

Active Edmonton

Active Edmonton is a great place to turn for all things “active”. Resources, web links and contests! Get Up, Get Out, Get Active and make Edmonton Canada’s most active city.

Our aim?

To build awareness and to encourage Edmontonians to value and participate regularly in physical activity.

www.activedmonton.ca

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.

www.edmonton.ca/walkable
780-944-5339



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

Walkings... 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

Crestwood:
14325 – 96 Avenue
780-452-4254
www.crestwood.ab.ca

Parkview:
9135 – 146 Street
780- 483-2098
www.pvcl.ca

Laurier Heights:
14405 – 85 avenue
780-483-5503
www.laurierheightscommunity.ca

Weather
780-468-4940

City Information
Call 311
311@edmonton.ca

Emergency Contacts

Police/Ambulance/Fire
911

Police Complaint Line
780-423-4567

Walking Resources

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

Canada Walks
www.canadawalks.ca



Printed 2011

Community
Walking Map

Crestwood, Parkview and
Laurier Heights Walking Map
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

neighbourhood; one is likely to see young couples with baby strollers, adolescents riding their bikes, or seniors walking their dogs.

Laurier Heights Community

One of the older, more established neighbourhoods in Edmonton, Laurier Heights is a wonderful place to live for both people and wildlife. The river valley borders two sides of this community, connecting it to the Valley Zoo (Edmonton's only zoo), and Sir Wilfrid Laurier Park, with its expansive lawns, picnic areas and boat launch. Both the zoo and park are significant recreational and cultural venues for the community and city.

The Canterbury Foundation has chosen Laurier Heights Community to provide homes for those seniors in the community who can no longer live on their own. This beautiful, quiet setting also allows seniors easy access to major traffic routes, shopping centres and downtown Edmonton.

At the centre of the neighbourhood, Laurier Heights Community Park boasts a large playground complete with spray park and well maintained tennis courts, drawing families from all three communities.

wooden striped candy canes in residents' yards during the Christmas season. Over time, decorations became much more extensive and now include thousands of Christmas lights. The beautifully lit lane can be walked or enjoyed from atop a horse-drawn sleigh.

Parkview Community

The community of Parkview was at one time two communities, Parkview and Valleyview. Valleyview took up the area east of 142 Street and Parkview the west. The communities were later combined and named Parkview-Valleyview until recently. Situated between Laurier Heights and Crestwood communities, Parkview is a quiet, well-treed residential area with the small but bustling Valleyview Shopping Centre at its hub. Services include banking, a travel agency, a well-stocked independent grocery store and one of Edmonton's finest Italian restaurants.

Also central to the community is the Parkview Community Centre, originally built by community members in the mid 1950s. The newly upgraded hall is a multi-use facility and popular venue in the community. An influx of young families in recent years creates a varied demographic in the

The common threads of location, age and proximity to the North Saskatchewan River naturally join the three communities of Crestwood, Parkview and Laurier Heights, fostering the creation of these beautiful and scenic walking routes. Enjoy Walkable Edmonton!

Crestwood Community

Crestwood was established in 1917 as the 142nd Street Community League, and reincorporated in 1963 as the Crestwood Community League, making it the oldest community league in the City of Edmonton. The league centre has had other locations within the community but currently resides at 143 Street and 96 Avenue. Among other amenities the community is home to a curling club and an attractive community league hall.

The Crestwood Shopping Centre is one of the community's focal points. Upgraded in the early 2000s, this well-designed mall includes medical services, banking, upscale shopping and restaurants.

