

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
 @WalkEdmonton
780-944-5339

Other Walking Resources

Alberta Centre for Active Living
centre4activeliving.ca
780-492-4863

Canada Walks
canadawalks.ca

UWALK
UWALK.ca

Shape (Safe Healthy Active People Everywhere)

shapeab.com

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

edmonton@shapeab.com
780-406-8530



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.

- Edmonton's trails and shared-use paths are shared by many users, including walkers, cyclists, runners and dog-walkers.
- Most City trails and parks require owners to walk dogs on leash.
- Some parks have specific off-leash areas where your dog can run and play. Off-leash areas are multi-use, so expect to share the space with other park users. Your dog should be trained to respond to voice commands immediately before being allowed off-leash.
- Dogs are prohibited at all times from picnic areas, playgrounds, sports fields, school grounds and golf courses.
- **Visit: Edmonton.ca/offleash for details on all locations and their specific boundaries**

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

Local Contacts

Royal Gardens Community League
4030 – 117 Street NW
Edmonton, Alberta
780-434-4359
royalgardenscommunity.com

Aspen Gardens Community League
12015 – 39A Avenue NW
Edmonton, AB T6J 6P7
780-434-2687
aspengardens.ca

Greenfield Community League
3803 – 114 Street NW
Edmonton, AB T6J 1M3
780-435-7833
greenfieldcommunityleague.com

Edmonton Public Library — Whitemud Crossing Branch
145 Whitemud Crossing Shopping Centre
4211 – 106 Street
780-496-1822

Weather
780-468-4940

City Information
Call 311
311@edmonton.ca

Emergency Contacts

Police/Ambulance/Fire
911

Police Complaint Line
780-423-4567

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



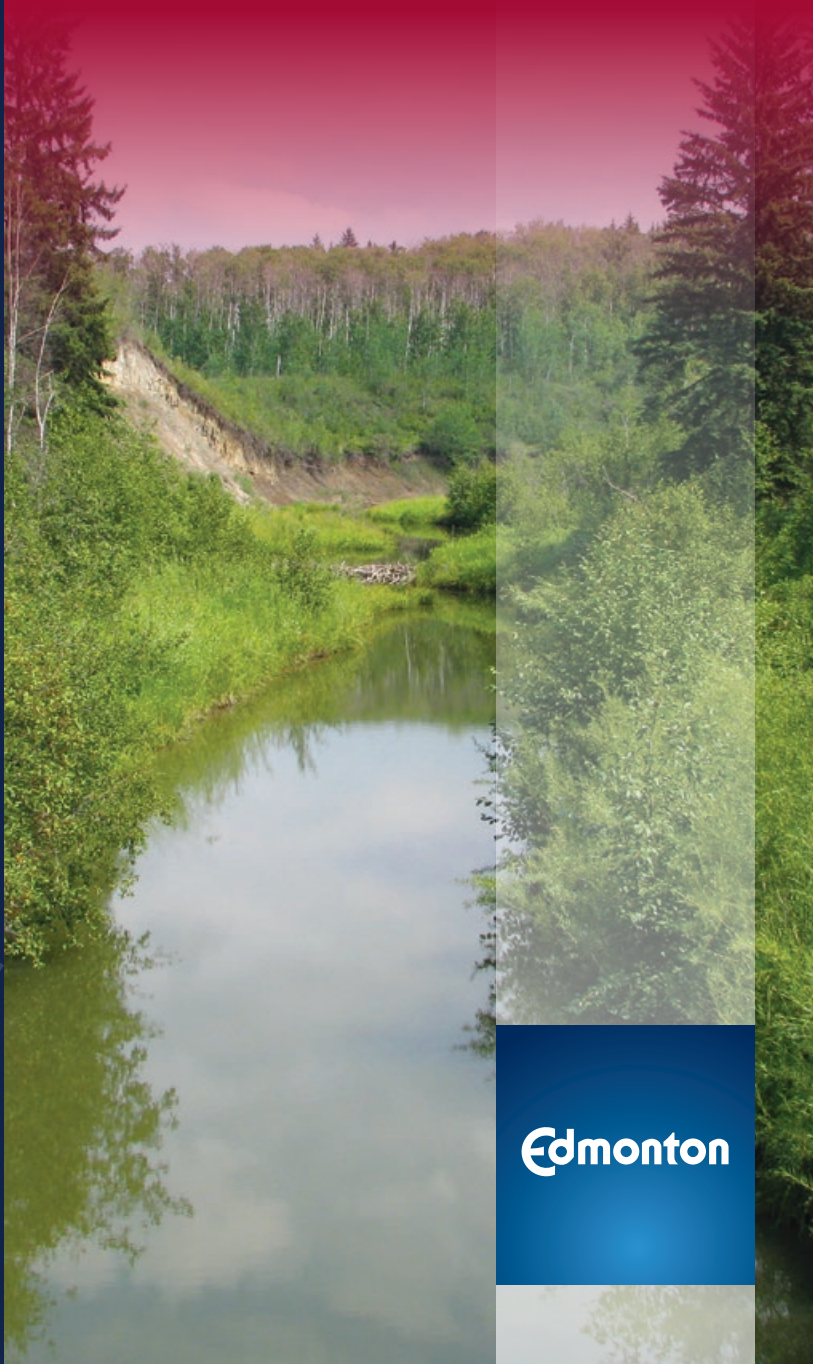
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WALK EDMONTON

