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/walkedmton
780-944-5339

Other Walking Resources

Alberta Centre for Active Living
centreactiveliving.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
shapeab.com
UWALK .ca
UWALK.ca

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. With 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.

Local Contacts

Bonnie Doon Community League
9300 – 93 Street
Edmonton, Alberta T6C 1G6
780-466-0202
bonniedoonca

Cloverdale Community League
9401 – 97 Avenue
Edmonton, Alberta
780-465-0306
cloverdalecommunity.com

Strathcona Community League
8777 – 96 Avenue
Edmonton, Alberta
strathconacommunityleague.org

Idylwyde Branch
Edmonton Public Library
8310 – 88 Avenue
Edmonton, Alberta T6C 1L1
780-496-1808

Bonnie Doon Leisure Centre
8648 – 81 Street
Edmonton, Alberta
311
edmonton.ca

Walking Resources

Alberta Centre for Active Living
centreactiveliving.ca
780-427-6949
Canada Walks
canadawalks.ca

About 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.

Walkedmonton@edmonton.ca
780-944-5339

Funding for this project provided by Great Neighbourhoods

Community Walking Map
Bonnie Doon, Cloverdale and Strathearn

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 show 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!

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