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@shapeab.com

Bus Programs
Get involved with Walk to School Week and Walking School Shape
uwalk@uwalk.ca
uwalk.ca

Safe Healthy Active People Everywhere

Shape (Safe Healthy Active People Everywhere)
shapeab.com

Get involved with Walk to School Week and Walking School
Bus Programs
edmonton@shapeab.com
780-406-8530

Other Walking Resources
Alberta Centre for Active Living
centreactiveliving.ca
780-427-6949

Canada Walks
canadawalks.ca

UWALK
uwalk.ca

The Benefits of Walking
Walking... a healthy journey!

Walking is ranked the number one activity of choice among Canadians, walking is a prescription for improved health and wellness. Walking 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.

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

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.
walkedminton@edmonton.ca
780-944-5339
Due to the many commercial destinations along the border roads (i.e. 99 Street, 82 Avenue, 63 Avenue and 75 Street) we cannot illustrate them all.