COMMUNITY WALKING MAP

Aspen Gardens, Greenfield, Royal Gardens, Westbrook Estates



Aspen Gardens, Greenfield, Royal Gardens, Westbrook Estates

Royal Gardens is a diverse and energetic community. The Community League is key in connecting its residents through their annual Winter Carnival and many other exciting programs and events. Royal Gardens is home to four schools and the Confederation Leisure Centre — making it a great place to live!

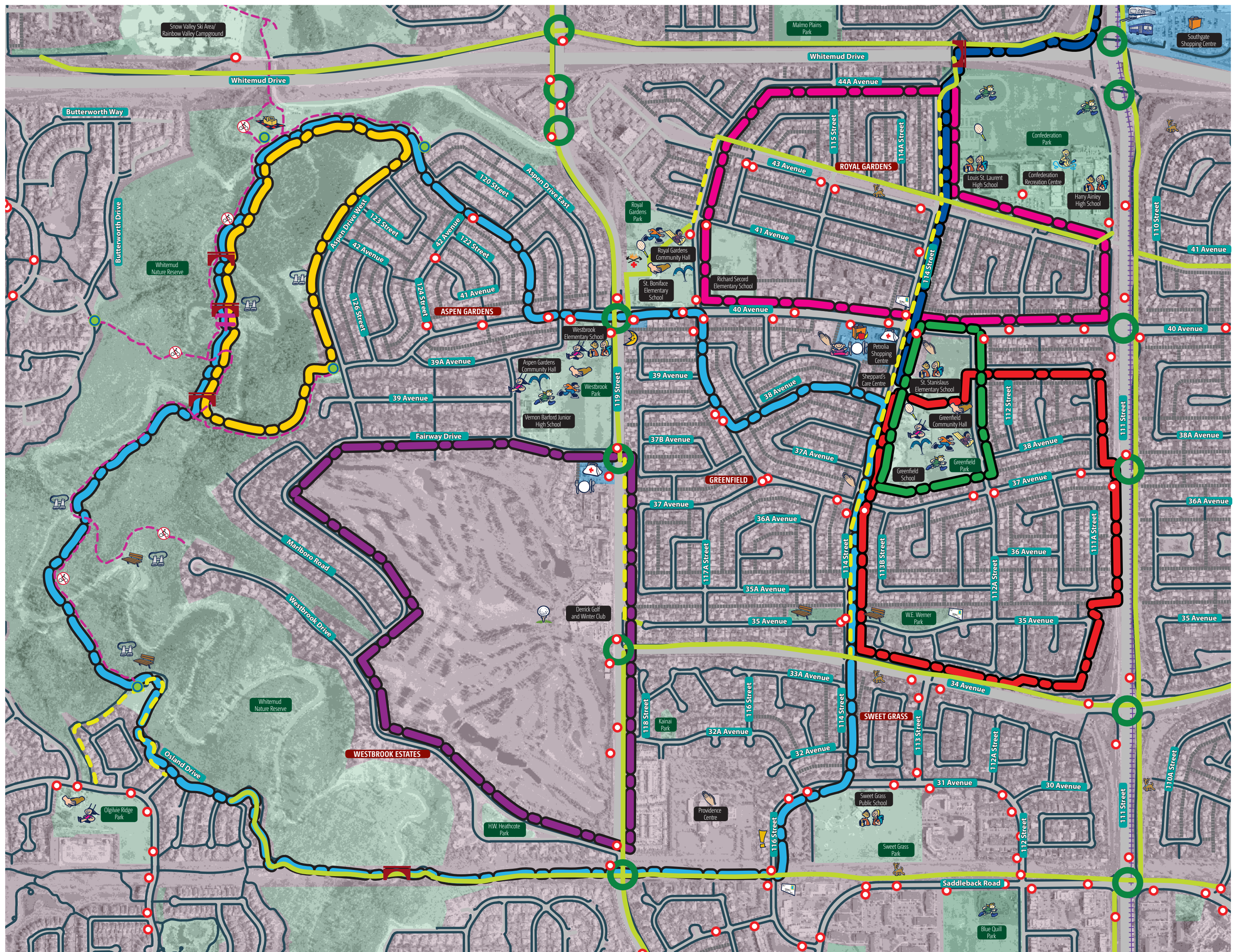
Aspen Gardens is a quiet, mature neighbourhood — its residents are committed to an active lifestyle, from gardening in their yards to walking the trails and participating in the League's activities. This dynamic, thriving community sits peacefully on the top of Whitemud Ravine, so it's a natural link into the City's river valley trails.

