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 780-944-3339

Other Walking Resources
Alberta Centre for Active Living centre4activeliving.ca 780-427-6949
Canada Walks canadawalks.ca 780-944-5339
Walk Edmonton edmonton@shapeab.com 780-944-5339
Shape (Safe Healthy Active People Everywhere) shapeab.com
Get involved with Walk to School Week and Walking School Days at shapeab.com
Walkshape.com

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

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 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 Paws Brochure or go to edmonton.ca (keyword off-leash)

Local Contacts
Londonderry Community League 14224 – 74 Street ecl.org
Steele Heights Community League 5825 – 140 Avenue 780-475-3553 steelheightscommunityleague.com
Londonderry Mall 137 Avenue & 66 Street 780-476-1441 londonderryemail.com
Londonderry Fitness and Leisure Centre 14526 – 66 Street 311 edmonton.ca
Londonderry Branch — Edmonton Public Library 110 Londonderry Mall, 137 Avenue & 66 Street 780-496-1814 epl.ca
Northeast Division Health Centre — Alberta Health Services 14007 – 50 Street 780-342-4000 (Main Line)

Emergency Contacts
Police/Ambulance/Fire 911
Police Complaint Line 780-423-4567

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 walk 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 780-944-3339

Northeast Division Station — Edmonton Police Service 14203 – 50 Street 780-426-8100
Weather 780-468-4940
City Information Call 311

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Londonderry
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