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.

There are 1,440 minutes in a day, schedule 30 of them for walking!

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 shown 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 Grass roots resources and building civic support. Check out your website for links to other walking resources, maps, and health services.

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
780-944-5399

Carter Crest, Hodgson, Leger, Ogilvie Ridge

The name of Whitemud Creek was noted in 1858 by Dr. James Hector of the Palliser Expedition. The white-coloured mud found along the creek’s banks, and in the immediate vicinity, was used to white-wash the Hudson’s Bay Company buildings.

The Hodgson neighbourhood is named after John Hodgson (1888-1969), an audit clerk, city comptroller and financial commissioner for the City of Edmonton. The photograph below shows a map of the community with a dog walking path.

The Ogilvie Ridge neighbourhood is named after James H. Ogilvie (1893-1948).
Sample walking routes

- Robert Carter Loop: 1.0 km
- Garden Walk: 1.1 km
- Wetlands Nature Walk: 1.5 km
- Ravine Walk: 2.0 km
- Fitness Hill Climb: 2.7 km
- Leger Loop: 2.8 km
- Parks Crawl: 4.2 km

Legend

- Commercial
- Parkland
- Residential Area
- Alleys
- Trails
- Stairs
- Sample walking routes
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- Garden Walk: 1.1 km
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WALK EDMONTON