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
Stony Plain Road Business Revitalization Zone
201, 15241 Stony Plain Road
780-477-5109
storypianken@telus.net
British Community League
15327 – 105 Avenue 1StP 0T8
780-483-8983
byceresident@hotmail.com
Canora Community League
10427 – 152 Street 1StP 4Y1
780-489-7671
info@mrcanora.com
Glenwood Community League
16439 – 97 Avenue 1StP 0E8
780-489-7771
glenwoodcommunity@hotmail.com
West Jasper/Sherwood Community League
9620 – 152 Street 1StP 4M9
780-492-2815
wjasperl1@telus.net

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

Funding for this project provided by Great Neighbourhoods.

Walking with your Dog
Edmonton has over 30 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! 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.
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WALK EDMONTON

STONY PLAIN ROAD

Legend

- Bank
- Bakery
- Book Store
- Childcare Centre
- Coffee Shop
- Community Garden
- Community League Hall
- Fitness Trail
- Grocery Store
- Health Centre/Medical
- Hotel
- Late Night Store
- Pharmacy
- Place of Worship
- Playground
- Police
- Recycling Centre
- Restaurant
- School
- Skating Rink
- Sports Field
- Swimming Pool

Sample walking routes

- Park Watch 6.9 km
- Allin Park 2.5 km
- Glenwood 2.3 km
- West Jasper Place 2.2 km
- BRZ 2.2 km
- Britannia Youngstown 2.1 km
- Youngstown 1 km

Scale

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<tr>
<th>Kilometres</th>
<th>0.00</th>
<th>0.1</th>
<th>0.2</th>
<th>0.3</th>
<th>0.4</th>
<th>0.5</th>
</tr>
</thead>
</table>

0.5 Kilometres = About 4.5 minutes walking
About 660 Steps
About 2 minutes cycling

For a current list of businesses go to: stonyplainroadbrz.ca

The commercial destinations in the Stony Plain Road area are too numerous to show on this map. For a current list of businesses go to the stonyplainroadbrz.ca website.