

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  
780-448-4555

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



Kids at play in Patricia Heights

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

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 (HDL’s).

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

**Westridge Wolf Willow Country Club Community League**  
505 Wolf Willow Road  
Edmonton, Alberta T6T 1E6  
Phone: 780-481-3524  
E-mail: hallrentals@www.wcccl.com  
Website: http://www.wcccl.com/

**Rio Terrace Community League**  
15504 – 76 Avenue  
Edmonton, Alberta T5R 4L8  
Phone: 780-487-0610  
Website: http://www.rioterrace.ca/CMS/

**Lois Hole Public Library**  
17650 69 Avenue  
Edmonton, Alberta T5T 3X9  
Tel: 780-442-0888

**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

  
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Community Walking Map

Westridge, Wolf Willow, Country Club, Rio Terrace, Patricia Heights, Quesnell Heights  
Communities on Foot Series



About the Communities on Foot Map Series

The Communities on Foot Map series are walking guides, created as a joint project of Walkable Edmonton, Active 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

www.activedmonton.ca  
780-496-1144

  
activedmonton.ca



Rio Terrace, Patricia Heights, Quesnell Community League and the Westridge, Wolf Willow, Country Club Community League



offers both the German Bilingual and French Immersion programmes and Patricia Heights Elementary School offers English programming. The Rio Terrace Community League’s facilities include a community league building, skating rink, and tennis courts. Two playgrounds located in Rio Terrace and Patricia Heights were rebuilt in 2004 and 2005. We are directly connected to the Laurier Heights community through a walking bridge from Quesnell Heights that crosses the Whittemud freeway. The Westridge Wolf Willow Country Club Community League promotes active living with a gymnasium/hall, skating rink, tennis courts, basketball hoops and two playgrounds. Bounded by Patricia Heights Ravine, 170th Street, the historic Edmonton Country Club and the North Saskatchewan River, this beautiful residential neighbourhood has an abundance of trails, paths and stairways leading to the River Valley for everyone to enjoy.

*Get Up, Get Out and Get Active.*

Two Community Leagues are represented on this map: Rio Terrace Community League and the Westridge Wolf Willow Country Club Community League. These communities are located along the north edge of the North Saskatchewan River. Spectacular river valley views, as well as large green spaces and riverbank viewpoints are cornerstones of these fantastic communities. Patricia and Wolf Willow Ravines are hidden jewels in our communities with their expansive ravine trails and amazing wildlife. These areas are enjoyed by walkers, runners and cyclists alike. Rio Terrace is a diverse mature neighbourhood that encompasses three communities: Rio Terrace, Quesnell Heights, and Patricia Heights. These diverse mature communities take pride on having a strong sense of civic involvement and being a wonderful place to raise a family. The heart of Rio Terrace is the Community League, two elementary schools & playgrounds, which are active hubs of community activities and events. The Rio Terrace School



Wolf Willow Ravine Bridge and Stairs



# Rio Terrace Westridge

## Legend

- Accessible Route
- Bus Stop
- Bluphone
- Childcare Centre
- Coffee Shop
- Community Centre
- Golf Course
- Late Night Store
- Medical
- Off-Leash Area
- Pharmacy
- Picnic Site
- Place of Worship
- Playground
- Point of Interest
- Recreation Facility
- Restaurant
- Rest Stop
- Scenic Viewpoint
- School
- Shopping Area
- Skating Rink
- Sports Field
- Tennis Court
- Toboggan Hill
- Tourist Attraction

- Commercial
- Parkland
- Residential Area
- Stairs
- Crosswalk with Signal
- Bridge
- Gravel Trails
- On Street Bike Route
- Roadway
- Shared Use Pathway
- Sidewalk
- Sample walking routes 3.7 km
- Sample walking routes 5 km
- Sample walking routes 5.2 km
- Sample walking routes 6.5 km

