



## 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  
@WalkEdmonton  
780-944-5339

## Other Walking Resources

**Alberta Centre for Active Living**  
centre4activeliving.ca  
780-492-4863

**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.



Jasper Place Fitness and Leisure Centre

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

## Local Contacts

**Meadowlark Community League**  
15961 – 92 Avenue NW  
PO Box 67118, RPO Meadowlark  
Edmonton, AB T5R 5Y3  
meadowlarkcl.net  
Meadowlark Community League on Facebook  
memberships@meadowlarkcl.net  
780-484-1287

**West Meadowlark Community League**  
9311 – 165 Street  
Edmonton, AB T5R 2S5  
wmcl.org  
westmeadowlark@gmail.com  
780-484-6132

@WMeadowlarkCL  
facebook.com/WMeadowlarkCL

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

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

**Weather**  
780-468-4940

**City Information**  
Call 311

## Emergency Contacts

**Police/Ambulance/Fire**  
911

**Police Complaint Line**  
780-423-4567

\* Cover photo of Western Meadowlark obtained via Flickr.com. © Sam May.

## COMMUNITY WALKING MAP

# Meadowlark and West Meadowlark



Edmonton

© Sam May

## 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.

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groceries, pharmacies, banking, coffee shops, restaurants and other convenient services. The neighbourhoods also include local gas bars with convenience stores.

The neighbourhoods of Meadowlark Park and West Meadowlark Park have many interesting and important features that make this an amazingly convenient and walkable community. Future planned bike and LRT routes will also enhance the convenience and transportation options for residents.

Leagues also provide recreational facilities and opportunities such as ringette, hockey, soccer, softball, curling, figure skating, nursery school, Block Parent, girl guides and Scouts. The community leagues organize social events for the neighbourhood such as winter carnivals, family fun days, community picnics and Breakfast With Santa.

Another important feature of these neighbourhoods is the access to medical facilities and services in the area. Misericordia Hospital is the key medical facility along 170 Street. Other facilities include Lynwood Extended Care Center, Jasper Place Central Park Lodge, McConnell Alzheimer's Centre, Meadowlark Mall located along 87 Avenue at 156 Street has been redeveloped recently to include many doctor's offices and medical services for the community. Fire Station 12 is located just north of Meadowlark Mall.

There are several shopping opportunities available within walking distance. West Edmonton Mall and Terra Rosa Centre are located just west of 170th Street and includes exclusive shopping, fine dining and exciting entertainment. No less important is Meadowlark Mall which includes neighbourhood shopping with

Welcome to the communities of Meadowlark Park and West Meadowlark Park. These neighbourhoods take their names from the Western Meadowlark, a songbird that is common to south and central Alberta in the summer months. The neighbourhoods are bounded on the west by 170 Street, on the east by 156 Street, on the south by 87 Avenue, and on the north by 95 Avenue.

These communities were originally part of the Town of Jasper Place which amalgamated with Edmonton in 1964. Meadowlark Park is mainly made up of single detached homes and was developed mostly in the 1960s. Development in West Meadowlark Park followed through the 1970s and included a mix of multi-family units and single family homes.

Meadowlark Park and West Meadowlark Park share several important community facilities. The neighbourhoods include three elementary schools, two high schools, and five places of worship. Recreational facilities available to the residents include:

Jasper Place Pool and Annex, Bill Hunter Arena, Jasper Place Bowl and tennis courts, St. Francis Xavier Sports Centre, the new Jasper Place Library. The Meadowlark and West Meadowlark Community

