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
780-494-5339

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)
Shapeab.com
Get involved with Walk to School Week and Shapeab.com
info@shapeab.com
780-406-8530

Walk to School Programs
Get involved with Walk to School Week and shapeab.com
Walk to School Week – Canada Walks
780-451-4016
hall@athlone.ca
Wellington Park Community League
13086 – 132 Street
wellingtonepark.cc
780-454-9790

Northwest Edmonton Seniors Society
12963 – 120 Street
execalc@telus.net
calderseniors.org

Calder Branch – Edmonton Public Library
12522 – 132 Avenue
780-496-7090
EPL.ca

Grand Trunk Fitness & Centre
13025 – 112 Street
311
311@edmonton.ca

Edmonton Police Service
Calder Community Station
12246 – 11 Avenue
780-468-8535
Weather
780-468-4940
City Information
Call 311

Emergency Contacts
Police/Ambulance/Fire
911
Police Complaint Line
780-427-6949

Funding for this project provided by Great Neighbourhoods

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 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 (keyword off-leash).

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.
Walkedmonton@edmonton.ca
780-944-5339

Funding for this project provided by Great Neighbourhoods

Front Yards in Bloom 2014 entry from Wellington Park

Wellington Park
136 St & 134 Ave

Wellington Park Community League
136 St & 134 Ave
wellingtonpark.cc
13440 – 132 Street
League
Wellington Park Community
13440 – 132 Street
hall@athlone.ca
13010 – 129 Street
Athlone Community League
13010 – 129 Street
athlone.ca
780-451-4016
hall@athlone.ca

Grand Trunk Fitness & Centre
13025 – 112 Street
311
311@edmonton.ca

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ATHLONE, DUNVEGAN AND WELLINGTON PARK

Legend

- Accessible
- Heritage Building
- Antique Shop
- Liquor Store
- Bank
- Movie Theatre
- Bowling
- Off Leash Area
- Childcare Centre
- Pharmacy
- Coffee Shop
- Playfield
- Community Garden
- Restaurant
- Community Hall
- School
- Convenience Store
- Skating Rink
- Fire/Ambulance
- Sports Fields
- Grocery Store
- Spray Deck
- Toboggan Hill

Sample walking routes

- 2.2 km Athlone Park Tour
- 2.3 km Dogwalk (return)
- 2.4 km Wellington Garden Tour
- 2.7 km Bob’s Walk

Scale

0.00 0.1 0.2 0.3 0.4 0.5

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

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