Get involved with Walk to School Week and Walking School Shape. UWalk.ca

Walking Resources
Alberta Centre for Active Living
Walking Resources

The Benefits of Walking
Walking - a healthy journey!

Walking with your Dog

Local Contacts

Walking Maps

About the Community Walking Maps

Walks are part of series of walking activities that encourage people to get out and be active. Walks are planned by local groups and organizations. For more information contact the Community Walking Map Coordinator.