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).

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

Walking… a healthy journey! The Communities of Highlands, Bellevue and Virginia Park

The Communities of Highlands, Bellevue and Virginia Park

Funding for this project provided
by Great Neighbourhoods
Sample walking routes

Highlands Golf Club
The Highlands Golf Club was established more than 80 years ago in the Highlands and Belvedere communities. In the winter months, the course is popular with dog-walkers and area residents who ski, snowshoe and sled down hills.

6423 – 112 Avenue (1913)
Gibbard Block
The historic Gibbard Block, home to La Bohème Restaurant, is a prominent architectural feature of the Highlands business district.

82 Street
Sample walking routes

WALK EDMONTON

HIGHLANDS, BELLEVUE AND VIRGINIA PARK

Legend

- Antique Shop
- Boutique Hotel
- Fire-Ambulance
- Late Night Store
- Picnic Site
- Police
- Rest Spot
- Sports Fields
- Art Gallery/Studio
- Childcare Centre
- Golf Course
- Library
- Post Box/Post Office
- Scenic Viewpoint
- Spray Deck
- Bakery/Deli
- Coffee Shop
- Grocery Store
- LRT Station
- Plaque
- Public Art/
  Monument/Statue
- School
- Blu Phone
- Community Garden
- Health Centre/
  Medical
- Off-Leash Area
- Playground
- Public Washroom
- Shopping Area
- Tennis Court
- Bookstore
- ETS Bus Transit Centre
- Heritage Tree
- Hospital
- Point of Interest
- Restaurant
- Skating Rink
- Tourist Attraction

“Willow”, public art at Borden Park
Borden Park is a popular summer destination with beautiful mature trees, a new playground, refurbished bandshell, fountains, walkways and picnic shelters. This gem is also home to Edmonton’s first Sculpture park, with 11 temporary sculptures that will rotate every 2 years.

Thistle Curling Club, 6920 – 114 Avenue
The Thistle Curling Club is the oldest in Edmonton. Founded in 1920, the club has been in the Belvedere location since 1952. The Thistle hosts youth and adult leagues, and proudly hosts championship tournaments.

6210 Ada Boulevard (1912)
Historic residence of William and Ada Magrath. He was senior partner in Magrath-Holgate & Co. Ltd., real estate developers of the Highlands.

6240 Ada Boulevard (1912)
Historic residence of Bidwell Holgate, partner in Magrath-Holgate & Co. Ltd. Morehouse designed many Highlands homes, the Gibbard Block.

6215 – 64 Street (1912)
Residence of Ernest William Morehouse, architect for Magrath-Holgate & Co. Ltd.

11153 – 64 Street (1912)
Residence of Ernest William Morehouse, architect for Magrath-Holgate & Co. Ltd.