



COMMUNITY WALKING MAP

# Kameyosek, Meyonohk, Tawa, Tipaskan



Edmonton



Printed 2019

## Local Contacts

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

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

**Lakewood Community League**  
260 Lakewood Road East  
780-463-3617  
Info@lakewoodcommunityleague.ca

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

**Mill Woods Seniors and Multicultural Centre**  
2610 Hewes Way NW  
780-496-2997  
mwsmbookings@edmonton.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

## 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.



Bettie Hewes 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!**

## 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

28 Avenue Shared Use Path



# Kameyosek, Meyonohk, Tawa, Tipaskan

Meyonohk, a word meaning "an ideal spot" in the Cree language, is reflective of the neighbourhood's good access to the recreational facilities of nearby Mill Woods Park and to the major areas of employment in the industrial areas to the west and north.

Tipaskan, a word meaning 'a reserve' in the Cree language, recalls that the Mill Woods area was a Cree Indian reserve between 1876 and 1891.

In the Cree language, Kameyosek means 'the beautiful'

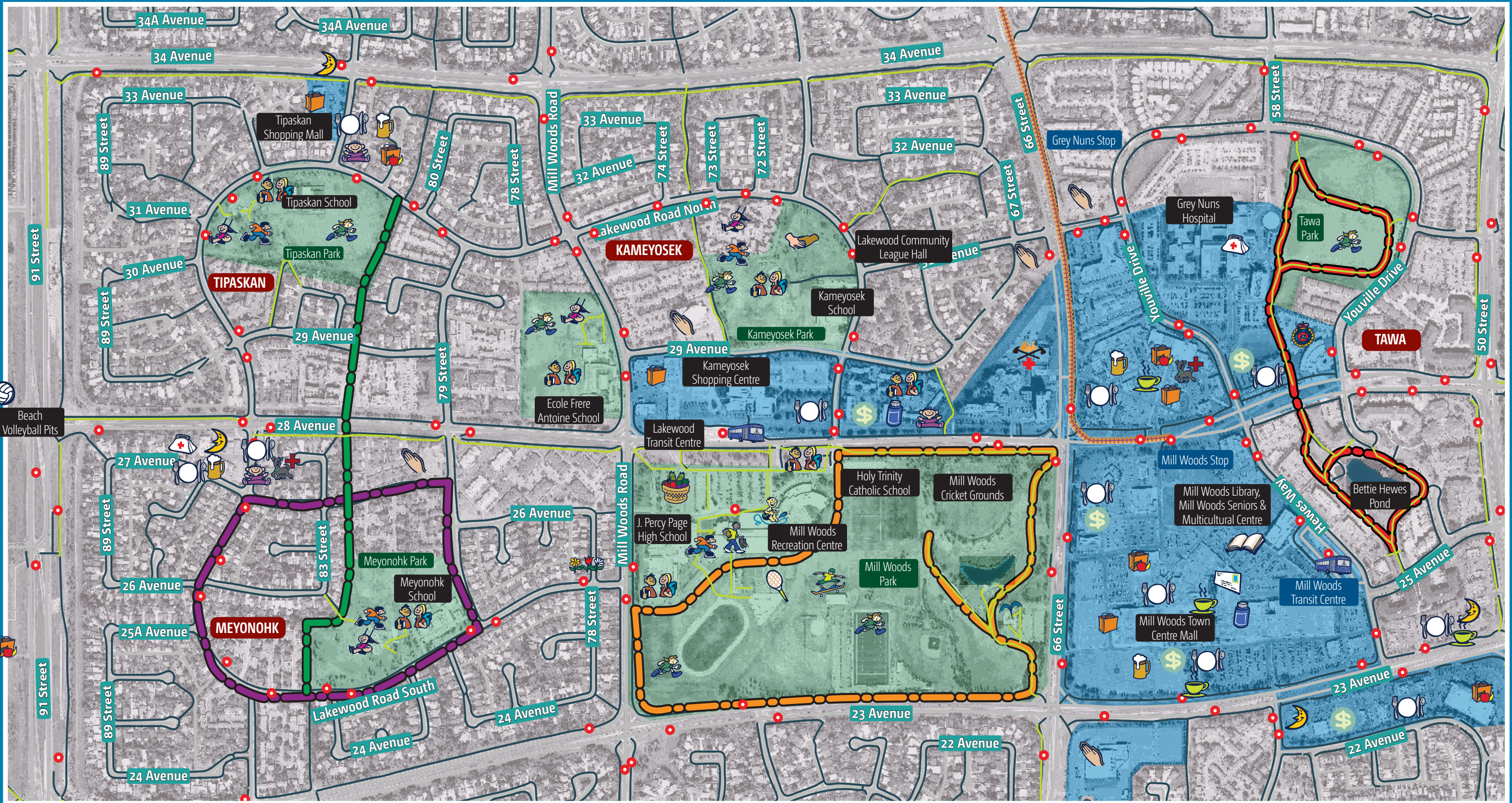
Tawa means "you are welcome" in the Cree language;

Lakewood Community League includes the neighbourhoods of Kameyosek, Tipaskan and Meyonohk. The community league was formed in 1978.

Mill Woods is a collection of 26 neighbourhoods in South East Edmonton.

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 Council decided that the area's history would be recognized by giving Cree names to several neighbourhoods.





Bettie Hewes Pond



Mill Woods Park Pond



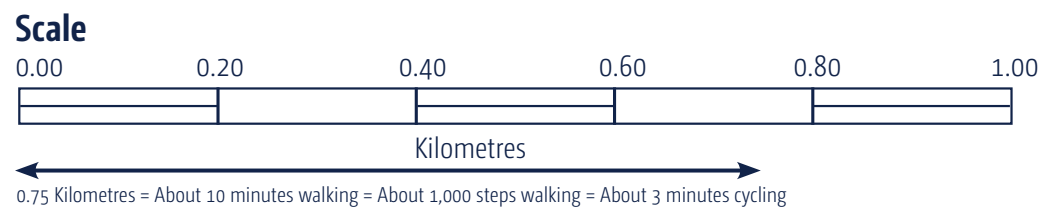
Tipaskan Park



Mill Woods Park Spray Deck

- Commercial
- Parkland
- Residential Area
- On Street Bike Route
- Future Valley Line LRT
- Paved Shared Use Paths
- Sidewalk
- Roadway
- Bus Stop

- Sample walking routes
- Tipaskan to Meyonohk Ramble 1.1 km
  - Meyonohk Loop 1.8 km
  - Tawa Twist 2.3 km
  - Mill Woods Park Loop 3.2 km



## KAMEYOSEK, MEYONOHK, TAWA, TIPASKAN

- Bank
- Child Care Centre
- Coffee Shop or Café
- Community Garden
- Community Hall
- ETS Bus Transit Centre
- Farmers Market
- Fire/Ambulance
- Grocery Store
- Health Centre/Medical
- Late Night Store
- Library
- Pharmacy
- Place of Worship
- Playground
- Police Station
- Post Box/Post Office
- Pub

## Legend

- Recreation Centre
- Restaurant
- Shopping Area
- School
- Skateboard Park
- Skating Rink
- Sports Field
- Spray Deck
- Swimming Pool
- Tennis Court
- Vet Clinic
- Volleyball Court



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