

## Walkable Edmonton

Walkable Edmonton is an initiative bringing Edmontonians together to build a more walkable community by providing grassroots resources and building civic support. Check out our website for links to other walking resources, maps, walking groups and places to walk in Edmonton.

[www.edmonton.ca/walkable](http://www.edmonton.ca/walkable)  
780-944-5339

## Other Walking Resources

### Alberta Centre for Active Living

[www.centre4activeliving.ca](http://www.centre4activeliving.ca)  
780-427-6949

### Canada Walks

[www.canadawalks.ca](http://www.canadawalks.ca)

### UWALK

[www.UWALK.ca](http://www.UWALK.ca)



## Shape

(Safe Healthy Active People Everywhere)

[www.shapeab.com](http://www.shapeab.com)

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

[info@shapeab.com](mailto:info@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 is an easy activity to do, costs very little money and the benefits to health, fitness, and mental well-being are priceless!

Here are some tips to keep you on track:

- For starters, take a leisurely walk around your block. Slowly increase your walking time by 5 – 10 minutes a day until you are walking for 30 minutes. A duration of 30 minutes a day is what you're after but don't stop there! Once in a while, go for a 45 – 60 minute walk.
- Walking with a buddy can be very motivating.
- Gear up with loose clothing and proper walking shoes. Comfort is key.
- Walking to a destination — grocery store, mailbox, school, etc. — is a way to fill your walking prescription of 30 minutes per day.

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

## Local Contacts

### Balwin Community League Hall

76 Street & 128 A Ave  
Edmonton, AB T5J 6J6  
780-473-2135

### Belvedere Community League Hall

13223 – 62 Street  
Edmonton, AB T5A 0V5  
780-476-1224

### Delwood Community League Hall

7515 Delwood Road  
Edmonton, AB T5C 3A9  
780-406-9022  
[delwood.ca](http://delwood.ca)  
[facebook.com/DelwoodAGreatPlaceToGrow](https://facebook.com/DelwoodAGreatPlaceToGrow)

### Fort Road and Area Business Association

780-472-2562  
[fortroad@telusplanet.net](mailto:fortroad@telusplanet.net)

### Londonderry Fitness & Leisure Centre

14528 – 66 Street  
311  
[www.edmonton.ca](http://www.edmonton.ca)

### Londonderry Branch - Edmonton Public Library

110 Londonderry Mall – 137 Avenue & 66 Street  
780-496-1814  
[www.epl.ca](http://www.epl.ca)

### North Division Station — Edmonton Police Service

14203 – 50 Street  
780-423-4567

### Weather

780-468-4940

### City Information

Call 311  
[311@edmonton.ca](mailto:311@edmonton.ca)

