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
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)
www.shapeab.com
Get involved with Walk to School Week and Walking School Bus Programs
info@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).

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 show on this map 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!

Local Contacts
Riverdale Community League
5901 – 100 Avenue
Edmonton
riverdalians.net
Riverdale School
8901 – 101 Avenue
780-425-7500
riverdale-school.ca
Stanley A Milner Branch
Edmonton Public Library
7 Sir Winston Churchill Square
780-496-7000
Commonwealth Community Recreation Centre
11200 Stadium Road
311

Weather
780-468-0140
City Information
Call 311

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

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

Funding for this project provided by Great Neighbourhoods
Contributors:
Allan Shute, David Edey, Wendy Edey, Ron Kelly and Gillian Austin

The Community of Riverdale
Riverdale is located in the North Saskatchewan River valley less than a mile from the centre of Edmonton. One of the established flour mills, lumberyards and coal mines — and fur-trading forts situated a twenty-minute walk upstream. The first residents were workers who lived nearby in mining camps and fish camps. In the booming economy of 1905, a virtual “tent city” sprang up, and properties quickly sold to newcomers, many of whom built their own homes. Sharing a common cause, they knit together a strong community with traditions that last to this day.

In the 1860s, later pioneers began panning for gold along the riverbanks and the top of the river valley, receiving gold dust and nuggets from the passing fur traders. The first residents were workers who lived nearby in mining camps and fish camps. In the booming economy of 1905, a virtual “tent city” sprang up, and properties quickly sold to newcomers, many of whom built their own homes. Sharing a common cause, they knit together a strong community with traditions that last to this day.

In the 1860s, later pioneers began panning for gold along the riverbanks and the top of the river valley, receiving gold dust and nuggets from the passing fur traders. The first residents were workers who lived nearby in mining camps and fish camps. In the booming economy of 1905, a virtual “tent city” sprang up, and properties quickly sold to newcomers, many of whom built their own homes. Sharing a common cause, they knit together a strong community with traditions that last to this day.

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.

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 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!

Local Contacts
Riverdale Community League
5901 – 100 Avenue
Edmonton
riverdalians.net
Riverdale School
8901 – 101 Avenue
780-425-7500
riverdale-school.ca
Stanley A Milner Branch
Edmonton Public Library
7 Sir Winston Churchill Square
780-496-7000
Commonwealth Community Recreation Centre
11200 Stadium Road
311

Weather
780-468-0140
City Information
Call 311

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

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

Funding for this project provided by Great Neighbourhoods
Contributors:
Allan Shute, David Edey, Wendy Edey, Ron Kelly and Gillian Austin

The Community of Riverdale
Riverdale is located in the North Saskatchewan River valley less than a mile from the centre of Edmonton. One of the established flour mills, lumberyards and coal mines — and fur-trading forts situated a twenty-minute walk upstream. The first residents were workers who lived nearby in mining camps and fish camps. In the booming economy of 1905, a virtual “tent city” sprang up, and properties quickly sold to newcomers, many of whom built their own homes. Sharing a common cause, they knit together a strong community with traditions that last to this day.

In the 1860s, later pioneers began panning for gold along the riverbanks and the top of the river valley, receiving gold dust and nuggets from the passing fur traders. The first residents were workers who lived nearby in mining camps and fish camps. In the booming economy of 1905, a virtual “tent city” sprang up, and properties quickly sold to newcomers, many of whom built their own homes. Sharing a common cause, they knit together a strong community with traditions that last to this day.

In the 1860s, later pioneers began panning for gold along the riverbanks and the top of the river valley, receiving gold dust and nuggets from the passing fur traders. The first residents were workers who lived nearby in mining camps and fish camps. In the booming economy of 1905, a virtual “tent city” sprang up, and properties quickly sold to newcomers, many of whom built their own homes. Sharing a common cause, they knit together a strong community with traditions that last to this day.

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.

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 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!

Local Contacts
Riverdale Community League
5901 – 100 Avenue
Edmonton
riverdalians.net
Riverdale School
8901 – 101 Avenue
780-425-7500
riverdale-school.ca
Stanley A Milner Branch
Edmonton Public Library
7 Sir Winston Churchill Square
780-496-7000
Commonwealth Community Recreation Centre
11200 Stadium Road
311

Weather
780-468-0140
City Information
Call 311

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

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

Funding for this project provided by Great Neighbourhoods
Contributors:
Allan Shute, David Edey, Wendy Edey, Ron Kelly and Gillian Austin
The Old Dutch Settlement area south of 87th Street has homes dating back to the early 20th century. The property of the sole remaining river lot at 9917 – 87 Street extends to the high-water mark.