

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 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

Mayfield Community League
10941-161 Street NW
mayfieldcommunityleague.weebly.com
780-483-4675
Mayfieldcommunityyeg@gmail.com

High Park Community League
11032-154 Street NW
highparkcommunitywordpress.com
780-484-4646
president@highparkcommunity.com

Woodcroft Branch – Edmonton Public Library
13420-114 Avenue
780-496-1830
EPL.ca

Peter Hemingway Fitness & Leisure Centre
13808-111 Avenue
Call 311
311@edmonton.ca

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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780-944-5339



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 **WALK EDMONTON**

COMMUNITY WALKING MAP

Mayfield & High Park



Mayfield

The name "Mayfield" was chosen through a naming contest in 1954, and was named in honour of Wilfrid R. "Wop" May, a civilian aviation pioneer and World War I fighter pilot. May founded Edmonton's first air service in 1919 and established the Edmonton and Northern Alberta Aero Club in 1928. He was inducted into Canada's Aviation Hall of Fame in 1973. The bulk of residential construction within Mayfield took place in the 1950s and 1960s and continued slowly into the early 1980s. Mayfield's streets are a good example of the modified grid pattern that became popular after World War II. While the majority of housing units are single-family, the neighbourhood also includes several multi-family sites. While Mayfield is bounded by major roadways, it experiences very little through traffic; it is buffered by landscaped boulevards along 107th Avenue and a noise barrier along Mayfield Road and 111th Avenue. A central school and park site defines the heart of the neighbourhood, and smaller parks are strategically located throughout to provide residents with amenity space. This mature neighbourhood features a total of four parks and two schools. Mayfield's Community League was founded in 1957.

