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



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 (HDLs).

Local Contacts

780-436-6987

23 Fairway Drive

4211 – 106 Street

780-496-1822

Weather

911

Printed 2012

780-468-4940

Emergency Contacts

Police/Ambulance/Fire

780-496-8550

119 Street & 38 Avenue

Duggan Community League

www.duggancommunity.ab.ca

Edmonton Public Library —

Whitemud Crossing Branch

3728-106 Street NW, Edmonton, AB

Membership@duggancommunity.ab.ca

EPS Fairway Community Police Station

145 Whitemud Crossing Shopping Centre

City Information

311@edmonton.ca

780-423-4567

Police Complaint Line

Edmönton

Call 311

Other benefits of walking:

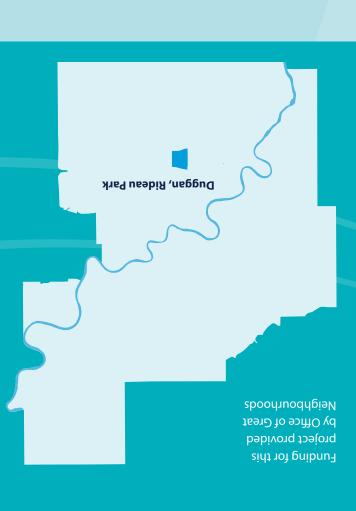
- Releases the body's tension and stress.
- Refreshes the mind and body, especially when walking outdoors.
- Allows you to connect with your community.
- Offers an excellent way to socialize with family and/or friends.
- Increases "eyes on the street", enhancing community safety.

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!



Enjoy walking our beautiful community!

Duggan is the neighbourhood of Rideau Park, named after Rideau Hall, the official residence in Ottawa of the Governor General of Canada. The Duggan Community League Hall was completed in 1975 and serves as the hub of the community, supporting a wide range of programs, sports and activities.

Federation of Community Leagues. Just north of

Community Walking Map

Duggan, Rideau Park 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.

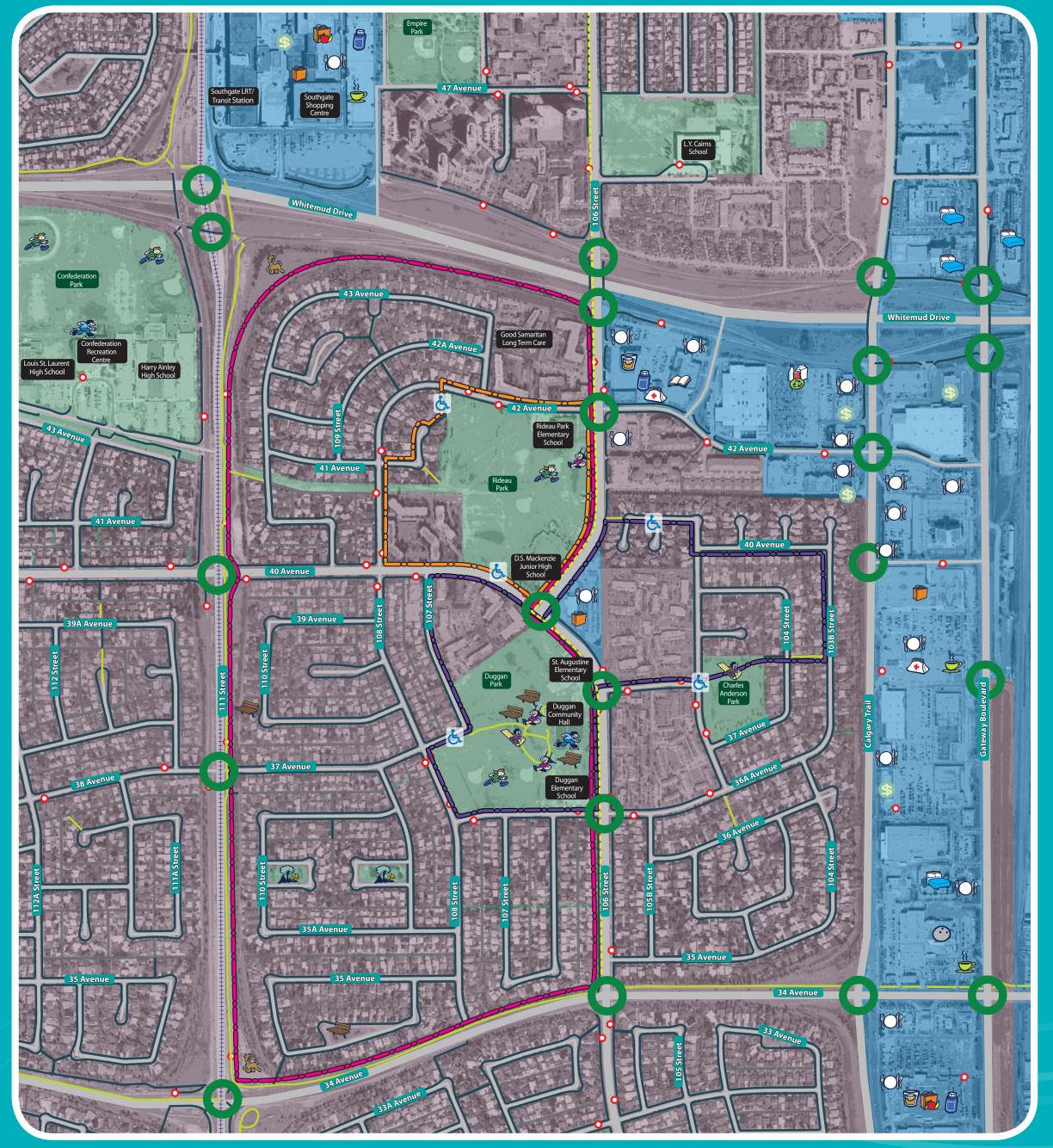
Walkableedmonton@edmonton.ca 780-944-5339





he supported the formation of the Edmonton of the new community league movement. In 1921 was the Mayor of Edmonton and a strong supporter neighbourhood. In the early 1920s D.M. Duggan part of the land that now makes up the Duggan 1902 and again from 1908 – 1910. He also owned and served as the City of Strathcona's Mayor in was proprietor of a farm machinery business in Edmonton around the early 1900s. J.J. Duggan relates to the Duggan Family which was prominent of the Community League and neighbourhood excellent retail and other amenities. The name Residents are within a short walking distance of programs including a German immersion option. diversity. The local schools offer a range of that reflect a unique social fabric and a welcome Duggan and Rideau Park are two neighbourhoods

Duggan/Rideau Park



Duggan, Rideau Park Legend







Pharmacy





Coffee Shop



Grocery Store



Hotel



Liquor Store



Off-Leash Area

Library





Playground



Restaurant



Recycling Centre



Rest Spot



Shopping Area Skating Rink



Sports Fields



Toboggan Hill



Park



Sample walking routes

_ _ _ On Street Bike

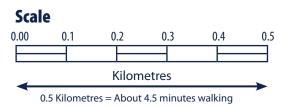


4.7 km



Sidewalk

----- LRT Track



About 2 minutes cycling





