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.
• 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!
Ernest Brown Block
The Brighton Block consists of a three-storey Edwardian-era brick mixed-use building. This building contained the studio and workshop of one of Edmonton's most notable photographers, Ernest Brown. (Photo Credit: Barb Long)

BOYLE STREET Community Plaza
Boyle Street Community Plaza is a community hub in the heart of the Boyle Street neighbourhood. (Photo Credit: Joelle Reiniger)

Young artists from iHuman Youth Society have brightened up the neighbourhood with mural and graffiti art. (Photo Credit: Barb Long)