

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. Check out our website for links to other walking resources, maps, walking groups and places to walk in Edmonton.

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

Other Walking Resources

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

Canada Walks
www.canadawalks.ca

Information on Dog Walking in Edmonton
www.edmonton.ca/pets



Shape
(Safe Healthy Active People Everywhere)

www.shapeab.com
Get involved with Walk to School Week and Walking School Bus Programs

info@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 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

Riverdale Community League
9231 – 100 Avenue Edmonton
www.riverdaliens.net

Riverdale School
8901 – 101 Avenue.
Phone: 780-425-7600
www.riverdale.epsb.ca

Stanley A Milner Branch Edmonton Public Library
7 Sir Winston Churchill Square
Phone: 780-496-7000

Commonwealth Community Recreation Centre
11000 Stadium Road
Phone: 311

Weather
780-468-4940

City Information
Call 311
311@edmonton.ca

Emergency Contacts

Police/Ambulance/Fire
911

Police Complaint Line
780-423-4567

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Community Walking Map

Riverdale 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



— Allan Shute, Riverdale Historian

Funding for this project provided by Great Neighbourhoods
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townhomes reduce the impact of denser infill on established streetscapes, while single-family homes with welcoming front porches maintain the pedestrian-friendly feel of this historic quarter.
Shared by strollers, joggers, cyclists and local wildlife, the riverside path that borders Riverdale is ample testimony that homes and parks easily share the valley to the benefit of all.

feel of a small town in a park-like setting. A strong neighbourhood emerged, a healthy mix of labourers, tradesmen and business owners.
A happy hodgepodge of housing types developed: Examples of coal miner shacks survive alongside cosy brick dwellings, craftsmen-style homes and every imaginable form of duplex. Architectural diversity continues to this day with inspired restorations and new homes of diverse designs. As Riverdale was one of the few districts ever to ask for public housing, affordable housing such as residential co-ops and other forms of not-for-profit homes are scattered throughout. Energy-efficient housing is on the rise using super-insulation, solar and geothermal technology.
Of note is the careful integration of 21st-century homes on the former J.B. Little brickyard into the original community. The River Grande atop the old D.R. Fraser mill site offers inner-city condo living; the Broxton

Riverdale is located in the North Saskatchewan River valley less than a mile from the centre of Edmonton. One of the city's oldest districts, it began as an industrial suburb of the fur-trading forts situated a twenty-minute walk upstream. In the 1860s, later pioneers began panning for gold along the river. They were followed by settlers who, in the 1880s, established flour mills, lumberyards and coal mines — and a brickyard in 1891. The first residents were workers who lived nearby in bunkhouses and shacks. In the booming economy of 1905, a virtual “tent city” sprang up, and properties quickly sold to newcomers, many of whom built their own homes. Sharing a common cause, they knitted together a strong community with traditions that last to this day.
Nestled in the bend of the river and surrounded by rising cliffs of the river valley, the district doesn't touch on any other residential area, lending it the



House of pioneer brickmaker J.B. Little



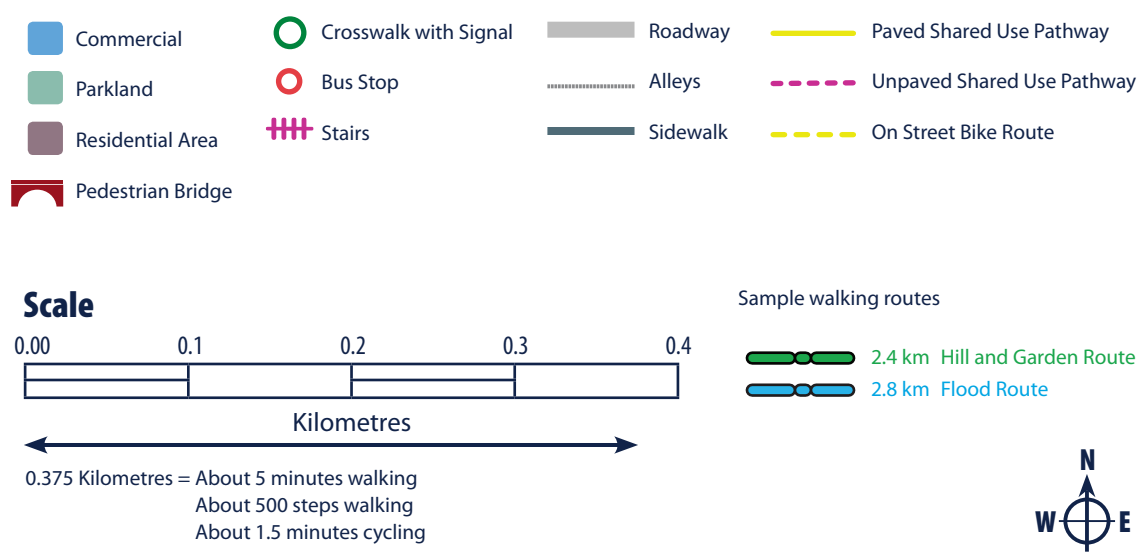
The Labyrinth



Tree Frog Corner



Dragon Boat Dock



Riverdale Legend

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|------------------|-------------------|----------------------------|------------------|--------------------|
| BluPhone | Heritage Building | Playground | Public Washroom | Skateboard Park |
| Coffee Shop | Late Night Store | Point of Interest | Recycling Centre | Sports Fields |
| Community Garden | Off-Leash Area | Police | Rest Spot | Spray Deck |
| Community Hall | Pharmacy | Post Box/Post Office | Restaurant | Toboggan Hill |
| Fire-Ambulance | Picnic Site | Public Art/Monument/Statue | Scenic Viewpoint | Tourist Attraction |
| Golf Course | Place of Worship | Skating Rink | | |



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EDMONTON

THE CITY OF
Edmonton