



COMMUNITY WALKING MAP

# Greenview, Hillview, Jackson Heights, Kiniski Gardens



Edmonton

## 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 and maps

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

Millwoods Golf Course, Jackie Parker Recreation Area



## 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.



Annie May Jackson 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

**Woodvale Community League**  
4540 - 50 Street NW  
780-462-2101  
woodvale.org

**Burnewood Community League**  
4118 41 Ave NW  
burnewood.ca

**Mill Woods Golf Course**  
4540-50 Street NW  
780-448-1601  
millwoodsgolfcourse.com

**Edmonton Public Library Mill Woods Branch**  
780-496-1818  
epl.ca

**Edmonton Police Services Southeast Division**  
780-423-4567  
edmontonpolice.ca

**Mill Woods Public Health Centre**  
780-342-1660  
albertahealthservices.ca

**Grey Nuns Hospital**  
780-735-7000  
covenanthealth.ca

**Weather**  
780-468-4940

**City Information**  
Call 311

## Emergency Contacts

**Police/Ambulance/Fire**  
911

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

## 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



Printed 2018

# Greenview, Hillview, Jackson Heights & Kiniski Gardens

unsuccessful bids at public office Kiniski became known as "Big Julie" and her election was said to have reinvigorated the public's interest in City Council. After her initial election she was re-elected three more times, and in her final election run (1968) Kiniski had so greatly increased her share of the votes that she led all other councillors by a large margin. In addition to being a celebrated local politician, Kiniski was also the mother of six children, one of whom became the professional wrestler Gene Kiniski. In the late 1910s the southern portion of Kiniski Gardens formed part of the Edmonton Market Gardens. The Woodvale Community League is comprised of the Hillview and Greenview neighbourhoods. The community league was established in 1980.

Jackson Heights, Kiniski Gardens are a part of the Burnewood Community League along with Burnewood Junction and Kinisly Gardens. The community league was established in 1983.

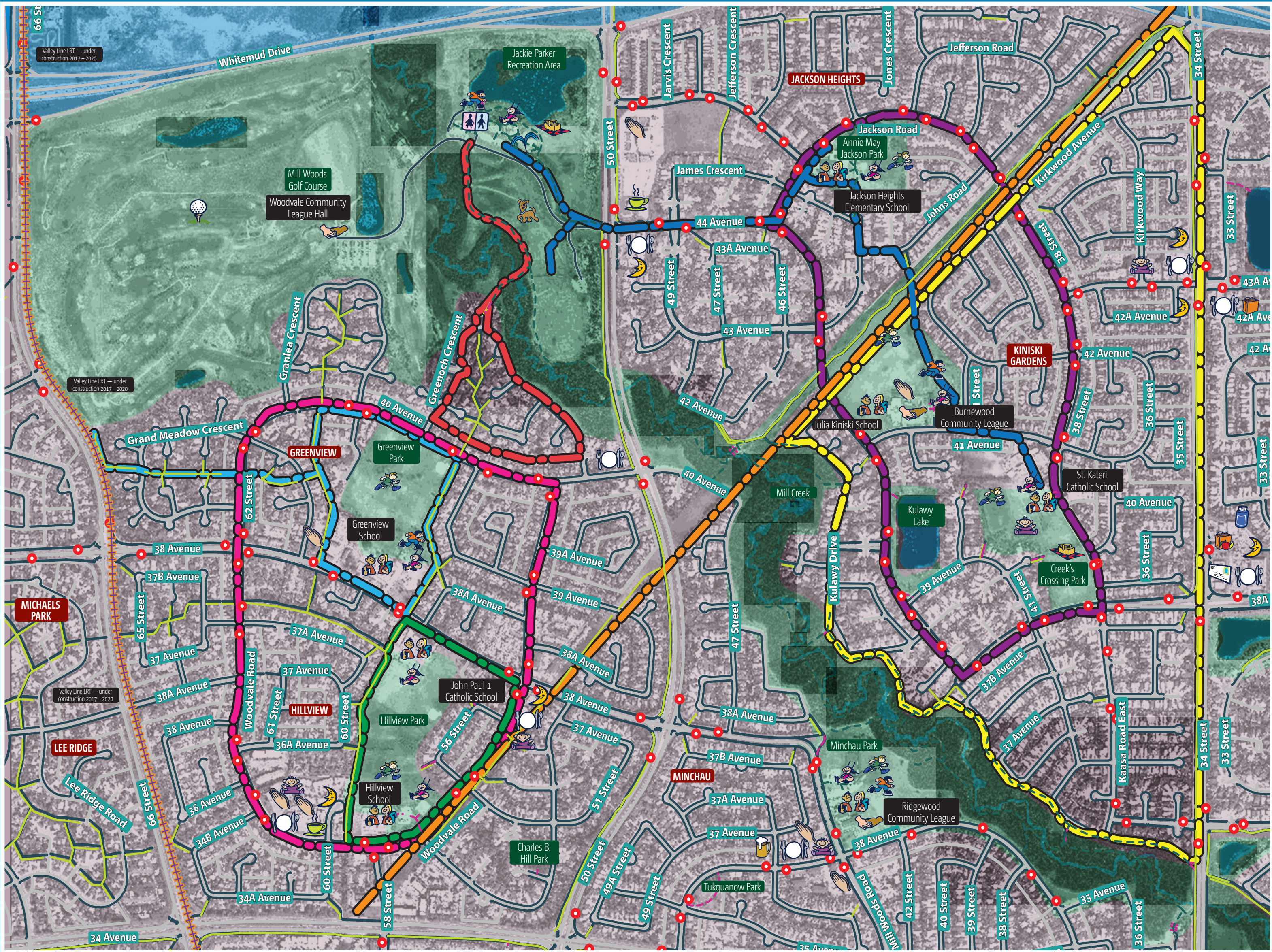
Since the southern portion of Greenview is near the highest ground in Mill Woods, the neighbourhood slopes gently towards the golf course. This feature gives the area its name. The Hillview neighbourhood is situated on the only hill in Mill Woods and because of the significance of this topographical feature the neighbourhood was named after it.

Jackson Heights is named in honour of Annie B. Jackson, first policewoman in Canada. She was appointed to the Edmonton Police Department in 1912, and received worldwide acclaim when her photograph as a Policewoman appeared on the front page of the London Daily Mirror on August 8, 1913.

Kiniski Gardens was named in honour of Polish-born Julia Kiniski (1899-1969) who was a dedicated local politician. Kiniski ran for election as a city alderman ten times before she finally succeeded in 1963, and was only the third woman to take a seat on Council. Over the course of her ten previous

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 (1970s) Edmonton City Council decided that the area's history would be recognized by giving Cree names to several neighbourhoods. Mill Woods is a collection of 26 neighbourhoods in South East Edmonton.





## GREENVIEW, HILLVIEW, JACKSON HEIGHTS, KINISKI GARDENS

### Legend


**WALK EDMONTON**

**Edmonton**