**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 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/walkedmonton (keyword: “off-leash”).

**About 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

Funding for this project provided by Great Neighbourhoods

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**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.ca/walkedmonton
780-944-5339

**Other Walking Resources**

Alberta Centre for Active Living
centre4activeliving.ca
780-427-6949

Canada Walks
canadawalks.ca

UWALK
UWALK.ca

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**Shape**

(Safe Healthy Active People Everywhere)

www.shapeab.com

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

info@shapeab.com
780-406-8530

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**The Community of Riverdale**

Riverdale is located in the North Saskatchewan River valley in the city’s oldest districts, it began as an industrial suburb of the city. After the completion of the Leduc Canal in 1891, many other industrial residents moved in, such as established flour mills, lumberyards and coal mines. In the 1860s, later pioneers began panning for gold along the river. They were followed by settlers who, in the 1880s, established several flour mills, breweries, general stores and hotels.

The first residents were workers who lived nearby in the community with traditions that last to this day. Sharing a common cause, they knit together a strong community with traditions that last to this day. Sharing a common cause, they knit together a strong community.

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**Walk Edmonton**

Funding for this project provided

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**Walk Edmonton**

Funding for this project provided
The Old Dutch Settlement area south of 87th Street has homes dating back to the early 20th century. The property of the sole remaining river lot at 9917 – 87 Street extends to the high-water mark.

Sample walking routes:
- 2.4 km Hill and Garden Route
- 2.8 km Flood Route