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.

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.

Strathcona Centre Community League
20139 - 87 Avenue
Edmonton, Alberta T6P 1R3
780-439-1501
info@strathconacommunity.ca
strathconacommunity.ca

Old Strathcona Foundation
780-433-5866
info@oldstrathconafoundation.ca
oldstrathconafoundation.ca

Old Strathcona Business Association
780-437-4182
Info@osba.ab.ca
oldstrathcona.ca

Strathcona Public Library
8331 – 104 Street
epl.ca

Fringe Theatre Festival
fringetheatre.ca

EPS Strathcona Community Police Station
7903 – 104 Street, Edmonton, AB T6E 6N8
780-496-8565

Weather
780-468-4940
City Information
Call 311

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

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edmonton.ca/walkedmonton
780-944-5339

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 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!
The commercial destinations in the heart of the Strathcona area are too numerous to show on this map. For a current list of businesses, go to www.oldstrathcona.ca.