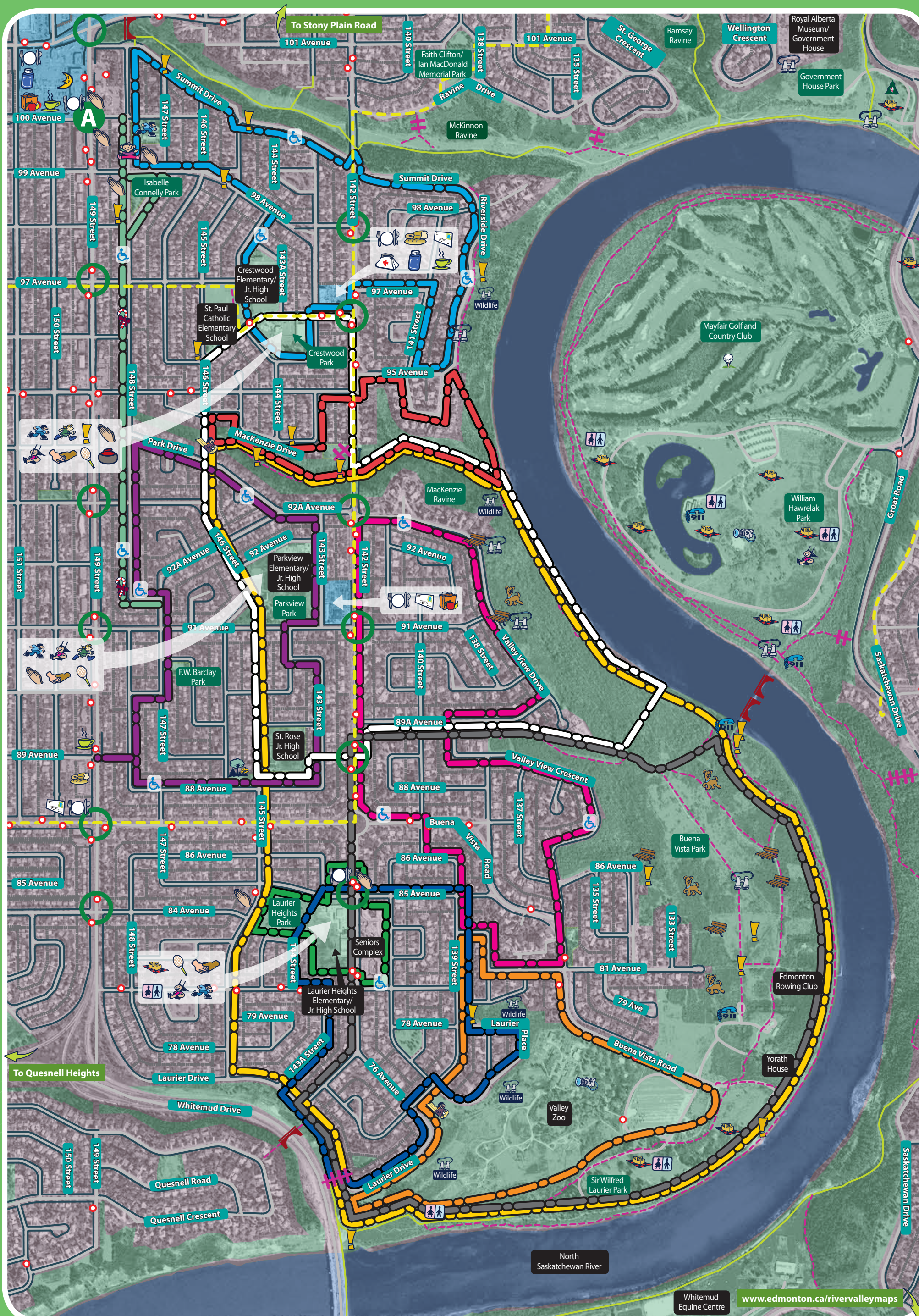
In winter, Crestwood and Parkview communities have the combined privilege of hosting Candy Cane Lane, located on 148 Street between 100 Avenue and 92 Avenue. Initiated by early residents of the area, the display originally consisted of

Back in the mid 1950s, the communities of Crestwood, Parkview and Laurier Heights were vibrant, growing neighbourhoods with new homes rapidly filling the streets. Treed boulevards, sidewalks and streets were strategically placed, connecting homes in the broader neighbourhood. Today as we enjoy walking, biking or running through these mature communities, the same streets and many of the original trees and homes can still be appreciated.

Located in west-central Edmonton, these quiet residential areas hug the North Saskatchewan River Valley, affording a beautiful view of the valley, downtown Edmonton and the University of Alberta area across the river. Those who stroll the river valley parks, ravines and meadows in these communities may also observe a variety of birds, numerous bunnies, and the occasional coyote, snake, deer, beaver, muskrat or moose.

A sprinkling of mid-century modern churches lend a spiritual element and add a picturesque quality to the neighbourhoods. Numerous schools and community centres equipped with playgrounds and sports fields bring families together for fun-filled activities. Quiet and off the beaten track, the location of these communities is also favorable for those who want quick and easy access to the downtown core and the south side.

The Communities of Crestwood, Parkview and Laurier Heights



- Commercial
- Parkland
- Residential Area
- Bridge
- Crosswalk with Signal
- Crosswalk with Audible Signal
- Bus Stop
- Alleys
- Gravel Trails
- On Street Bike Route
- Shared Use Pathway
- Roadway
- Sidewalk
- Stairs

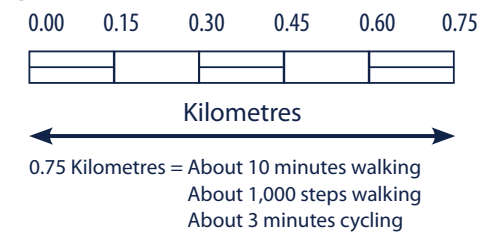
Sample walking routes

- 8 km Saturday Morning Jaunt
- 6 km 40 Minute Run
- 5.8 km Nickel Run
- 4.4 km Valleyview Run
- 4.3 km Summit Loop
- 4 km 5000 Calorie Loop
- 3.5 km Candy Cane Lane
- 3.2 km Laurier Dog Park Walk
- 3.1 km Wildlife Stroll
- 2.8 km Executive Jog
- 1.6 km Canterbury Park Loop



Funding for this project provided by Office of Great Neighbourhoods

Scale



Laurier Heights, Parkview and Crestwood Legend

- | | | | |
|-----------------------|------------------|-------------------|--------------------|
| Accessible Route | Golf Course | Picnic Site | Scenic Viewpoint |
| Bakery | Grocery Store | Place of Worship | Skating Rink |
| BluPhone | Health Centre | Playground | Sports Fields |
| Candy Cane Lane | Heritage Tree | Point of Interest | Tennis Court |
| Childcare Centre | Late Night Store | Mailbox | Toboggan Hill |
| Coffee Shop | Off-Leash Area | Public Washroom | Tourist Attraction |
| Community League Hall | Park | Restaurant | Wildlife Viewing |
| Curling Rink | Pharmacy | Rest Spot | |