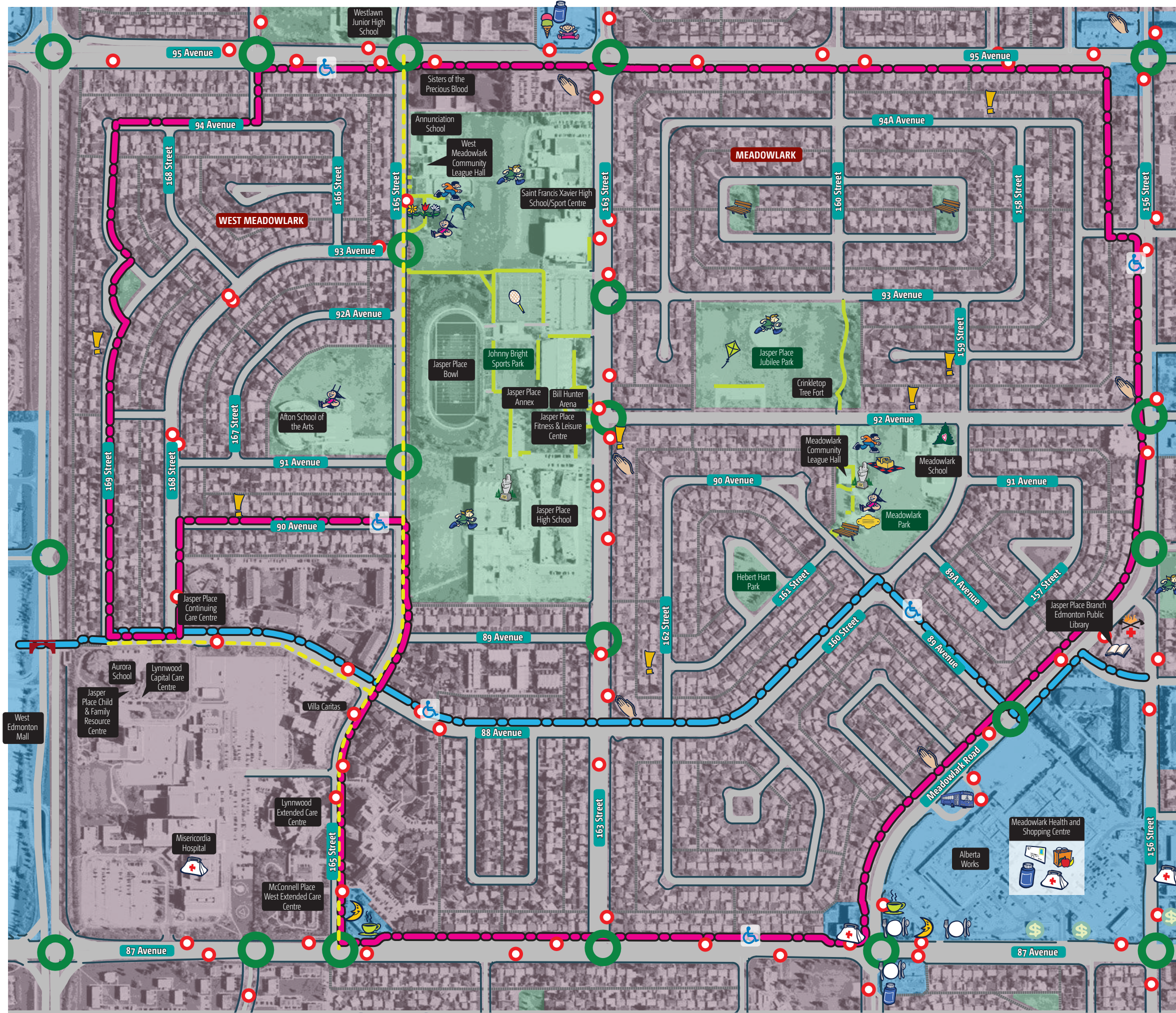
# Meadowlark Park and West Meadowlark Park

# MEADOWLARK AND WEST MEADOWLARK

## Legend

- |                        |                            |
|------------------------|----------------------------|
| Bank                   | Pharmacy                   |
| Childcare Centre       | Picnic Site                |
| Coffee Shop            | Place of Worship           |
| Community Garden       | Plaque                     |
| ETS Bus Transit Centre | Playground                 |
| Fire/Ambulance         | Point of Interest*         |
| Grocery Store          | Post Box/Post Office       |
| Health Centre/Medical  | Public Art/Monument Statue |
| Heritage/Memorial Tree | Restaurant                 |
| Ice Cream Shop         | Rest Spot                  |
| Kite Flying            | Skating Rink               |
| Late Night Store       | Sports Fields              |
| Library                | Spray Deck                 |
|                        | Tennis Court               |

\*Beautiful tree, nice yard, etc

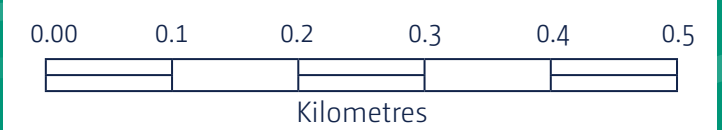


- |                       |                       |
|-----------------------|-----------------------|
| Commercial            | Paved Shared-Use Path |
| Parkland              | On Street Bike Route  |
| Residential Area      | Roadway               |
| Crosswalk with Signal | Alleys                |
| Bus Stop              | Sidewalk              |
| Pedestrian Bridge     |                       |

## Sample walking routes

- |        |                             |
|--------|-----------------------------|
| 2.2 km | Playground & Ice Cream Walk |
| 2.2 km | Mall & Book Walk            |
| 2.2 km | Pink Loop                   |
| 3.5 km | Dog Walkers' Loop           |
| 3.7 km | Church Walk                 |
| 8.8 km | Cycle/Run Loop              |

## Scale



0.5 Kilometres = About 4.5 minutes walking  
About 660 Steps  
About 2 minutes cycling

