

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



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

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

Duggan Community League

3728-106 Street NW, Edmonton, AB
780-436-6987
Membership@duggancommunity.ab.ca
www.duggancommunity.ab.ca

EPS Fairway Community Police Station

23 Fairway Drive
119 Street & 38 Avenue
780-496-8550

Edmonton Public Library — Whitemud Crossing Branch

145 Whitemud Crossing Shopping Centre
4211 – 106 Street
780-496-1822

Weather
780-468-4940

City Information
Call 311
311@edmonton.ca

Emergency Contacts

Police/Ambulance/Fire
911

Police Complaint Line
780-423-4567



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Community Walking Map

Duggan, Rideau Park 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
780-944-5339



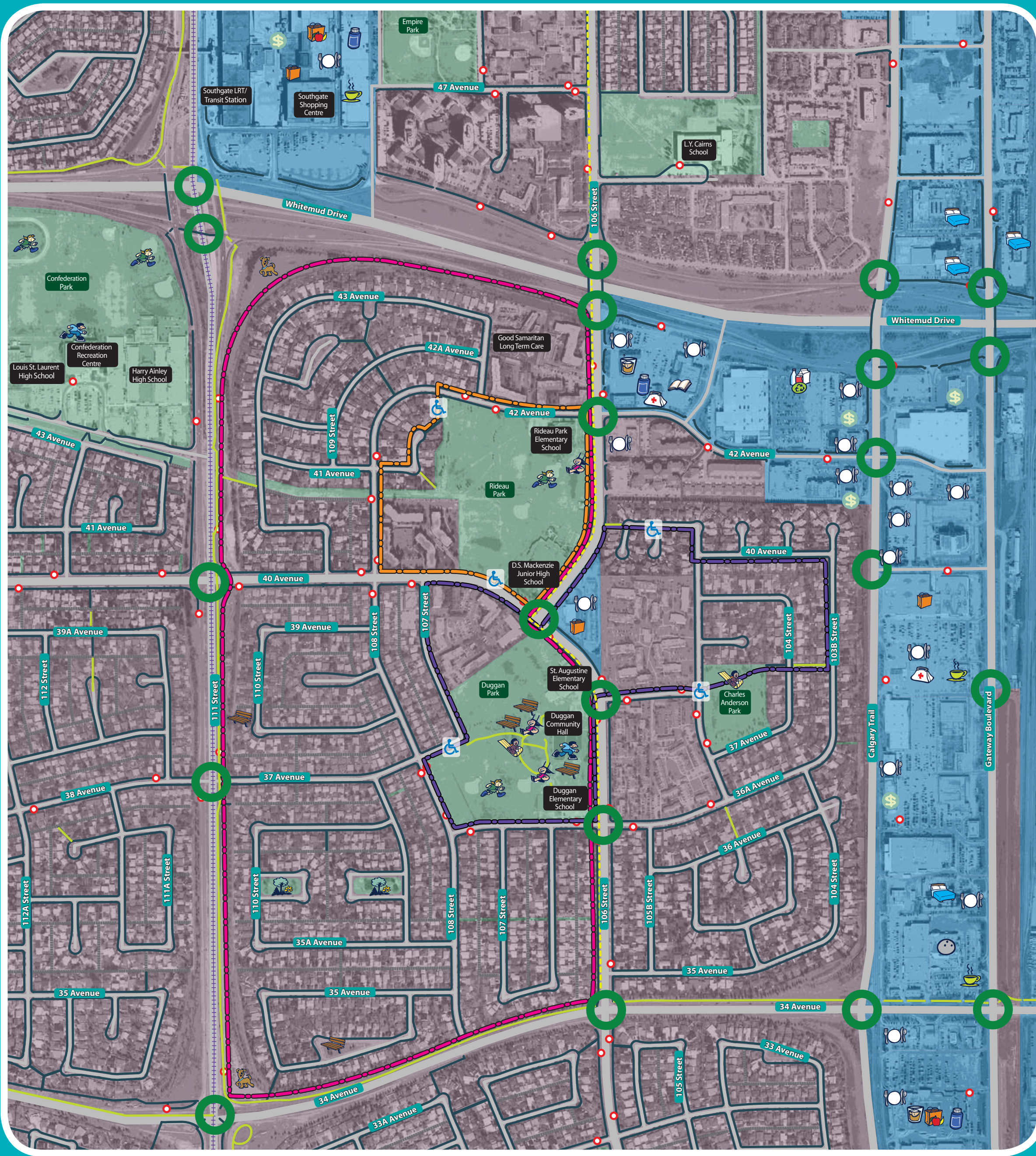
Funding for this project provided by Office of Great Neighbourhoods

Duggan is the neighbourhood of Rideau Park, named after Rideau Hall, the official residence in Ottawa of the Governor General of Canada. The Duggan Community League Hall was completed in 1975 and serves as the hub of the community, supporting a wide range of programs, sports and activities.

Enjoy walking our beautiful community!

Duggan and Rideau Park are two neighbourhoods that reflect a unique social fabric and a welcome diversity. The local schools offer a range of programs including a German immersion option. Residents are within a short walking distance of excellent retail and other amenities. The name relates to the Duggan Family which was prominent in Edmonton around the early 1900s. J.J. Duggan was proprietor of a farm machinery business and served as the City of Strathcona's Mayor in 1902 and again from 1908 – 1910. He also owned part of the land that now makes up the Duggan neighbourhood. In the early 1920s D.M. Duggan was the Mayor of Edmonton and a strong supporter of the new community league movement. In 1921 he supported the formation of the Edmonton

Duggan/Rideau Park



Duggan, Rideau Park Legend

- | | | | |
|--|------------------------|--|------------------|
| | Bank | | Pharmacy |
| | Bowling | | Playground |
| | Coffee Shop | | Restaurant |
| | Grocery Store | | Recycling Centre |
| | Health Centre/ Medical | | Rest Spot |
| | Hotel | | Shopping Area |
| | Liquor Store | | Skating Rink |
| | Library | | Sports Fields |
| | Off-Leash Area | | Toboggan Hill |
| | Park | | |

- | | | | |
|--|-----------------------|--|--------------------------|
| | Commercial | | Paved Shared Use Pathway |
| | Parkland | | Gravel Pathway |
| | Residential Area | | Roadway |
| | Crosswalk with Signal | | Alleys |
| | Bus Stop | | Sidewalk |
| | On Street Bike Route | | LRT Track |

