## **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.

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

# 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

Borden Park Playground



### Neighbourhoods provided by Office of Great Funding for this project

William Prettie and Susan Photos supplied by

and Virginia Park. Highlands, Bellevue Caroline Thomson, Residents of William Prettie and Susan Petrina-Prettie, Anita Jenkins, Cathy Jol, Cheryl Mahaffy,

100 years old.

to admire many historic homes and buildings as much as old trees on the streets and in the parks; and the chance area soon to enjoy scenic views of the river valley; beautiful Bellevue and Virginia Park is always a pleasure. Visit this A walk around the friendly communities of Highlands,

Virginia Park

# 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
- Increases "eyes on the street", enhancing community safety.



Marathon on Ada Boulevard

# 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 (keyword off-leash)

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

in the early years even included an amusement park and since 1906 for picnics, play, swimming excursions — and and historic Borden Park, which has been attracting people Another important landmark in the area is the beautiful

of Canada's most successful horse racing tracks. eno of emod si bne , swods ebrat egal bne stresconce to one Northlands also hosts Edmonton Oilers hockey games, the annual K-Days event), is located in this part of the city. to treq is briedinied balled won) 9781 ni badzildetea Northlands, the site of Edmonton's agricultural fair

Church, and a major senior citizens lodge/apartment University College, founded in 1921 by the Lutheran Thistle. Notable sites in Virginia Park include Concordia in the city; and the oldest curling club in Edmonton, the Leisure Centre, which has one of the few salt-water pools Drive. It is home to Eastglen High School; the Eastglen

# **Local Contacts**

### **Bellevue Community** League

7308 – 112 Avenue 780-477-8004 bellevue membership@ hotmail.com

#### **Highlands Community** League

6112 – 113 Avenue 780-477-5350 highlandscommunity.ca

#### **Highlands Library** 6710 – 118 Avenue

780-496-1806 epl.ca

#### **Highlands Merchant** Group

780-479-4050 highlands112avenue.com

**Eastglen Leisure Centre** 11410 – 68 Street edmonton.ca

# Weather

780-468-4940

**City Information** Call 311

# **Emergency Contacts**

Police/Ambulance/Fire

**Police Complaint Line** 780-423-4567

# **Walking Resources**

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

**Canada Walks** canadawalks.ca

# **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



established in 1907, is now bisected by Wayne Gretzky are neighbours to Morthlands and Borden Park. Bellevue, The two small communities of Bellevue and Virginia Park

which includes Mandolin Books and Coffee, a popular is part of the 112 Avenue Highlands shopping district, apartment hotel that is now La Bohème Restaurant/B&B Bowling Club and the Highlands Golf Club. The 1912 Church, Highlands Junior High School, Highlands Lawn Other community landmarks include the Highlands United sites by the City of Edmonton or the Province of Alberta. agetirah se batengizab are daidw fo nat ylatemixorqqe dozen heritage homes built between 1912 and 1930, The Highlands community contains about three

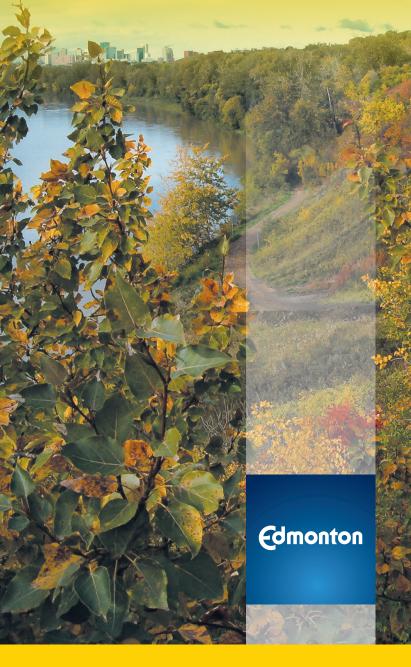
and cycling trails. viewpoints along the riverbank, plus easy access to walking Saskatchewan River valley. You'll find many attractive Park communities is their close proximity to the North A defining feature of the Highlands, Bellevue and Virginia

The Communities of Highlands, Bellevue and Virginia Park

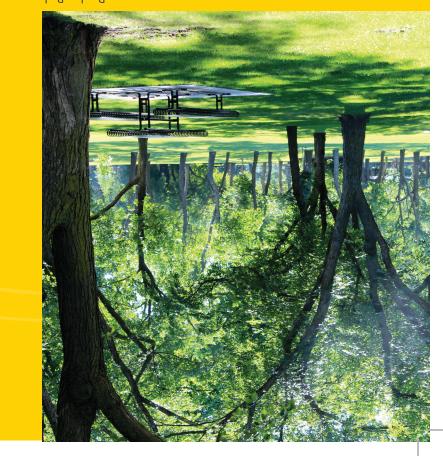


COMMUNITY WALKING MAP

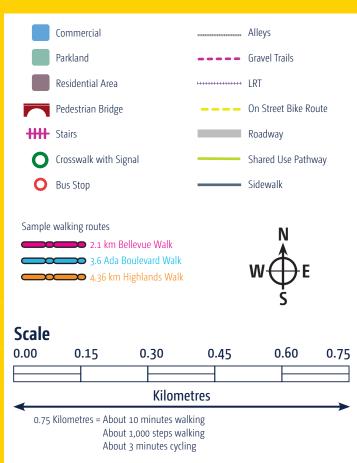
# Highlands, Bellevue and Virginia Park

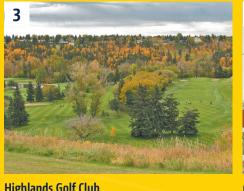












#### **Highlands Golf Club**

The Highlands Golf Club was established more than 80 years ago in the Highlands and Bellevue The historic Gibbard Block, home to La Bohème architect for Magrath-Holgate & Co. Ltd. communities. In the winter months, the course — Restaurant, is a prominent architectural is popular with dog-walkers and area residents of the Highlands business district. who ski, snowshoe and sled down hills.



#### 6423 – 112 Avenue (1913) **Gibbard Block**



#### 11153 - 64 Street (1912)

Residence of Ernest William Morehouse, Morehouse designed many Highlands homes, Ltd., real estate developers of the Highlands. including the Magrath and Holgate residences, and the Gibbard Block.



# 6240 Ada Boulevard (1912)

He was senior partner in Magrath-Holgate & Co. Magrath-Holgate & Co. Ltd.



6210 Ada Boulevard (1912) Historic residence of William and Ada Magrath. Historic residence of Bidwell Holgate, partner in

# HIGHLANDS, BELLEVUE AND VIRGINIA PARK Legend



Bakery/Deli

Art Gallery/Studio





Grocery Store























Swimming Pool



Tennis Court



Community Garden Health Centre/

Coffee Shop



ETS Bus Transit Centre Heritage Tree



Pharmacy

Off-Leash Area

LRT Station













Public Art/ Monument/Statue



School



Shopping Area





