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. Check out our website for links to other walking resources, maps, walking groups and places to walk in Edmonton.

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

Other Walking Resources

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

Canada Walks www.canadawalks.ca

UWALK www.UWALK.ca



Shape (Safe Healthy Active People Everywhere) www.shapeab.com

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

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

Cumberland/Oxford Community League 14804 - 129 Street Edmonton, AB T6V 1C4 www.cocl.org

Elizabeth Finch School

13815 – 160 Ave NW Edmonton, AB T6V 0C9 780-457-2022 www.elizabethfinchschool.com

Weather 780-468-4940

City Information Call 311 311@edmonton.ca

Emergency Contacts

Police/Ambulance/Fire 911

Police Complaint Line 780-423-4567

project provided by Great Neighbourhoods





Funding for this



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you to see what your neighborhood has to offer! our playgrounds, and discover new friends and trails. We invite families of all ages and backgrounds. Get out take a stroll, enjoy coct is a vibrant, growing community of individuals and

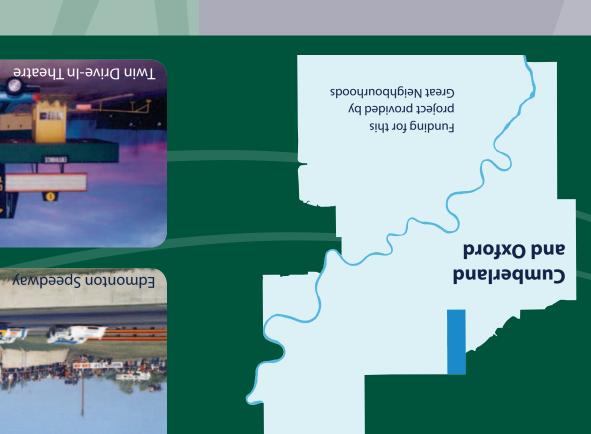
tor everyone!

shopping centers and medical offices. There is something walk to! There are shops, grocery stores, restaurants, banks, COCL is close to many amenities and many of them you can

to take a stroll anytime through the forest and enjoy nature! have hosted a family event on Halloween at the forest. Be sure has been reported to be haunted on Halloween. Annually we

and 135 Street. The forest has been home to many events and We are very proud of our forest which is located at 150 Avenue

Inoitemroful srom rot pro.loo.www entitles you to tree swims and skates so check us out on line at bike, learn to kick and much more! Your COCL membership also We offer soccer, baseball, play rangers, learn to skate, learn to which offers a range of programs and events for our members. sugar community events. COCL is a very busy community league vnem vor eachering place for many and is a gathering place for many Our Community is home to Elizabeth Finch School (K – 9) which



Cumberland and Oxford

memories were made! Speedway and the Twin Drive-in Theatres where many continues today. This area was home to the Edmonton the first homes constructed in the late 1980's and construction residential neighborhood located in northwest Edmonton with Cumberland Oxford Community League (COCL) is a newer

and has something for every age! 9001 300 339 Street at 159 Avenue and has a forest theme in its playground. Carlton Park is located besides Elizabeth Finch and has basketball courts, BMX moguls and hosts a fire engine erts ۱۶۱ te eunevA ککار pnols b teool si bnuc gazebo, fire pit, and a snow bank ice rink in the winter months. a playground, spray park, ball hockey pad, basketball nets, Cumberland Road (142 Avenue) at 135 Street and is home to at 129 Street at 148 Avenue. Hudson Park is located along original playground was built at Cumberland located along Edmonton and are home to four community playgrounds. Our the north. We are one of the largest Community leagues in to the south, 184 Street to the west and Anthony Henday on COCL is cradled between 127 Street on the east, 137 Avenue

creating a map.



Walkableedmonton@edmonton.ca 780-944-5339

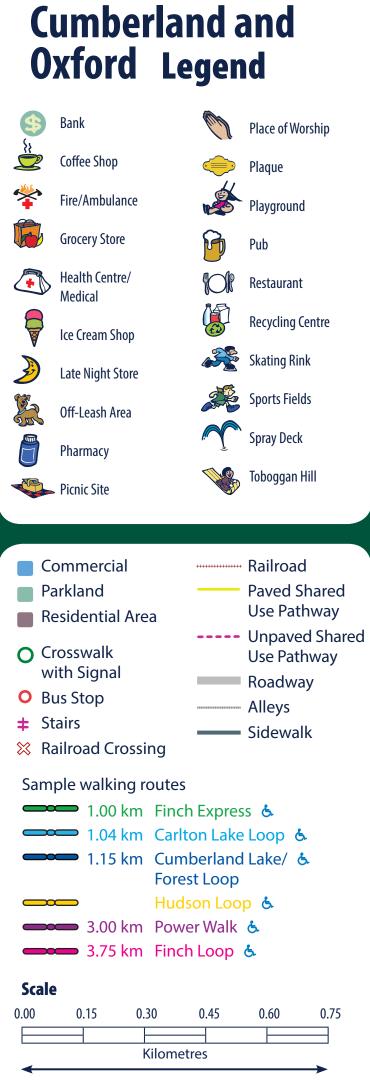
walkable communities. Contact us to find out if your community has an edition of this map series or to find out more about

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

About the Communities on Foot Map Series



Community Walking Map **Cumberland and Oxford Communities on Foot Series**



0.75 Kilometres = About 10 minutes walking About 1,000 steps walking About 3 minutes cycling $W \bigoplus_{S}^{N} E$





