



Walk Edmonton

Walk Edmonton is an initiative that develops and shares maps and resources to facilitate and promote walking for both recreation and as active transportation. Visit our website for links to other walking resources, maps, walking groups and places to walk in Edmonton.

edmonton.ca/walkedmonton
780-944-5339

Other Walking Resources

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

Canada Walks
canadawalks.ca

UWALK
UWALK.ca

Shape (Safe Healthy Active People Everywhere)

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.



Sakaw Park

Satoo Park

Walking with your Dog

Edmonton has over 40 locations where you can enjoy your walk while your dog is off-leash. Please remember that all sites where dogs are permitted to be off-leash are multi-use areas used by all. Your dog must be leashed when not in a designated off-leash area. The dog icons shown on this map are placed in the approximate location of each off-leash area, but do not show the precise boundaries. For more information, including details on off-leash boundaries, check the Parks for Paws Brochure or go to edmonton.ca (keyword off-leash)

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

Local contacts for Meyokumin and Sakaw

Millhurst Community League
780 462-3493
millhurst.ca/

Meyokumin Elementary School
780 463-8409
meyokumin.epsb.ca/

Family Futures Resource Network(Millhurst site)
780-413-4521
familyfutures.ca/contact-us/locations

St. Richard Elementary School
780 463-5976
ecsd.net/schools/8056/Pages/default.aspx

Sakaw Elementary School
780 463-185
sakaw.epsb.ca/

Sakaw Boys & Girls Club
780 822-2564
bgcbigs.ca/programs/clubs

Local contacts for Ekota, Menisa & Satoo

Knottwood Community League
780 462-7549
knottwoodcommunity.ca

Family Futures Resource Network(Knottwood Site)
780 413-4521
familyfutures.ca/contact-us/locations/

Ekota Elementary School
780-462-5112
ekota.epsb.ca

Menisa Elementary School
780-463-8474
menisa.epsb.ca

Satoo Elementary School
780-462-5125
satoo.epsb.ca

St. Clement Elementary/Junior High School
780 462-3806
ecsd.net/schools/8231/Pages/Default.aspx

Local Contacts for all neighbourhoods

Edmonton Public Library Mill Woods Branch
780 496-1818
epl.ca/locations/EPLMLW

Edmonton Police Services Southeast Division
780 423-4567
edmontonpolice.ca/CommunityPolicing/InYourCommunity/SoutheastDivision.aspx

Mill Woods Public Health Centre
780-342-1660
albertahealthservices.ca/info/facility.aspx?id=3836

Grey Nuns Hospital
780 735-7000
covenanthealth.ca/hospitals-care-centres/grey-nuns-community-hospital/

Weather
780-468-4940

City Information
Call 311

Emergency Contacts

Police/Ambulance/Fire
911

Police Complaint Line
780-423-4567



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Mill Woods is a collection of 26 neighborhoods in South East Edmonton.

The land that Mill Woods encompasses was part of the Papaschase Indian Reserve created in 1876. The Reserve was later sold to early settlers and much of the land in the Mill Woods area was in agricultural production until the late 1960s. Mill Woods was named for Mill Creek which crossed it and the groves of parkland forest trees that stood there. As Mill Woods was being planned (1970's) Edmonton City Council decided that the area's history would be recognized by giving Cree names to several neighbourhoods.

Ekota, Menisa, Meyokumin, Sakaw, Satoo

In the Cree language, Meyokumin means "good water."

Sakaw, a word meaning "wooded area" in the Cree language, was named for the groves of trees that stood on the rolling farmland of Mill Woods.

In the Cree language, Menisa means "berries" which were abundant in the Parkland vegetation that grew in the Mill Woods area.

Satoo was named in honour of Chief Satoo, a Cree Chief, as a reminder of the area's earliest settlement.

In the Cree language, Ekota means 'special place'.

Ekota, along with Menisa and Satoo neighbourhoods, are members of the Knottwood Community League. The community league was founded in 1977.

Meyokumin and Sakaw are members of the Millhurst community league that was founded in 1978.



