

Walk Edmonton

Walk 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.

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.



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 show 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

Jasper Park Community League
8751 – 153 Street NW
Edmonton, AB T5R 1P1
780-484-8749

Lynnwood Community League
15525 – 84 Avenue
Edmonton, AB T5R 3Y1
780-484-4893
president@lynnwoodcommunity.com
lynnwoodcommunity.com

West Division Police Station
16506 – 100 Avenue
780-426-8000

Edmonton Public Library — Jasper Place Branch
9010 – 156 Street
780-496-1810

Weather
780-468-4940

City Information
Call 311

Emergency Contacts

Police/Ambulance/Fire
911

Police Complaint Line
780-423-4567

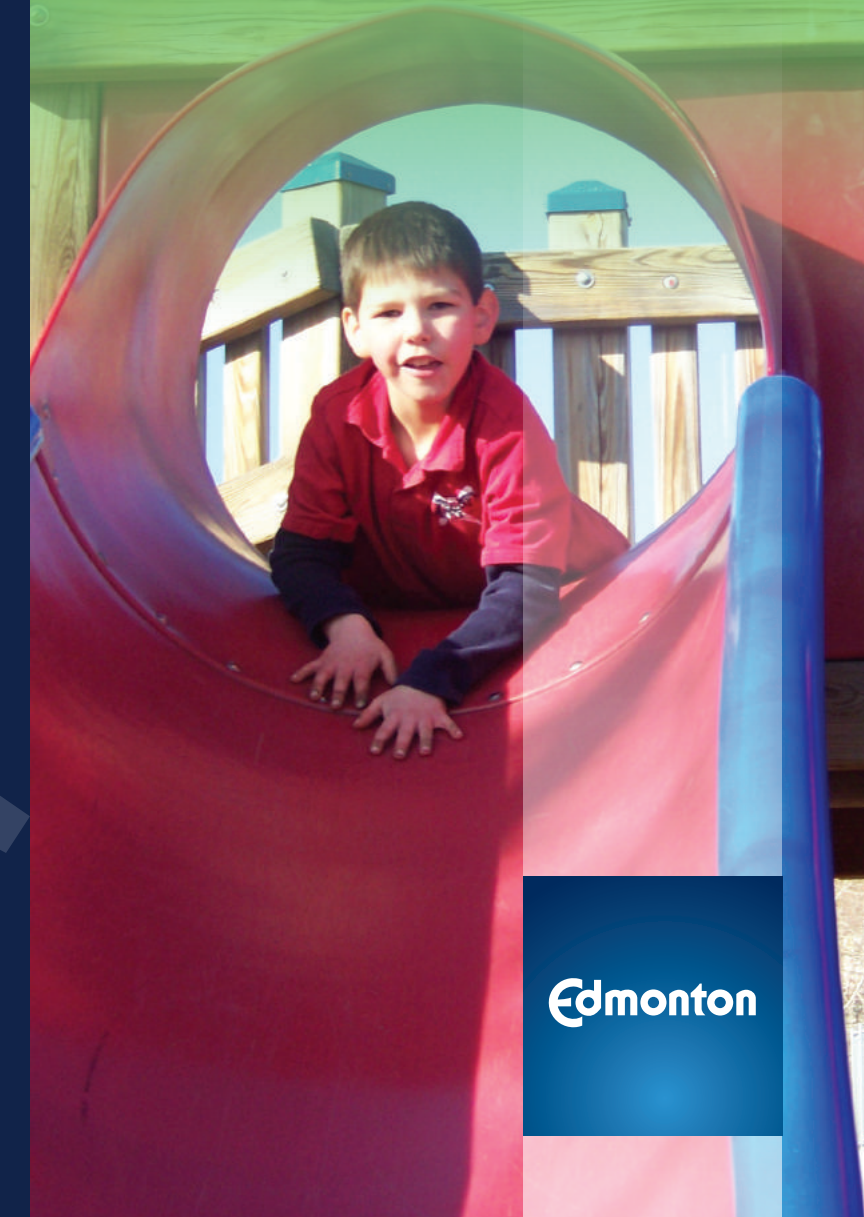
Walking Resources

Alberta Centre for Active Living
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780-427-6949

Canada Walks
canadawalks.ca

COMMUNITY WALKING MAP

Jasper Park and Lynnwood




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

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by Great Neighbourhoods



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Jasper Park and Lynnwood

Lynnwood is a welcoming neighbourhood with a history of being an active and friendly place to live. Whether it's the playschool, yoga, scouts or a Lynnwood event, you will always find something going on. In winter, the skating rink is busy with Lynnwood Canucks Hockey teams, shiny or skating on the pond.

