



## 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](http://edmonton.ca/walkedmonton)  
780-944-5339

## Other Walking Resources

**Alberta Centre for Active Living**  
[centre4activeliving.ca](http://centre4activeliving.ca)  
780-427-6949

**Canada Walks**  
[canadawalks.ca](http://canadawalks.ca)

**UWALK**  
[UWALK.ca](http://UWALK.ca)

## Shape (Safe Healthy Active People Everywhere)

[shapeab.com](http://shapeab.com)

Get involved with Walk to School Week and Walking School Bus Programs

[edmonton@shapeab.com](mailto: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.



## Local Contacts

[blackmudcreek.com](http://blackmudcreek.com)  
[heritagepoint.ca](http://heritagepoint.ca)

### Edmonton Public Library - Riverbend Branch

460 Riverbend Square NW  
(780) 944-5311  
[epl.ca](http://epl.ca)

### Edmonton Public Library - Whitemud Branch

4211 106 St NW  
(780) 496-1822  
[epl.ca](http://epl.ca)

### Ellerslie Rugby Club

11004 9 Avenue SW  
[edmontonrugby.com](http://edmontonrugby.com)

### Weather

780-468-4940

### City Information

Call 311

## Emergency Contacts

**Police/Ambulance/Fire**  
911

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

## COMMUNITY WALKING MAP

# Allard, Blackburne, Blackmud Creek, Callaghan, Cashman, Cavanagh, MacEwan, Richford, Rutherford



**Edmonton**

## 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](http://edmonton.ca) (keyword off-leash)

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

## 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](mailto:Walkedmonton@edmonton.ca)  
780-944-5339



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# Blackmud Creek and Heritage Point

The Blackmud Creek Community League and the Heritage Point Community League are among the largest community leagues in Edmonton, and reside within an area of South-West Edmonton designated as Heritage Valley.

Many of the neighbourhoods of Heritage Valley are named after people selected in 2004 as “Edmontonians of the Century”: politicians, historians, authors, surgeons, broadcasters, entrepreneurs, innovators, industrialists, philanthropists, and visionaries.

Residents are blessed with close access to over 7 km of walking trails along the Blackmud Creek Ravine. The system of stormwater management ponds in the area

serve two purposes beyond their aesthetic appeal: they contain surges of rainfall by releasing water slowly so that the stormwater system isn't flooded, and they control erosion by encouraging water infiltration rather than runoff. A reduction in erosion along Blackmud Creek also improves the quality of water in the creek.




























Before residential development of neighbourhoods began in the early 1980s, with the construction of Blackburne, the area was primarily agricultural land. The main exception was the Ellerslie Rugby Park, which was built in 1975 and had the first regulation-sized fields in Northern Alberta. The Blackmud Creek Ravine was also previously home to both a campground and golf course run by the City of Edmonton. Both facilities were reclaimed as parkland.




















Pedestrian footbridge

# BLACKMUD CREEK AND HERITAGE POINT

## Legend

- |   |  |
|---|--|
|  Accessible Route          |  Place of Worship                     |
|  Bakery                    |  Playground                           |
|  Bank                      |  Pharmacy                             |
|  Child Care                |  Point of Interest: Former Campground |
|  Coffee Shop               |  Post Office                          |
|  Fire - Ambulance          |  Restaurant                           |
|  Footbridge                |  Rest Stop                            |
|  Grocery Store            |  Scenic Viewpoint                    |
|  Late Night Store        |  School                             |
|  Heritage Tree           |  Shopping Area                      |
|  Interpretive Sign       |  Skating Rink                       |
|  Medical                 |  Sports Field                       |
|  Outdoor Fitness Station |  Toboggan Hill                      |
|   |  Vet Clinic                         |

- |  |  |  |  |   |   |  |  |   |  |
|--|--|--|--|---|---|--|--|---|--|
|  Commercial |  Parkland |  Residential Area |  Alleys |  Gravel Trails |  Roadway |  Paved Shared Use Pathway |  Sidewalk |  Crosswalk with Signal |  Bus Stop |
| Sample walking routes  |  |  |  |   |   |  |  |   |  |
|             | The Estate of Things   | 2.0 km   |  |   |   |  |  |   |  |
|             | Fire Station Checkup   | 2.5 km   |  |   |   |  |  |   |  |
|             | Peek-a-Henday  | 2.6 km   |  |   |   |  |  |   |  |
|             | Run Through the Jungle   | 2.9 km   |  |   |   |  |  |   |  |
|             | Escaping the Hustle and Bustle   | 3.6 km   |  |   |   |  |  |   |  |
|             | A Trip Down History Lane   | 4.0 km   |  |   |   |  |  |   |  |
|             | Going the Distance   | 5.9 km   |  |   |   |  |  |   |  |

### Scale

0.00 0.2 0.4 0.6 0.8

Kilometres

0.5 Kilometres = About 4.5 minutes walking

About 660 Steps

About 2 minutes cycling

