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
centre4activeliving.ca
780-427-6949
Canada Walks
canadawalks.ca

Shape (Safe Healthy Active People Everywhere)
shapeab.com
Get involved with Walk to School Week and Walking School Bus Programs
edmonton@shapeab.com
780-426-8930

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 you’ll reduce 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 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.

Local Contacts

Bonnie Doon Community League
5200 – 93 Street
Edmonton, Alberta T6C 1T6
780-486-6002
bonniedoon.ca

Cloverdale Community League
9411 – 97 Avenue
Edmonton, Alberta
780-485-0306
cloverdalecommunity.com

Strathcona Community League
8777 – 96 Avenue
Edmonton, Alberta
strathconacommunityleague.org

Walking Resources
Alberta Centre for Active Living
centre4activeliving.ca
780-427-6949
Canada Walks
canadawalks.ca

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. 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).

There are 1,440 minutes in a day. Schedule 30 of them for walking!
BONNIE DOON, CLOVERDALE AND STRATHEARN

Legend

Accessible Route
Art Gallery/ Studio
Bakery
Bank
Bike Shop
BMX Park
BluPhone
Bowling Alley
Childcare Centre
Café
Community Garden
Community League Hall
Fire/Ambulance
Grocery Store
Health Centre
Heritage Building
Late Night Store
Library
Park
Pharmacy
Picnic Site
Place of Worship
Playground
Point of Interest
Post Office
Public Art/ Monument/ Statue
Public Washroom
Recycling Centre
Restaurant
Scenic Viewpoint
School
Shopping Area
Skating Rink
Sports Fields
Spray Park
Swimming Pool
Tennis Court
Theatre
Toboggan Hill
Tourist Attraction

Sample walking routes

0.5 km 1.0 km 1.5 km 2.0 km 2.5 km 3.0 km 3.5 km

Due to the many commercial destinations along the border roads (i.e. 99 St., 82 Ave.) we cannot illustrate all.

Scale

0.00 0.10 0.20 0.30 0.40 0.5

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

WALK EDMONTON

Mill Creek Ravine (Photo Credit: Donnasrivervalley.com)

Muttart Conservatory
Edmonton Folk Music Festival