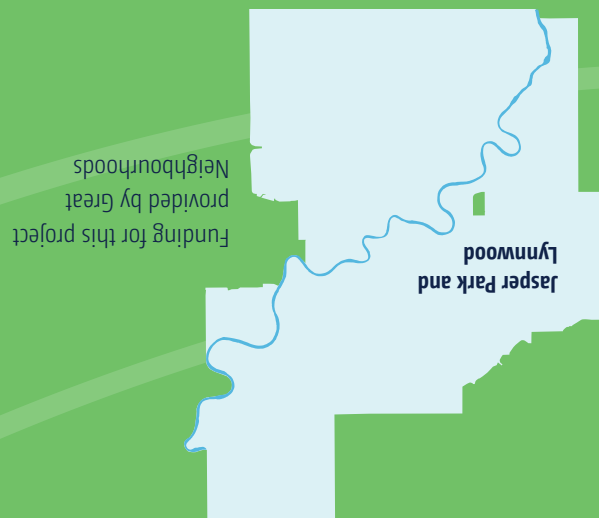
At the heart of Lynnwood is the ravine, where you can geocache, play capture the flag, walk your dog, toboggan or cross country ski.

With two elementary schools, shopping, restaurants, groceries, coffee shops, a new library and Lynnwood's central location make it a great place to live.

The community has three schools: Notre Dame Ecole, James Gibbons, and Stratford. Each school has a playground, two of which have been recently renovated. Other amenities include a bank, pharmacy, restaurants and well known Bon Ton Bakery. On the west boundary is a fire station and a beautiful new library.

Important to the community is the Halloween steak supper which also features a Haunted House to which we ask for donations to the Food Bank. Central to the community is the rink which boasts the first community league to have plastic puck boards and a Zamboni. The Christmas Potluck always receives a visit from Santa Claus and horse drawn sleigh rides through the community.

Jasper Park has something for everyone. Go for a stroll, get active, participate.



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Neighbourhoods

Lynnwood, where families and friends grow

JASPER PARK AND LYNNWOOD

Legend

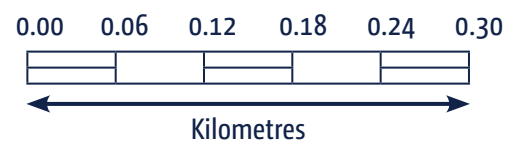
- | | | | |
|--|------------------------|--|----------------------|
| | Bakery | | Park |
| | Bank | | Pharmacy |
| | Childcare Centre | | Place of Worship |
| | Coffee Shop | | Playground |
| | ETS Bus Transit Centre | | Post Box/Post Office |
| | Fire-Ambulance | | Skating Rink |
| | Grocery Store | | Sports Fields |
| | Health Centre/Medical | | Tennis Court |
| | Heritage Home | | Toboggan Hill |
| | Late Night Store | | Tourist Attraction |
| | Liquor Store | | Wildlife Viewing |

- | | | | |
|--|-------------------------------|--|----------------------|
| | Commercial | | On Street Bike Route |
| | Parkland | | Roadway |
| | Residential Area | | Alleys |
| | Crosswalk with Signal | | Sidewalk |
| | Crosswalk with Audible Signal | | |
| | Bus Stop | | |
| | Trailhead | | |

Sample walking routes

- 1.5 km Lynnwood Figure 8
- 1.96 km Visit the Parks
- 2.2 km The Victory Lap
- 2.9 km The Lynnwood Glenn Trek
- 3.3 km The School Books
- 4.8 km J.P. Figure 8

Scale



0.375 Kilometres = About 5 minutes walking
 About 500 steps walking
 About 1.5 minutes cycling

