#### **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



### 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 multiuse 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**

blackmudcreek.com heritagepoint.ca

#### Edmonton Public Library -Riverbend Branch

460 Riverbend Square NW (780) 944-5311 epl.ca

## Edmonton Public Library - Whitemud Branch

4211 106 St NW (780) 496-1822 epl.ca

#### **Ellerslie Rugby Club**

11004 9 Avenue SW edmontonrugby.com

**Weather** 780-468-4940

City Information
Call 311

### Emergency Contacts

Police/Ambulance/Fire

**Police Complaint Line** 780-423-4567



**COMMUNITY WALKING MAP** 

Allard, Blackburne, Blackmud Creek, Callaghan, Cashman, Cavanagh, MacEwan, Richford, Rutherford



### **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



Drinted 2016

## Blackmud Creek and Heritage Point

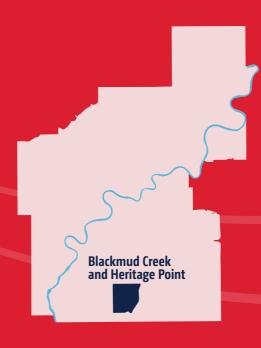
The Blackmud Creek Community League and the Heritage Point Community League are among the largest community leagues in Edmonton, and reside within an area of South-West Edmonton designated as Heritage Valley.

Many of the neighbourhoods of Heritage Valley are named after people selected in 2004 as "Edmontonians of the Century": politicians, historians, authors, surgeons, broadcasters, entrepreneurs, innovators, industrialists, philanthropists, and visionaries.

Residents are blessed with close access to over 7 km of walking trails along the Blackmud Creek Ravine. The system of stormwater management ponds in the area

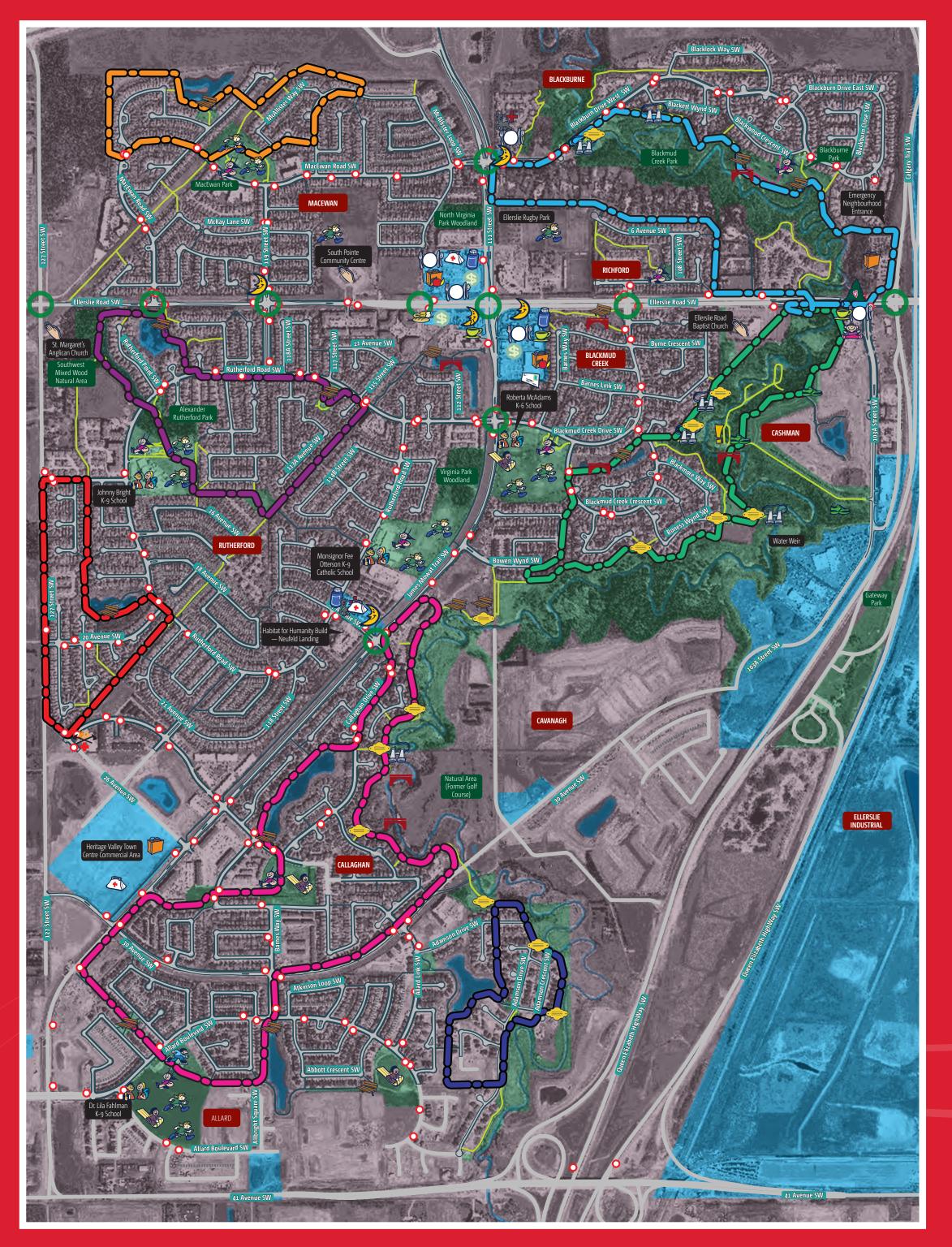
serve two purposes beyond their aesthetic appeal: they contain surges of rainfall by releasing water slowly so that the stormwater system isn't flooded, and they control erosion by encouraging water infiltration rather than runoff. A reduction in erosion along Blackmud Creek also improves the quality of water in the creek.

Before residential development of neighbourhoods began in the early 1980s, with the construction of Blackburne, the area was primarily agricultural land. The main exception was the Ellerslie Rugby Park, which was built in 1975 and had the first regulationsized fields in Northern Alberta. The Blackmud Creek Ravine was also previously home to both a campground and golf course run by the City of Edmonton. Both facilities were reclaimed as parkland.





Pedestrian footbridge



## **BLACKMUD CREEK AND HERITAGE POINT**

Legend



Accessible Route



Place of Worship





Playground





Pharmacy



Child Care



Point of Interest: Former Campground



Coffee Shop



Post Office



Fire –Ambulance



Restaurant



Footbridge



Scenic Viewpoint

School

Rest Stop



Grocery Store



Late Night Store



Shopping Area





Skating Rink



Interpretive Sign





Medical



Toboggan Hill



Outdoor Fitness Station



Vet Clinic



Residential Area

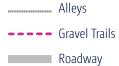
Paved Shared Use Pathway Sidewalk



Sample walking routes

■ Fire Station Checkup 2.5 km Peek-a-Henday 2.6 km ■ Run Through the Jungle 2.9 km

2.0 km



0.6

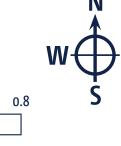
Escaping the Hustle and Bustle 3.6 km A Trip Down History Lane 4.0 km Going the Distance 5.9 km



Scale 0.00

Crosswalk with Signal Bus Stop

0.2



Kilometres 0.5 Kilometres = About 4.5 minutes walking About 660 Steps
About 2 minutes cycling

0.4



WALK EDMONTON