Walkable Edmonton
Walkable Edmonton is an initiative bringing Edmontonians together to build a more walkable community by providing grassroots 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

UWALK
www.UWALK.ca

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 1,444 minutes in a day, schedule 30 of them for walking!

Local Contacts
Balwin Community League Hall
76 Street & 128 A Ave
Edmonton, AB T5J 6E6
780-473-2135

Belvedere Community League Hall
13223 – 62 Street
Edmonton, AB T5A 0V5
780-476-1224

Delwood Community League Hall
7515 Delwood Road
Edmonton, AB T5E 3A9
780-406-9022
delwood.ca
facebook.com/DelwoodAGreatPlaceToGrow

Fort Road and Area Business Association
780-472-2562
fortroad@telusplanet.net

Londonderry Fitness & Leisure Centre
14528 – 66 Street
311
www.edmonton.ca

Londonderry Branch - Edmonton Public Library
110 Londonderry Mall – 137 Avenue & 66 Street
780-496-1814
www.epl.ca

North Division Station — Edmonton Police Service
14,203 – 50 Street
780-423-4567

Weather
780-468-4940

City Information
Call 311
311@edmonton.ca

Police/Ambulance/Fire
911

Police Complaint Line
780-423-4567

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Great Neighbourhoods

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Balwin, Belvedere and Delwood
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