COMMUNITY WALKING MAP

Ekota, Menisa, Meyokumin, Sakaw, Satoo

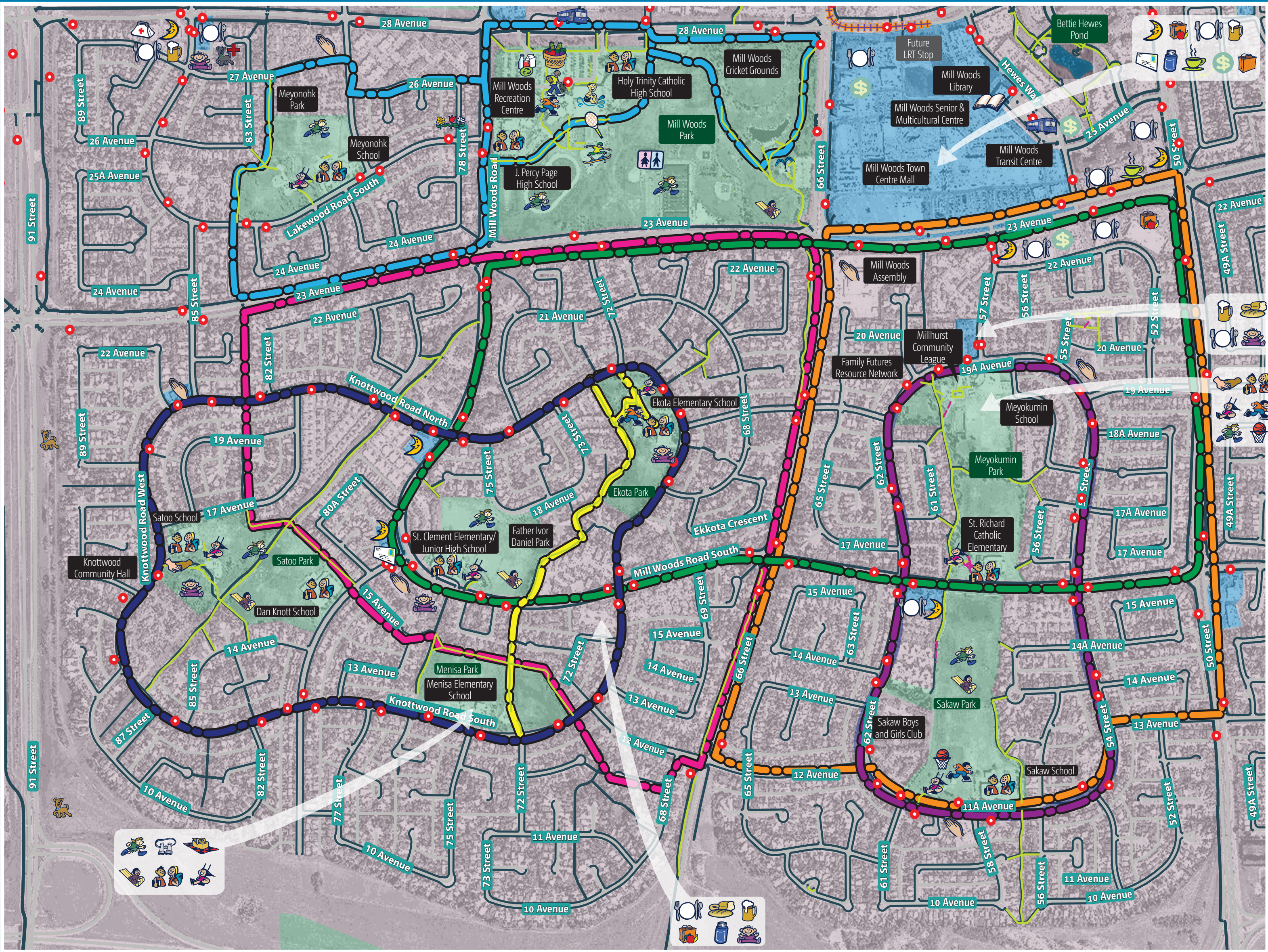


Edmonton

About the Community Walking Maps

This Community Walking Map is part of a series of walking guides. Each map is created as a joint project of Walk Edmonton and local Community groups 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.

Walkedmonton@edmonton.ca
780-944-5339



Scale

0.00 0.20 0.40 0.60 0.80 1.00

Kilometres

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

Legend

- Commercial
- Parkland
- Residential Area
- Paved Shared-Use Paths
- Sidewalk
- Roadway
- Bus Stop
- Valley Line LRT — under construction 2017 – 2020

Sample walking routes

- Menisa Trail 1.4 km
- Millhurst Loop 3.2 km
- Knottwood Road 4.4 km
- Menisa/Satoo Trek 5.1 km
- Millhurst Extension 5.3 km
- Park Walk 5.5 km
- Meyokumin/Menisa Trek 5.8 km

EKOTA, MENISA, MEYOKUMIN, SAKAW, SATOO

Legend

- Bakery/Deli
- Bank
- Basketball
- Child Care Centre
- Coffee Shop or Café
- Community Garden
- Community Hall
- ETS Bus Transit Centre
- Farmers Market
- Grocery Store
- Health Centre/Medical
- Library
- Off-Leash Area
- Pharmacy
- Picnic Site
- Place of Worship
- Playground
- Post Box/Post Office
- Pub
- Public Washroom
- Recreation Centre
- Recycling Centre
- Restaurant
- Scenic Viewpoint
- Shopping Area
- School
- Skateboard Park
- Skating Rink
- Sports Field
- Spray Deck
- Swimming Pool
- Tennis Court
- Toboggan Hill
- Vet Clinic

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