This map features three unique communities that are vibrant and community minded. They demonstrated their collaborative spirit in the creation of this map.

All three communities were developed in the late 1960s. Predominantly these neighbourhoods are single detached homes that are now being renovated and updated while maintaining their distinctive characteristics.

Greenfield was named in honour of Herbert Greenfield, the leader of the United Farmers Party and Premier of Alberta from 1921 – 1925. Greenfield is a vibrant, active community and we are proud of our tradition of volunteerism and community involvement. The two schools and Community League sites are centrally located, and provide year round recreational opportunities — including an incredible spray park that entertains Greenfield and surrounding South West residents with a cool place to hang out on our glorious summer days!





Commercial

Parkland

Residential Area

Bridge

Crosswalk with Signal

Bus Stop

Entrance to Nature Trails

No Cycling

On Street Bike Route

Paved Shared-Use Path

Gravel Trail

Roadway

Alleys

Sidewalk

LRT Track

Stairs

Sample walking routes

- 1.5 km Once Around the Park
- 1.7 km Greenfield C.L. to Southgate Mall LRT (one way)
- 3 km Aspen Loop
- 3.3 km Greenfield Park — East Loop
- 3.7 km Royal Gardens
- 4.3 km Fairway Loop
- 8 km Greenfield to Whitemud

Scale

0.00 0.15 0.30 0.45 0.60 0.75

Kilometres

0.75 Kilometres = About 10 minutes walking
About 1,000 steps walking
About 3 minutes cycling

ASPEN GARDENS, GREENFIELD, ROYAL GARDENS, WESTBROOK ESTATES

Childcare Centre

Community Hall

ETS Bus Transit Centre

Fire-Ambulance

Golf Course

Grocery Store

Health Centre/ Medical

Late Night Store

LRT Station

Off-Leash Area

Picnic Site

Place of Worship

Playground

Point of Interest

Post Box/Post Office

Rest Spot

Restaurant

Scenic Viewpoint

School

Shopping Area

Skating Rink

Sports Fields

Spray Deck

Swimming Pool

Tennis Court

Toboggan Hill

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