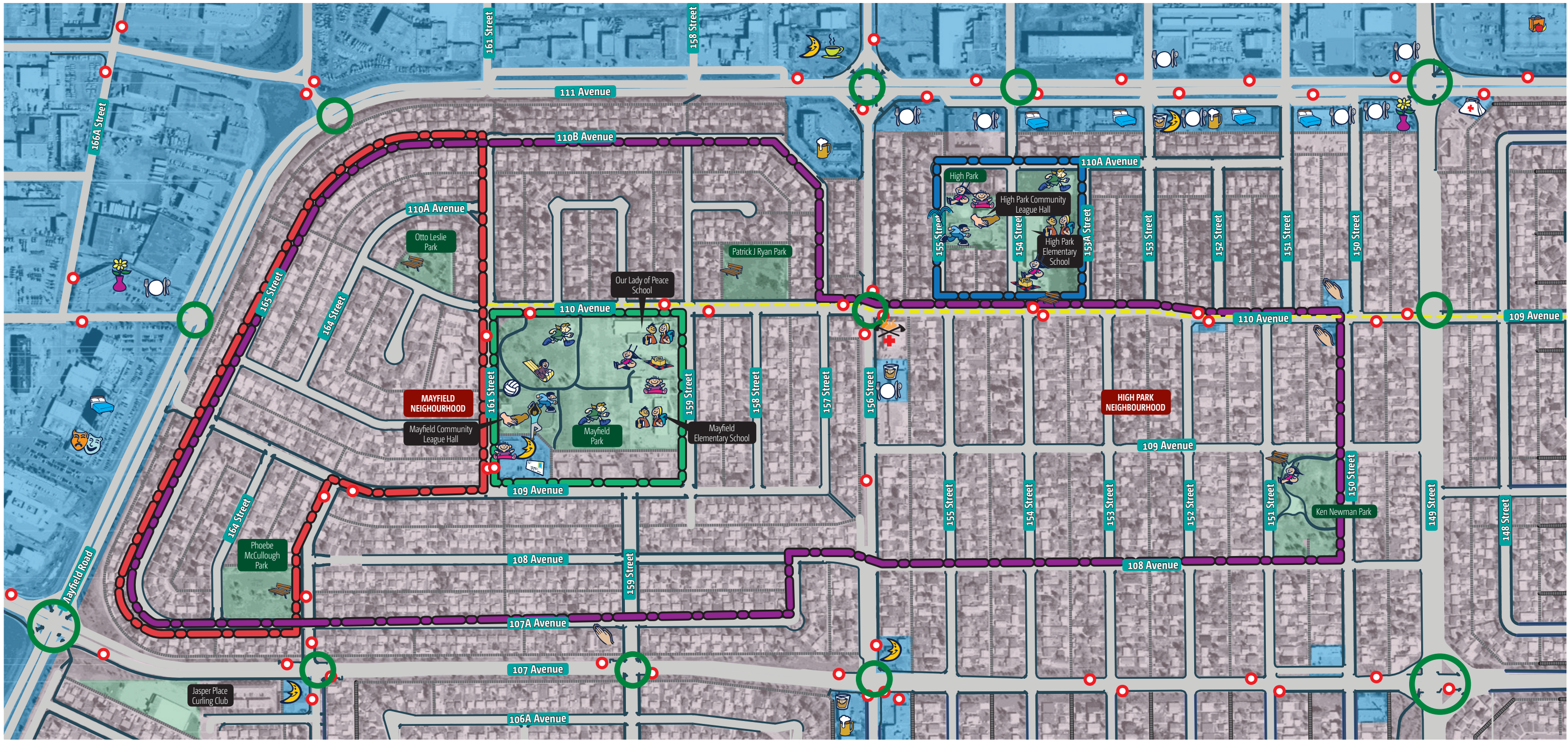
High Park

The High Park neighbourhood was formerly part of the Town of Jasper Place, which was annexed to the City of Edmonton in 1964. While High Park has been in existence since 1912, development in the area did not get under way until the 1950s and 1960s. The neighbourhood is smaller than most and is dominated by smaller single-family bungalows and generously sized lots. The streets are laid out in a grid pattern. High Park has an elementary school and two parks (High Park and Ken Newman Park). The neighbourhood may have been named after one of two High Parks located in northeast England. The Community League was founded in 1959 and continues to be a hub of sport and recreation for the community.

Mayfield & High Park

Wop May mural

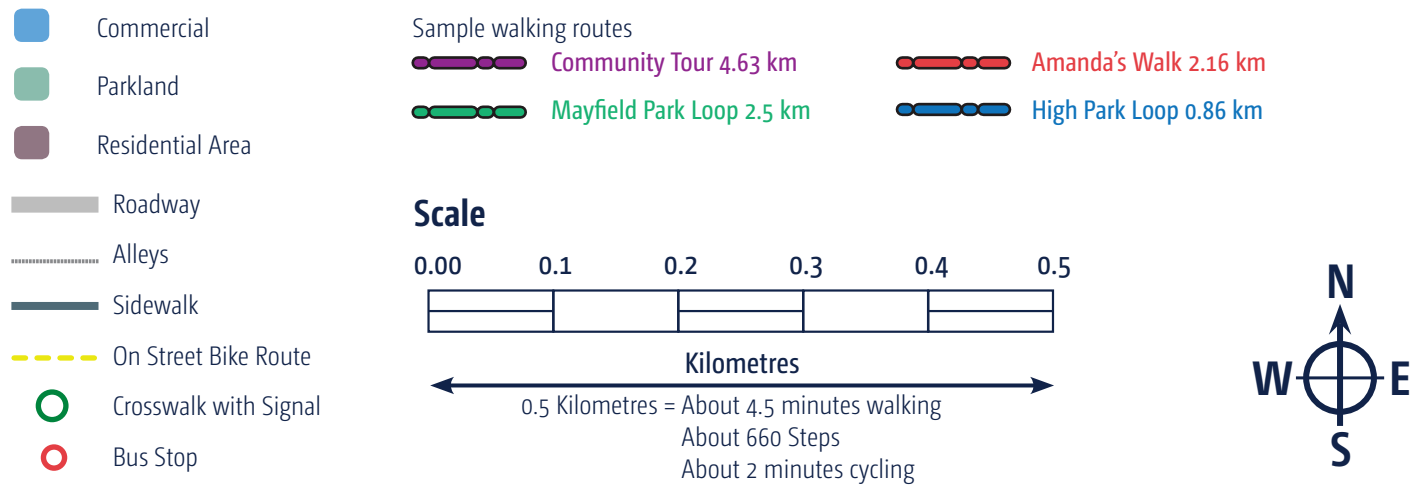




Fred Broadstock Pool

MAYFIELD AND HIGH PARK Legend

- | | | | | | | | |
|-----------------------|----------------|-----------------------|------------------|----------------------|------------|--------------|------------------|
| Childcare Centre | Fire/Ambulance | Health Centre/Medical | Liquor Store | Playground | Restaurant | Skating Rink | Theatre |
| Coffee Shop | Florist | Hotel | Picnic Site | Post Box/Post Office | Rest Spot | Sports Field | Volleyball Court |
| Community League Hall | Grocery Store | Late Night Store | Place of Worship | Pub | School | Spray Deck | Yoga Studio |



Mayfield Playground



Bike Safety – Turn left!