Community Walking Map

Crestwood, Parkview and Laurier Heights Walking Map

Communities on Foot 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

About the Communities on Foot Map Series

The Communities of Crestwood, Parkview and Laurier Heights are vibrant, growing neighbourhoods walking, biking or running through these mature communities, with new homes rapidly filling the streets. Treed boulevards, playgrounds and sports fields bring families together for fun.

The common threads of location, age and proximity to the North Saskatchewan River Valley, affording a beautiful view of the valley, downtown Edmonton and the occasional coyote, snake, deer, beaver, muskrat or moose.

These communities are also favorable for those who want quick access to the downtown core and the south side.

Local Contacts
Crestwood:
14325 – 96 Avenue
780-452-4254
www.crestwood.ab.ca

Parkview:
9135 – 146 Street
780-483-5503
www.pvcl.ca

Laurier Heights:
14405 – 85 avenue
780-944-5339
www.laurierheightscommunity.ca

Weather
780-468-4940
City Information
Call 311
311@edmonton.ca

Emergency Contacts
Police/Ambulance/Fire
911
Police Complaint Line
780-423-4567

Walking Resources
Alberta Centre for Active Living
www.centrefactiveliving.ca
780-427-6949

Canada Walks
www.canadawalks.ca

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

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.

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.

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.