

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

## Other Walking Resources

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

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

**UWALK**  
[UWALK.ca](http://UWALK.ca)

## Shape (Safe Healthy Active People Everywhere)

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

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

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

Haddow playground

## 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.



Falconer Heights Park

## 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](http://edmonton.ca) (keyword off-leash)

**There are 1,440 minutes in a day,  
schedule 30 of them for walking!**

## Local Contacts

### The Ridge Community League

Mail: Terwillegar Postal Outlet  
P.O. Box 21063  
584 Riverbend Square  
Edmonton, AB, T6R 2V4  
[info@theridgeonline.ca](mailto:info@theridgeonline.ca)  
[theridgeonline.ca](http://theridgeonline.ca)

### Facebook:

[facebook.com/pages/Edmonton-AB/The-Ridge-Community-League/49491149301](https://facebook.com/pages/Edmonton-AB/The-Ridge-Community-League/49491149301)

### TRAC (Terwillegar Riverbend Advisory Council)

[tracspirit.ca](http://tracspirit.ca)

### Terwillegar Community Recreation Centre

2051 Leger Road  
311

### Edmonton Public Library Riverbend Branch

460 Riverbend Square NW  
780-944-5311  
[epl.ca](http://epl.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.

[Walkedmonton@edmonton.ca](mailto:Walkedmonton@edmonton.ca)  
780-944-5339

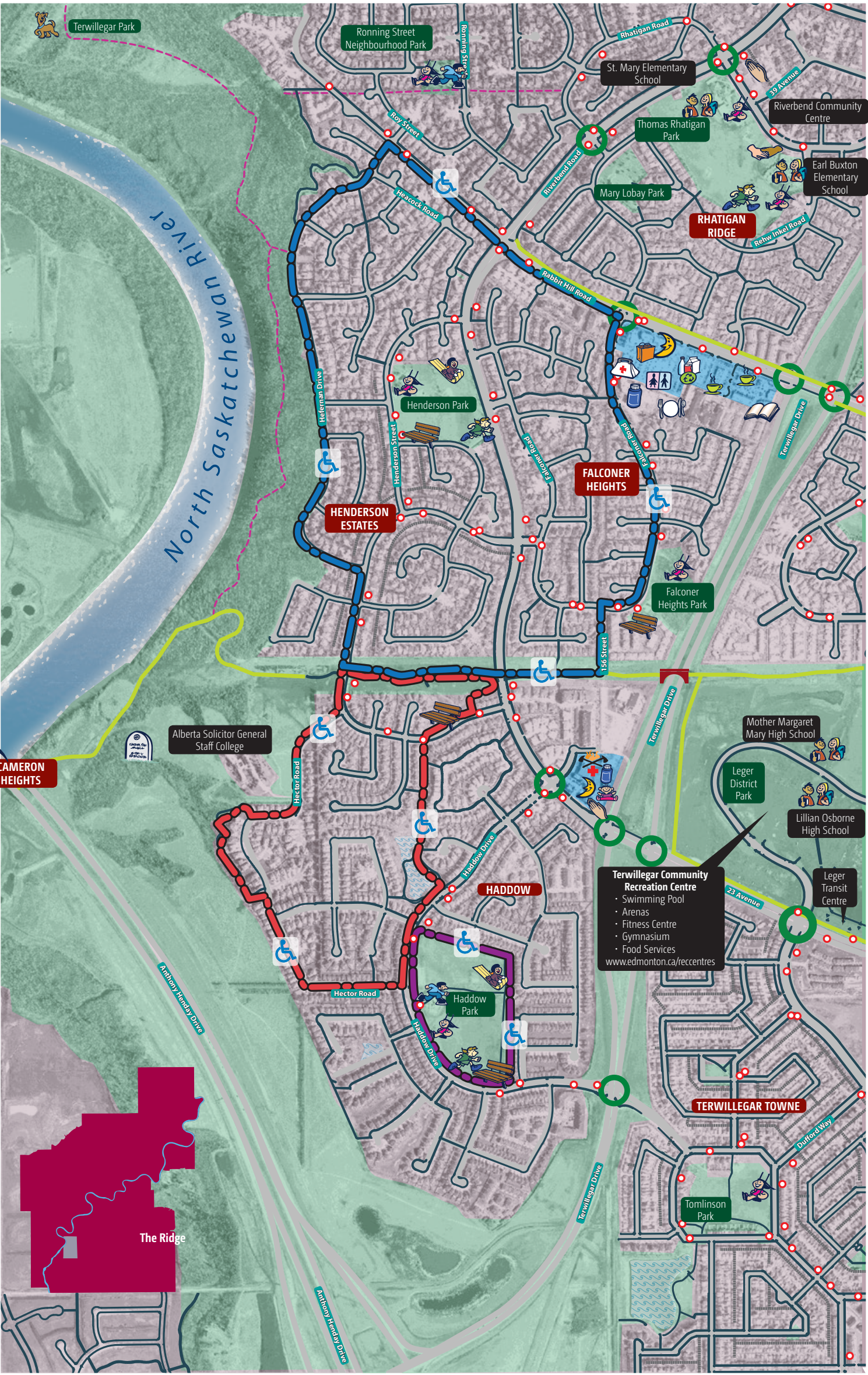


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## COMMUNITY WALKING MAP

# The Ridge Haddow, Henderson Estates and Falconer Heights





# THE RIDGE

## Legend

- Accessible Route
- Cemetery
- Childcare Centre
- Coffee Shop
- Community League Hall
- Fire/Ambulance
- Grocery Store
- Health Centre/ Medical
- Late Night Store
- Library
- Pharmacy
- Place of Worship
- Playground
- Public Washroom
- Recycling Centre
- Rest Stop
- Restaurant
- School
- Skating Rink
- Sports Fields
- Toboggan Hill

Commercial

Dry Pond

Parkland

