

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



Canada Day Pancake Breakfast (Michael Phair and Ben Henderson)

Shape

(Safe Healthy Active People Everywhere)

www.shapeab.com

Get involved with Walk to School Week and Walk to School 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 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!**

Local Contacts

Oliver Community League

10326 – 118 Street
communication@olivercommunity.com
@OCLYEG on Twitter
Oliver Community League on Facebook
www.olivercommunity.com

Stanley A. Milner Branch Edmonton Public Library

7 Sir Winston Churchill Square
T5J 2V4
780-496-7000

124th Street Business Association

#202, 10715 – 124 Street
780-413-6503
www.124street.ca

Gallery Walk

www.gallery-walk.com/

High Level Bridge Streetcar

www.edmonton-radial-railway.ab.ca
780-437-7721
BridgeCharter@edmonton-radial-railway.ab.ca

Edmonton Senior Centre

3Y, 11111 Jasper Avenue
www.edmontonseniorscentre.ca
780-342-8625

Oliver Historical Walking and Driving Tour (1993) is available online.

www.edmonton.ca/city_government/documents/OliverWalkingTour.pdf

Weather

780-468-4940

City Information

Call 311
311@edmonton.ca

Emergency Contacts

Police/Ambulance/Fire
911

Police Complaint Line
780-423-4567

Funding for this project provided by Great Neighbourhoods



Printed 2013



Community Walking Map

Oliver Communities on Foot Series



Oliver Community League Hall (10326 – 118 Street)

About the Communities on Foot Map Series

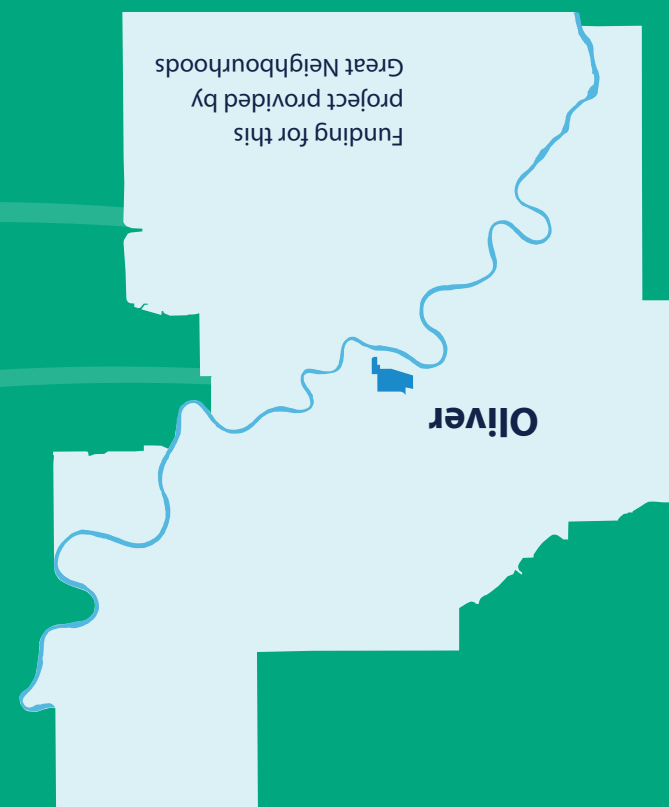
The Communities on Foot series are walking guides, created as a joint project of Walkable Edmonton and local Community Leagues to promote walkable communities.

