

Active Edmonton

Active Edmonton is a great place to turn for all things “active”. Resources, web links and contests! Get Up, Get Out, Get Active and make Edmonton Canada’s most active city.

Our aim?

To build awareness and to encourage Edmontonians to value and participate regularly in physical activity.

www.activedmonton.ca

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.

www.edmonton.ca/walkable
780-944-5339



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

Walkings... 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

North Glenora Community League

13535 – 109A Avenue
Edmonton, AB T5M 3Z4
780-452-6610
www.ngcl.org

Coronation School

10925 – 139 Street
Edmonton, AB T5M 1P8
780-455-2008

Edmonton Police Service —

Westmount Station

13326 – 114 Avenue
780-496-8504

Edmonton Public Library —

Woodcroft Branch

13420 – 114 Avenue
Edmonton, AB T5M 2Y5
780-496-1830
www.epl.ca

Weather

780-468-4940

City Information

Call 311
311@edmonton.ca

Emergency Contacts

Police/Ambulance/Fire

911

Police Complaint Line

780-423-4567

Walking Resources

Alberta Centre for Active Living

www.centre4activeliving.ca
780-427-6949

Canada Walks

www.canadawalks.ca



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Community Walking Map

North Glenora 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



North Glenora

Legend

- | | | | |
|--|------------------------|--|----------------------------|
| | Bakery | | Public Art/Monument/Statue |
| | Bank | | Public Washroom |
| | Coffee Shop | | Recreation Facility |
| | Community Hall | | Rest Spot |
| | ETS Bus Transit Centre | | Restaurant |
| | Late Night Store | | School |
| | Library | | Shopping Area |
| | Medical | | Skateboard Park |
| | Pharmacy | | Skating Rink |
| | Picnic Site | | Sports Field |
| | Place of Worship | | Tennis |
| | Playground | | Toboggan Hill |
| | Point of Interest | | Tourist Attraction |
| | Post Box/Post Office | | |

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

- Sample walking routes
- 1 km Coronation School Loop
 - 1.6 km Ester's Walk
 - 2 km Lilley's Flower Walk
 - 2.4 km Coronation Promenade
 - 3.6 km Perimeter Walk



Scale

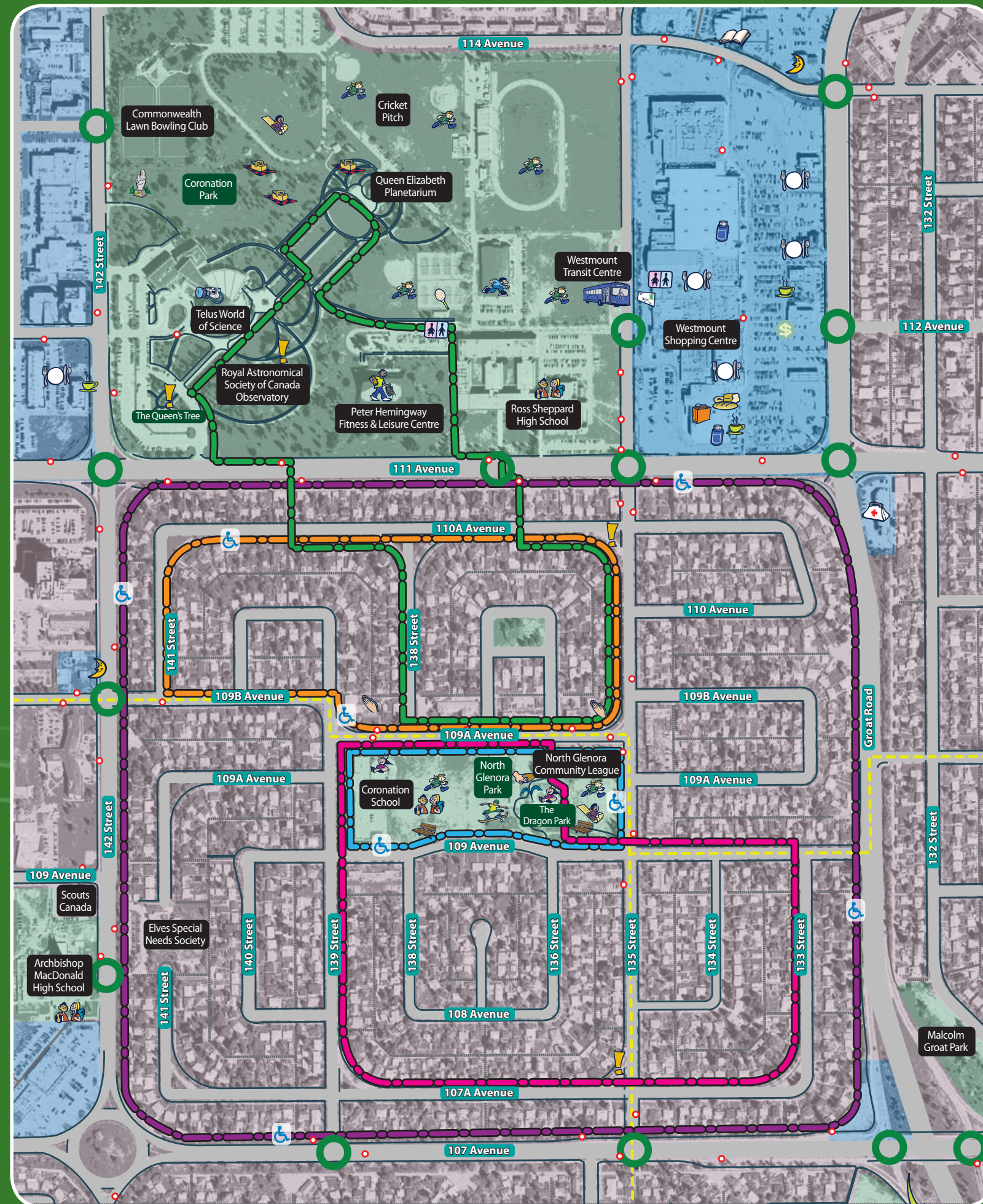
0.00 0.10 0.20 0.3 0.40 0.50



Kilometres



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



North Glenora Community League



North Glenora is a welcoming, family oriented, mature neighbourhood that was developed between 1952 and 1953. The original land was homesteaded by pioneer Malcolm Groat, who having left the employ of the Hudson's Bay Company in 1878, farmed the area bounded by the North Saskatchewan River, 111 Avenue and 149 Street.

The North Glenora neighbourhood was planned, as were several of the same era, by then chief City planner Noel Dant, who designed the neighbourhood's distinctive street layout and central park space. The North Glenora Community League has been a heart of the community since 1953, and the hall, which started as a simple rink shack, has undergone a number of incarnations with the current facility being opened in 1981. The League has been a leader in Edmonton: several of our volunteers have gone on to be president of the Edmonton Federation of Community Leagues; the League hosted Edmonton's first recycling fair; and our volunteers started the Partners in Parks Program with the City.

North Glenora is a very walkable community, with easy access to transit, shopping, sports and recreation, schools and the River Valley.



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