## Emergency Contacts

**Police/Ambulance/Fire**  
911

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

Funding for this project provided by Great Neighbourhoods



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# Community Walking Map

## Balwin, Belvedere and Delwood Communities on Foot Series

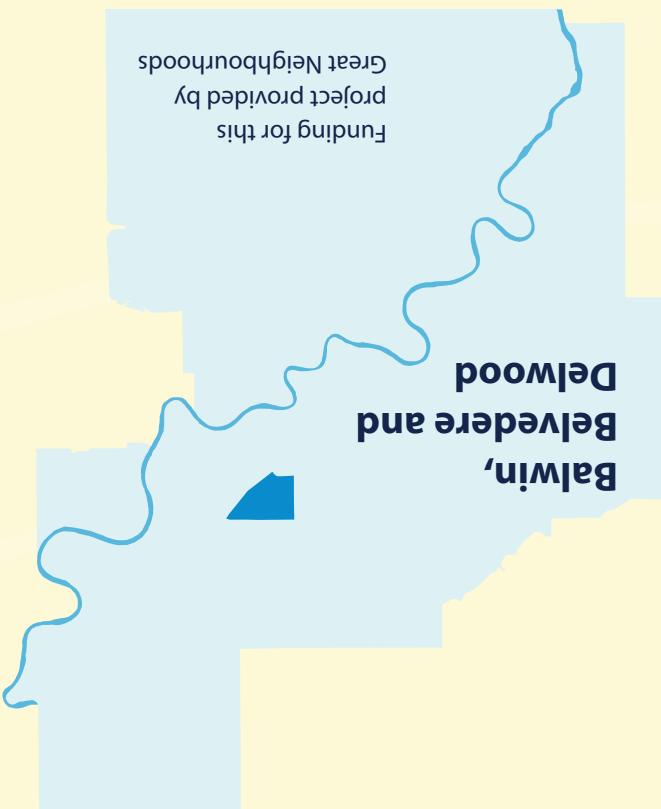


## About the Communities on Foot Map Series

The Communities on Foot series are walking guides, created as a joint project of Walkable Edmonton and local Community Leagues 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.

[WalkableEdmonton@edmonton.ca](mailto:WalkableEdmonton@edmonton.ca)  
780-944-5339



Funding for this project provided by Great Neighbourhoods

Balwin,  
Belvedere and  
Delwood

Delwood is a well-established neighbourhood with beautiful homes, plenty of park areas, and public and Catholic elementary schools, making this a great community to raise a family. Since the early 1900s, neighbours have worked together to grow Delwood into one of the gems of the city. With many quiet streets, you will always find people walking, jogging or biking, and children safely playing in one of several smaller parks tucked into the neighbourhood. The heart of Delwood is its large, beautiful park area with mature trees, spacious sports fields, and an ideal hill for rolling down, sledging, or kite-flying. The park is also home to the Delwood Community Hall, the community skating rink and a children's playground. The hall is perfect for hosting family events, big or small, and providing a gathering point for a number of community events, including the popular Delwood Fall Festival for resident, friends and visitors.