Residential Area

Bridge

Crosswalk with Signal

Crosswalk with Audible Signal

Bus Stop

On Street Bike Route

Paved Shared Use Pathway

Unpaved Shared Use Pathway

Sample walking routes

4.3 km

3.2 km

1.2 km

N  
W E S

Scale

0.0 0.1 0.2 0.3 0.4 0.5

Kilometres

0.375 Kilometres = About 5 minutes walking  
About 500 steps walking  
About 1.5 minutes cycling

## The Ridge Community League — Community Walking Map

### Henderson Estates, Falconer Heights and Haddow



The Ridge Community League was incorporated in 1994 from the pre-existing River Ridge Neighbourhood Improvement Society founded in 1989. Initially the league only included Henderson Estates but slowly grew with the addition of the Falconer Heights neighbourhood in 1997 and Haddow in 2003. The Ridge community is bordered by Rabbit Hill Road on the north, Terwillegar Drive on the east, Anthony Henday Drive on the south and the North Saskatchewan River on the west. The walkways and roadways in these neighbourhoods provide easy access to the River Valley to the west.

Adjacent to the Ridge and included on this map are the Riverbend, Brookview and Terwillegar community leagues (look for Riverbend's walking map as well). Across the river, Cameron Heights and Wedgewood neighbourhoods can be accessed by foot via the pedestrian bridge under the Anthony Henday Drive River Crossing.

Like other community leagues, The Ridge Community League promotes healthy, active living for all. Outdoor parkland facilities include:

- three city parks — Henderson, Falconer Heights and Haddow

- a major east-west multi-use trail corridor with a pedestrian bridge over Terwillegar Drive
- an undeveloped section of the river valley with many natural trails, and
- Terwillegar Park, a city wide park.

The three city parks have been redeveloped recently and offer space for outdoor recreation. The parks have benches and trails, soccer fields, ball

diamonds, tobogganing hills and wide open spaces for kite flying or anything else one can think of. The Ridge Community League invites you to enjoy the outdoors in all seasons. Get out and get active!

