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.

Local Contacts
Westmount Community League
Westmount Community Hall
10201 122 Street NW
westmountcommunityleague.com
Facebook: Westmount Community League
Twitter: @WestmountCL

124th Street Business Association
202 – 127 Street
Edmonton, AB
T5M 0H2
P: 780-413-6503 +1.780.413.6503
info@124street.ca

Westglen School
10950 – 127 Street
T5M 0S7
westglen.epsb.ca
780-454-3449
westglen@epsb.ca

Westmount Fitness Club
2140 – 119 Ave. NW
780-451-9248
westmountfitness.com
tel:westmountfitness.com

Woodcroft Public Library
13420 – 114 Avenue NW
780-496-1830
woodcroft.library@epl.ca

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 find out more about creating a map.
WalkEdmonton@edmonton.ca
780-944-5339

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 of-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)

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

A community is a place where people come together to make decisions, work for the greater good and improve the quality of life in their area. In Edmonton, there are many opportunities to be involved with the walkable community to improve health and wellness. Building healthy communities is one of the most important social determinants of health, which affects health outcomes in all parts of the world. People living in communities have a greater opportunity to lead healthier lifestyles and enjoy better mental and physical health than those living in more isolated environments. Communities that are walkable provide people with opportunities to take advantage of the many benefits of walking, such as improved physical health, increased social interaction, and reduced stress levels. These benefits are particularly important for people who may not have access to other forms of exercise or recreation.

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124th Street was one of the original Streetcar routes that connected the growing community with downtown (City of Edmonton Archives EA-275-1153).

The Tudor mansion built in 1911 by the legendary Peace River Jim (Provincial Archives of Alberta, A877).

Once a landmark of the neighbourhood, being reborn as the MacLaren (City of Edmonton Archives EA-792-67).

The Edmonton Yukon and Pacific railway used to run right through Westmount (City of Edmonton Archives EA-10-1283).

Originally built in 1938 and destroyed by fire in 2015, the Ross will soon be reborn (City of Edmonton Archives EA-207-125).

WALK EDMONTON

Scale

0.00 0.20 0.40 0.60 0.80 1.00

Kilometres

0.75 Kilometres = About 10 minutes walking
About 2,000 steps walking
About 3 minutes cycling

Sample walking routes

- Dog Walk 0.7 km (one way)
- 109th East of City Walk 1.5 km
- Main Street 2.3 km
- Heritage Homes Walk 3.4 km
- Beth’s Best Walk 3.6 km