Delwood

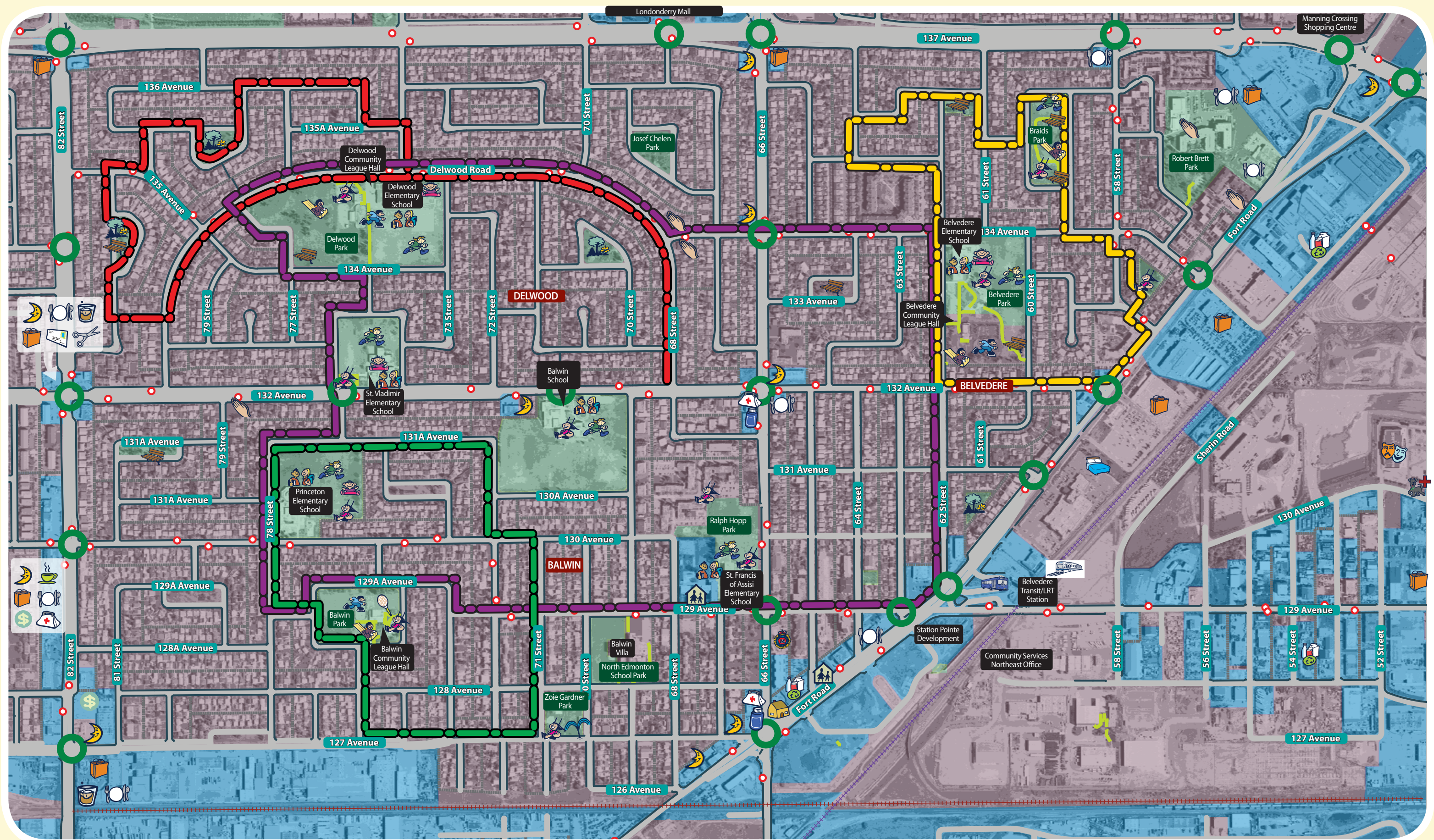
Belvedere is a mature neighbourhood rich with community history. The League was founded in 1925 as part of the Village of North Edmonton. The League first leased land from Swift's to form a hall location 66 St. and Fort Road. Construction of a new hall building was completed in 1948 at this location. In 1962 the community was renamed Belvedere. In September 1981, the existing hall at 132 avenue and 62 street was opened. The building is located next door to Belvedere school and is now named Braids Park for a family that used to farm in the location in the early days of North Edmonton. The Community hosts an annual Winter Festival in February, a fall festival in September, along with other programs throughout the year. Belvedere continues to be a community minded area close to all amenities, and a great place to raise a family.

Belvedere



Welcome to Balwin! Our community League Hall is located in the heart of the community, and has amenities for all ages — tennis courts, basketball courts, modern playground and ice rink. Come visit the Zoi Gardner Splash Park and playground with our Balwin tiger! Stay and enjoy one of our many parks and green spaces nestled throughout our community. All within walking distance of the 82nd street retail district.

Balwin



## Balwin/Belvedere/Delwood Legend

- |                                   |                  |                      |               |
|-----------------------------------|------------------|----------------------|---------------|
| Bank                              | Hotel            | Post Box/Post Office | Sports Fields |
| Childcare Centre                  | Liquor Store     | Public Service       | Spray Deck    |
| Coffee Shop                       | LRT Station      | Restaurant           | Tennis Court  |
| Convenience Store/<br>Gas Station | Park             | Recycling Centre     | Theatre       |
| ETS Bus<br>Transit Station        | Pharmacy         | Rest Spot            | Toboggan Hill |
| Health Centre/<br>Medical         | Place of Worship | School               | Vet Clinic    |
| Heritage Site                     | Police           | Shopping Centre      | Skating Rink  |

- Commercial
- Parkland
- Residential Area
- Crosswalk with Signal
- Bus Stop
- Paved Shared Use Pathway
- Roadway
- Alleys
- Sidewalk
- Railroad
- LRT

### Sample walking routes

- 2.62 km Balwin Walking Route
- 2.91 km Belvedere Walking Route
- 3.45 km Delwood Walking Route
- 5.77 km Neighbourhood Playground Tour

### Scale



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

