



Stony Plain Road Area

## 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](http://www.activedmonton.ca)  
780-496-1144

## 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](http://www.edmonton.ca/walkable)  
780-944-5339



Canora

## Shape (Safe Healthy Active People Everywhere)

[www.shapeab.com](http://www.shapeab.com)

Get involved with Walk to School Week and Walking School Bus Programs

[edmonton@shapeab.com](mailto:edmonton@shapeab.com)  
780-406-8530

Glenwood Community was founded in 1939. It boasted a membership of 160 families within a year of formation. The league was a part of the Jasper Place Association of Community Leagues until 1964 when the Town of Jasper Place was amalgamated with Edmonton.

West Jasper Place Community League formed in 1950, the year before the West Jasper Place village joined the Town of Jasper Place. The league voted in favor of amalgamation with Sherwood Community in 1985 to combine the two leagues into one strong organization.

These four communities have always promoted active living with the construction of community halls for programs, playgrounds and outdoor skating rinks. These facilities located near the centre of each community, bring neighbours together to enjoy walking, cycling, skateboarding, soccer, baseball, basketball, cross country skiing or skating. Enjoy all your community has to offer!

Walking is still the number one fitness activity. This map includes walking routes through all the communities as well as the business area on Stony Plain Road. We invite you to get out and walk, meet your neighbours and see what the neighbourhood has to offer!

## The Benefits of Walking

### Walking . . . a healthy journey!

Ranked the number one activity of choice among Canadians, walking is the 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!**

The original town of Jasper Place included the four communities of Canora, Britannia/Youngstown, Glenwood and West Jasper Place.

In the early 1900’s, Jasper Place was on the west boundary (149 street) of the City of Edmonton. It was home to a few hundred people many who homesteaded. After the Second World War, Edmonton’s growing population spilled into the hamlet of Jasper Place and pushed the population up to 8900 people. In 1964 Jasper Place amalgamated with the City of Edmonton. Stony Plain Road is still the main street that connects the downtown to the west end.

Britannia Youngstown Community was founded in 1959. It was founded when the new residential areas of the City were being developed. The large numbers of baby boomers and their families were interested in recreational programs and formed a community league.

Canora Community is named after the old Canadian Northern Railway. It is one of the oldest community leagues (1949) in Jasper Place and was a member of the Jasper Place Association of Community leagues until the town was amalgamated to Edmonton in 1964.

## Local Contacts

**Stony Plain Road Business Revitalization Zone**  
10043 – 151 Street  
780-477-5169  
[stonyplainbrz@telus.net](mailto:stonyplainbrz@telus.net)

**Britannia Youngstown Community League**  
15927 – 105 Avenue T5P 0T8  
780-483-8983  
[byclpresident@hotmail.com](mailto:byclpresident@hotmail.com)

**Canora Community League**  
10425 – 152 Street T5P 4P1  
780-489-6007

**Glenwood Community League**  
16430 – 97 Avenue T5P 0E8  
780-489-7571  
[glenwoodcommunity@hotmail.com](mailto:glenwoodcommunity@hotmail.com)

**West Jasper/ Sherwood Community League**  
9620 – 152 Street T5P 4N9  
780-489-2815

**West Division Police Station**  
16506 – 100 Avenue  
Edmonton, AB T5P 4Y2  
780-426-8000

**Weather**  
780-468-4940

**City Information**  
Call 311

## Emergency Contacts

**Police/Ambulance/Fire**  
911

**Police Complaint Line**  
780-423-4567

## Walking Resources

**Alberta Centre for Active Living**  
[www.centre4activeliving.ca](http://www.centre4activeliving.ca)  
780-427-6949

**Canada Walks**  
[www.canadawalks.ca](http://www.canadawalks.ca)

  
**activedmonton.ca**



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# Community Walking Map

## Stony Plain Road — Britannia Youngstown, Canora, Glenwood, West Jasper Place 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, 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](mailto:Walkableedmonton@edmonton.ca)  
780-944-5339

[www.activedmonton.ca](http://www.activedmonton.ca)  
780-496-1144



Tai Chi in Butler Park



# Stony Plain Road

## Legend

- Bakery
- Book Store
- Bus Stop
- Childcare Centre
- Coffee Shop
- Community Garden
- Community Centre
- Crosswalk with Audible Signal
- Crosswalk with Signal
- Grocery Store
- Hotel
- Late Night Store
- Medical
- Pharmacy
- Playground
- Point of Interest
- Police
- Recycling Centre
- Restaurant
- Rest Stop
- School
- Skating Rink
- Sports Field
- Swimming Pool

