

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.



Trail Overlooking North Saskatchewan River

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

**Strathcona Centre
Community League**
10139 – 87 Avenue
Edmonton, Alberta T6E 2P3

780-439-1501
info@strathconacommunity.ca
strathconacommunity.ca

Old Strathcona Foundation
780-433-5866
info@oldstrathconafoundation.ca
oldstrathconafoundation.ca

**Old Strathcona Business
Association**
780-437-4182
Info@osba.ab.ca
oldstrathcona.ca

Strathcona Public Library
8331 – 104 Street
epl.ca

Fringe Theatre Festival
fringetheatre.ca

**EPS Strathcona Community
Police Station**
7903 – 104 Street, Edmonton,
AB T6E 6N8
780-496-8565

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.

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COMMUNITY WALKING MAP

Strathcona



Edmonton



Todd Babliak
*Edmonton Journal staff writer
and Strathcona resident*

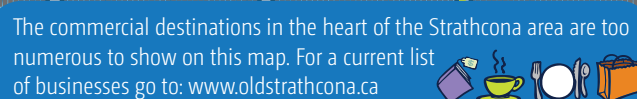
Strathcona is the city's most walkable neighbourhood, from the outer reaches of the University of Alberta to the Mill Creek ravine. Restaurants and bakeries and cafes, supermarkets and nightclubs are within easy walking distance from just about anywhere. Many of the streets are lined with old trees, leafy in the summer and snowy in the winter, and the neighbourhood is bordered on the east and the north by forests and trails. On sunny days — and Edmonton is often sunny, despite the temperature — crowds of friendly Old Strathconians push strollers, carry groceries and simply stroll through the neighbourhood.

Strathcona Centre Community League Promoting a Safe and Active Neighbourhood





Toboggan Hill



WALK EDMONTON

Edmonton