

## 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](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

### Cumberland/Oxford Community League

14804 – 129 Street  
Edmonton, AB T6V 1C4  
[www.cocl.org](http://www.cocl.org)

### Elizabeth Finch School

13815 – 160 Ave NW  
Edmonton, AB T6V 0C9  
780-457-2022  
[www.elizabethfinchschoo.com](http://www.elizabethfinchschoo.com)

### 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

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# Community Walking Map Cumberland and Oxford 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



Twin Drive-In Theatre



Edmonton Speedway



Funding for this project provided by Great Neighbourhoods

**Cumberland and Oxford**

Our Community is home to Elizabeth Finch School (K – 9) which serves the entire community and is a gathering place for many community events. COCL is a very busy community league which offers a range of programs and events for our members. We offer soccer, baseball, play rangers, learn to skate, learn to bike, learn to kick and much more! Your COCL membership also entitles you to free swims and skates so check us out on line at [www.cocl.org](http://www.cocl.org) for more information!

We are very proud of our forest which is located at 150 Avenue and 135 Street. The forest has been home to many events and has been reported to be haunted on Halloween. Annually we have hosted a family event on Halloween at the forest. Be sure to take a stroll anytime through the forest and enjoy nature!

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

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

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

COCL is cradled between 127 Street on the east, 137 Avenue to the south, 184 Street to the west and Anthony Henday on the north. We are one of the largest Community Leagues in Edmonton and are home to four community playgrounds. Our original playground was built at Cumberland located along at 129 Street at 148 Avenue. Hudson Park is located along Cumberland Road at 142 Avenue and is home to a playground, spray park, ball hockey pad, basketball nets, gazebo, fire pit, and a snow bank ice rink in the winter months. Oxford Playground is located along 155 Avenue at 131 Street and has basketball courts, BMX moguls and hosts a fire engine in its playground. Carlton Park is located besides Elizabeth Finch School along 159 Street at 159 Avenue and has a forest theme and has something for every age!

**Cumberland and Oxford**

# Cumberland and Oxford Legend

- |                       |                  |
|-----------------------|------------------|
| Bank                  | Place of Worship |
| Coffee Shop           | Plaque           |
| Fire/Ambulance        | Playground       |
| Grocery Store         | Pub              |
| Health Centre/Medical | Restaurant       |
| Ice Cream Shop        | Recycling Centre |
| Late Night Store      | Skating Rink     |
| Off-Leash Area        | Sports Fields    |
| Pharmacy              | Spray Deck       |
| Picnic Site           | Toboggan Hill    |

- |                       |                            |
|-----------------------|----------------------------|
| Commercial            | Railroad                   |
| Parkland              | Paved Shared Use Pathway   |
| Residential Area      | Unpaved Shared Use Pathway |
| Crosswalk with Signal | Roadway                    |
| Bus Stop              | Alleys                     |
| Stairs                | Sidewalk                   |
| Railroad Crossing     |                            |

## Sample walking routes

- 1.00 km Finch Express
- 1.04 km Carlton Lake Loop
- 1.15 km Cumberland Lake/Forest Loop
- Hudson Loop
- 3.00 km Power Walk
- 3.75 km Finch Loop

## Scale



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

