

Active Edmonton

Active Edmonton is a great place to turn for all things “active”. Resources, web links, and contests! Get Up, Get Out, Get Active and make Edmonton Canada’s most active city.

Our aim?

To build awareness and to encourage Edmontonians to value and participate regularly in physical activity.

www.activedmonton.ca
780-496-1144

Walkable Edmonton

Walkable Edmonton is an initiative bringing Edmontonians together to build a more walkable community by providing grass roots resources and building civic support.

www.edmonton.ca/walkable
780-944-5339



Community Services — City of Edmonton

The Neighbourhood and Community Services Branch is committed to being a frontline partner with citizens creating a safe, healthy and vibrant city. The East Community Building Service Area values and utilizes the strength of volunteers in each neighbourhood. For more information on parkland development, volunteer or organizational development, and recreational planning please call 311.

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 (HDL's).

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

Clareview and District Area Council

780-634-5621
Clareview.areacouncil@gmail.com

Bannerman Community League

14034 – 23 Street
780-475-5609

Fraser Community League

14720 – 21 Street
780-472-8281

Hairsine/Kirkness/Clareview Campus

3120 – 139 Avenue
780-456-8199

Weather

780-468-4940

City Information

Call 311
www.edmonton.ca

Emergency Contacts

Police/Ambulance/Fire
911

Police Complaint Line
780-423-4567

Walking Resources

Alberta Centre for Active Living

www.centre4activeliving.ca
780-427-6949

Canada Walks

www.canadawalks.ca

Shape

(Safe Healthy Active People Everywhere)

www.shapeab.com

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

edmonton@shapeab.com
780-406-8530


activedmonton.ca



08/2010

THE CITY OF
Edmonton

Community Walking Map

North Clareview — Fraser, Hairsine, Kirkness, Bannerman and Clareview Campus 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, Active 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
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THE CITY OF
Edmonton



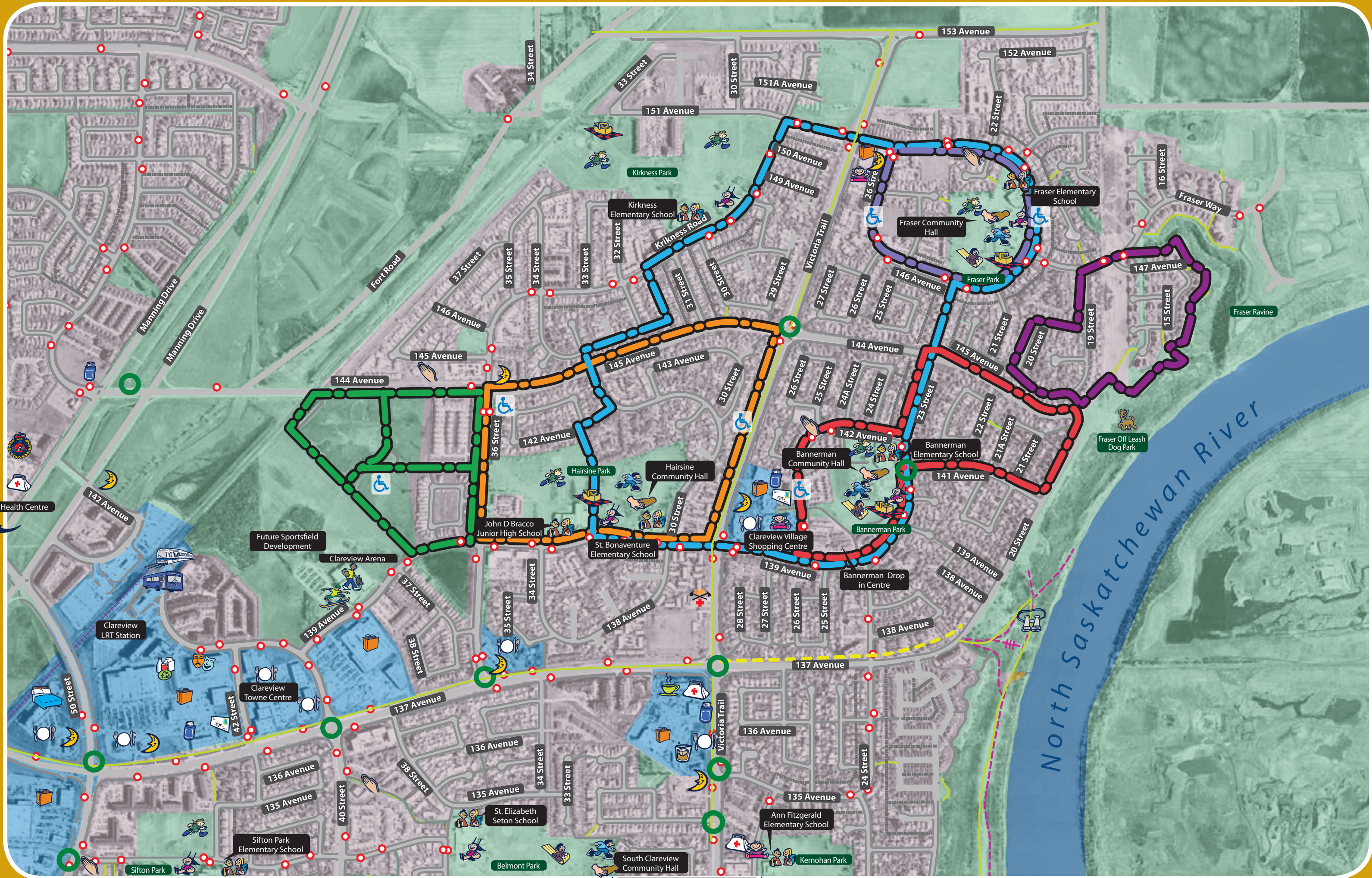
Thank you to the many volunteers — adults, youth and children alike — who contributed their time, energy and enthusiasm to this great North Clareview Community Walking Map!

Angie Eleniak, president of Clareview and District Area Council

The Communities of North Clareview — Fraser, Hairsine, Kirkness, Bannerman and Clareview Campus are featured in this map. Clareview has the small town feel with big city conveniences. Whether your here to explore the beautiful river valley system, peruse a nearby greenhouse or community garden, or just stopped by to do some shopping or entertain dining options, Clareview has something to satisfy even the most discerning visitor. So explore a local park, go shopping or sit back and simply enjoy the diversity of Clareview and the people that make us so unique!

Funding for this project
provided by Active
Edmonton and Alberta
Active Communities





South Clareview Walking Map also available

North Clareview Legend

- | | | | |
|------------------------|------------------|----------------------|--------------------|
| Accessible Route | Hotel | Place of Worship | School |
| Crosswalk with Signal | Late Night Store | Playground | Shopping Area |
| Bus Stop | Liquor Store | Police | Skateboard Park |
| Childcare Centre | LRT Station | Post Box/Post Office | Skating Rink |
| Coffee Shop | Medical | Recreation Facility | Sports Field |
| Community League Hall | Off-Leash Area | Recycling Centre | Theatre |
| ETS Bus Transit Centre | Pharmacy | Restaurant | Toboggan Hill |
| Fire-Ambulance | Picnic Site | Scenic Viewpoint | Tourist Attraction |

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THE CITY OF **Edmonton**

WALKABLE
EDMONTON

Commercial	Parkland	1.44 km	2.60 km
Residential Area	Alleys	1.70 km	2.99 km
On Street Bike Route	Gravel Trails	1.90 km	4.50 km
LRT	Shared Use Pathway		
Sidewalk	Stairs		
Roadway			

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