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



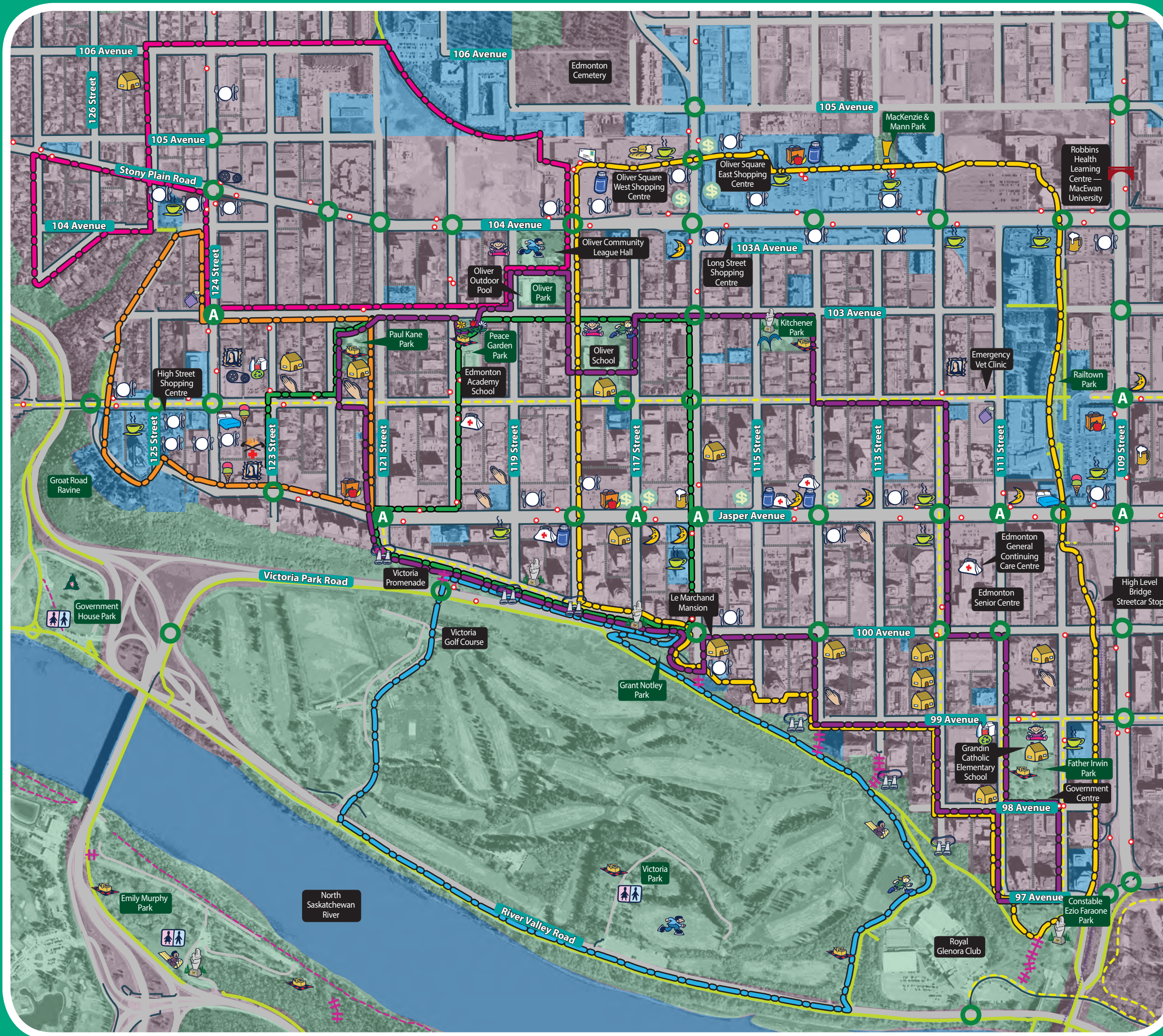
Victoria Promenade



Funding for this project provided by Great Neighbourhoods

The Oliver Community League was formed in 1922 and by 1923 had encouraged the Gyro Club to provide playground equipment at Kitchener Park. Oliver Outdoor Pool was built in 1924 for residents to relax and unwind. The first ski hill was in Oliver as was the Glenora Skating and Tennis Club; the Braemar Badminton Club and the Royal Curling Club. The three clubs amalgamated in 1961 and moved to the Royal Glenora Club in the river valley. Also in 1961, Molson's Brewery donated its lawn bowling clubhouse to the Oliver Community League which was moved to its current site and still serves as the Oliver Hall.

Old Oliver, originally known as the West End, was renamed in 1937 after the West End Community League changed its name to Oliver Community League. It is a mature, walkable neighbourhood with beautiful tree-lined streets, stunning view of the river valley, nine parks, seven centers of worship, three schools, and many amenities for its diverse group of residents to enjoy like shopping, coffee/tea shops, transit, etc. Oliver was bound by three rail lines: CN, CPR, and EY&PR (Edmonton, Yukon & Pacific Railway). The EY&PR ran along the embankment above Victoria Golf Course to Great Bridge then north along Wadhurst Road to 106 Ave, east to the CN yards.



Oliver Legend

- | | | | |
|--|------------------------|--|----------------------------|
| | Art Gallery/Studio | | Pharmacy |
| | Bakery | | Picnic Site |
| | Bank | | Place of Worship |
| | Bike Shop | | Point of Interest |
| | Bookstore | | Post Office |
| | Childcare Centre | | Pub |
| | Coffee Shop | | Public Art/Monument/Statue |
| | Community Garden | | Public Washroom |
| | Fire-Ambulance | | Restaurant |
| | Grocery Store | | Recycling Centre |
| | Health Centre/Medical | | Scenic Viewpoint |
| | Heritage Building | | Skating Rink |
| | Heritage/Memorial Tree | | Sports Fields |
| | Hotel | | Spray Deck |
| | Ice Cream Shop | | Toboggan Hill |
| | Late Night Store | | |

- | | | | |
|--|-------------------------------|--|----------------------------|
| | Commercial | | Streetcar Line |
| | Parkland | | On Street Bike Route |
| | Residential Area | | Paved Shared Use Pathway |
| | Crosswalk with Signal | | Unpaved Shared Use Pathway |
| | Crosswalk with Audible Signal | | Roadway |
| | Bus Stop | | Alleys |
| | Stairs | | Sidewalk |
| | Pedestrian Bridge | | |

- Sample walking routes
- | | | |
|--|--------|---------------------|
| | 2.2 km | West Oliver |
| | 2.3 km | Seniors Route |
| | 2.5 km | Park Route |
| | 3.4 km | Groat Estates |
| | 4.7 km | River Valley Stroll |
| | 5.1 km | East Oliver |

Scale

0.00 0.1 0.2 0.3 0.4 0.5

Kilometres

0.5 Kilometres = About 4.5 minutes walking
About 660 Steps
About 2 minutes cycling



Oliver Elementary School/Nellie McClung Junior High (built 1910 – 11)
10227 – 118 Street



Oliver Skyline (looking west)



Parish of Christ Church Anglican (12116 – 102 Avenue)



Peace Garden Park/Community Garden (10289 – 120 Street)



Tree-lined street (121 Street looking south)

