Walkable Edmonton
Walkable 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.
www.edmonton.ca/walkable
780-944-5339

Other Walking Resources
Alberta Centre for Active Living
www.centre4activeliving.ca
780-427-6949
Canada Walks
www.canadawalks.ca
Local Motion Project
www.edmonton.ca/localmotion
UWALK
www.UWALK.ca

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 (HDLC).

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 easy activity to do, costs very little
money and the benefits to health, fitness, and
mental well-being are priceless!

Here are some tips to keep you on track:
• For starters, take a leisurely walk around your
block. Slowly increase your walking time by
5 – 10 minutes a day until you are walking for
30 minutes. A duration of 30 minutes a day is
what you’re after but don’t stop there! Once in a
while, go for a 45 – 60 minute walk.
• Walking with a buddy can be very motivating.
• Gear up with loose clothing and proper walking
shoes. Comfort is key.
• Walking to a destination — grocery store,
mailbox, school, etc. — is a way to fill your
walking prescription of 30 minutes per day.

The Communities on Foot Map Series
The Communities on Foot series are walking guides,
created as a joint project of Walkable Edmonton
and local Community Leagues 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.
Walkableedmonton.edmonton.ca
780-944-5339

Local Contacts
Parkallen Community League
6510 – 111 Street
www.parkallen.ca
Stathcona Branch, Edmonton Public
Library
145 Whitemud Crossing
Shopping Centre
4211 – 106 Street
780-496-1828
www.spl.ca

Weather
780-468-4940
City Information
Call 311
www.edmonton.ca

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

Parkallen Community League —
Promoting a Safe & Active
Neighbourhood
Parkallen is a diverse mature neighbourhood where
the

community prides itself on being active, involved and
environmentally conscious.

The Parkallen neighbourhood was originally designed by city
planner Noel Dant, using the “English Garden Model” with the
park, community league, school, church and commercial area
at the centre of the community.

The heart of Parkallen is the Community League, School &
Park, which is an active hub of community activities and
events. The school is thronging with more than 200 students and
also houses two daycare facilities. The League is a founding
member of the Edmonton Federation of Community Leagues.
It was originally the Calgary Trail League and its first meetings
were held in Allendale. The Parkallen Community League’s
first building and skating rink were built in 1954. In 1980, a
playground was added and the building was renovated and
expanded at that time and then again in 2006.

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100%.

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