Walk Edmonton
Walk Edmonton is an initiative that develops and shares maps and resources to facilitate and promote walking for both recreation and as active transportation. Visit our website for links to other walking resources and maps
edmonton.ca/walkedmonton
@WalkEdmonton
780-944-5339

Other Walking Resources
Alberta Centre for Active Living
centreactiveliving.ca
780-492-4863
Canada Walks
canadawalks.ca
Live Active Strategy 2016 – 2026
Quality active recreation and sport opportunities for all makes Edmonton a desirable city in all four seasons in which to live, learn, work and, most importantly play.
This strategy provides a road map for supporting the active recreational and sporting needs of all Edmontonians.
edmonton.ca/liveactive

UWALK
UWalk.ca
Shape (Safe Healthy Active People Everywhere)
shapeab.com
Get involved with Walk to School Week and Walking School
shapeab.com
Shape (Safe Healthy Active People Everywhere)
UWALK.ca
UWALK
edmonton.ca/walkedmonton

Bus Programs
Get involved with Walk to School Week and Walking School
shapeab.com
Shape (Safe Healthy Active People Everywhere)
UWALK.ca
UWALK
edmonton.ca/walkedmonton

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.

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.
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Walk 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. There are no off-leash areas within Baturyn, Canossa, Chambery, Elsinore and Rapperswill. For more information on off-leash areas around the city, including details on 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!