**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/parks. The 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 get more about creating a map.

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@shapeab.com*

**Bus Programs**

Get involved with Walk to School Week and Walking School Bus Programs

*shapeab.com*

*UWALK.ca*

**Other Walking Resources**

Alberta Centre for Active Living

centreactivealiving.ca

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*

780-406-8530

**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 is an activity that you can do anywhere, anytime, and makes it easy to add some more steps to your day. For people who are sedentary and wish to start an exercise program, walking is a good low-stress option. Walking is a free activity with many benefits. There is no equipment required and no special clothes are needed. All you need is a pair of comfortable shoes and a will to get out there.

Walking... a healthy journey!

**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 get more about creating a map.

WalkEdmonton@edmonton.ca

780-944-5339

**Local Contacts**

Argyll Community League

6758 – 88 Street

Edmonton, Alberta T6E 5H6

780-456-8166

office@jeja.org

argyllcl.ab.ca

Avonmore Community League

780-35-1341

avonmore.org

admin@avonmore.org

Hazeldean Community League

9510 – 66 Avenue NW

Edmonton, Alberta T6E 4W9

780-439-0847

hazeldeanleague@shaw.ca

hazeldean.org

King Edward Park Community League

7708 – 85 Street

Edmonton, Alberta T6E 4L9

Kepmembership@gmail.com

http://kingedwardpark.org

Ritchie Community League

7727 – 98 Street

Edmonton, Alberta T6E 5C9

780-433-7137

Idlywyld Branch

Edmonton Public Library

8310 – 8 Avenue

Edmonton, Alberta T6G 1L1

780-496-1808

**Emergency Contacts**

Police/Ambulance/Fire 911

Police Complaint Line

780-423-4557
Due to the many commercial destinations along the border roads (i.e. 99 Street, 82 Avenue, 63 Avenue and 75 Street) we cannot illustrate them all.

Sample walking routes

Commercial
Parkland
Residential Area
Alleys
On Street Bike Route
Gravel Trails
Shared Use Pathway

Scale
Kilometres

0.00 0.15 0.30 0.45 0.60 0.75

0.75 Kilometres = About 10 minutes walking
About 1,000 steps walking
About 3 minutes cycling

Legend

Commercial
Parkland
Residential Area
Alleys
On Street Bike Route
Gravel Trails
Shared Use Pathway

Sidewalk
Stairs
Roadway

ARGYLL, AVONMORE, HAZELDEAN, KING EDWARD PARK, RITCHIE

Crosswalk with Audible Signal
Crosswalk with Signal
Bank
Bike Shop
Childcare Centre
Coffee Shop
Community League Hall
Fire-Ambulance
Late Night Store
Medical
Off-Leash Area
Pharmacy
Picnic Site
Playground
Point of Interest
Restaurant
Recycling Centre
Rest Spot
Scenic Viewpoint
School
Shopping Area
Skating Rink
Sports Field
Spray Park
Tennis Court
Toboggan Hill