALK EDMONTON

Edmonton