



Walking Resources

Alberta Centre for Active Living
centre4activeliving.ca
780-427-6949

Canada Walks
canadawalks.ca

UWALK
UWALK.ca

Major General Griesbach



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

Castle Downs Skate Park



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.

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 show 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)



Pathways in Carlisle

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

Local Contacts

Caernarvon Community League
14830 118 St NW
caernarvon.ca

Carlisle Community League
14240 117 Street NW
carlislecl.com

Dunluce Community League
11620 - 162 Avenue NW
Dunlucecl.ca

Griesbach Community League
griesbachcommunity.com

Lorelei — Beaumaris Community League
16220 103 Street NW
lbcl.ca

Castle Downs Recreation Society
castledowns.ca

Castle Downs Family YMCA
11510 153 AVE NW
780-476-9622

Edmonton Public Library Castle Downs
106 Lakeside Landing
15379 Castle Downs Rd
780-496-1804

Edmonton Police Service Calder Community Station
12540 - 132 Avenue
780-496-8535

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.

Walkedmonton@edmonton.ca
780-944-5339

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COMMUNITY WALKING MAP

Lorelei, Beaumaris, Caernarvon, Carlisle, Dunluce & Griesbach



Edmonton

Carlisle Neighbourhood

Lorelei, Beaumaris, Caernarvon, Carlisle, Dunluce and Griesbach



Griesbach was a military base and home to thousands of Canadian service members from after WWI until 2003. The neighbourhood continues to honour its rich military tradition and is divided into three segments, with streets named for the army, navy and airforce. Monuments and public art throughout Griesbach reflect this history. Residents take pride in Griesbach's vibrant community garden, picturesque lakes and the central park hill that gives a great view of the entire city. All of this is just a 20-minute drive from downtown Edmonton. The west side of the neighbourhood is still being developed. Additional parks, paths and a new lake will be added, with an estimated completion date of 2035.

Caernarvon: The community of Caernarvon was developed in 1971 on land annexed from the Johnstone family, who had farmed the land since 1896. Caernarvon is proud to be a vibrant multicultural community. Recreational opportunities, including soccer fields, ball fields, and a playground, are conveniently located in Caernarvon Park, which lies adjacent to Caernarvon Community League Hall. Caernarvon Elementary School, and Katherine Therien Elementary Schools. A number of strategically placed pathways promote pedestrian and bike travel through the neighbourhood. Caernarvon is named after the famous Caernarfon Castle in northwest Wales, a fortress-palace on the banks of the River Seiont. Built during the reign of Edward I in the late 1200s, it is considered one of Britain's greatest medieval fortresses, and is recognized as a World Heritage Site.

Dunluce: Dunluce is named after a historical castle on the north coast of Ireland. It offers two elementary schools and a community league at the heart of the neighbourhood. The forest in Dunluce is one of the largest remaining natural forests in the city and offers a beautiful pathway to escape for a blanket picnic. The Castle Downs Recreation Centre is a huge complex located in the southeast corner of the neighbourhood where the Castle Downs Canada Day and Winterfest festivals occur.

Beaumaris is part of Castle Downs and the Lake District Area and was named for a Welsh castle. Developed in the 1980s, Beaumaris features a mall and a beautiful park surrounding Beaumaris Lake where roughly 150 different species of birds have been spotted. Peggy Holmes Park sits at the northwest top of the Beaumaris Lake and was named after the author, broadcaster, public speaker who also actively contributed to Edmonton in the volunteer community. **Caernarvon**: The community of Caernarvon was developed in 1971 on land annexed from the Johnstone family, who had farmed the land since 1896. Caernarvon is proud to be a vibrant multicultural community. Recreational opportunities, including soccer fields, ball fields, and a playground, are conveniently located in Caernarvon Park, which lies adjacent to Caernarvon Community League Hall. Caernarvon Elementary School, and Katherine Therien Elementary Schools. A number of strategically placed pathways promote pedestrian and bike travel through the neighbourhood.

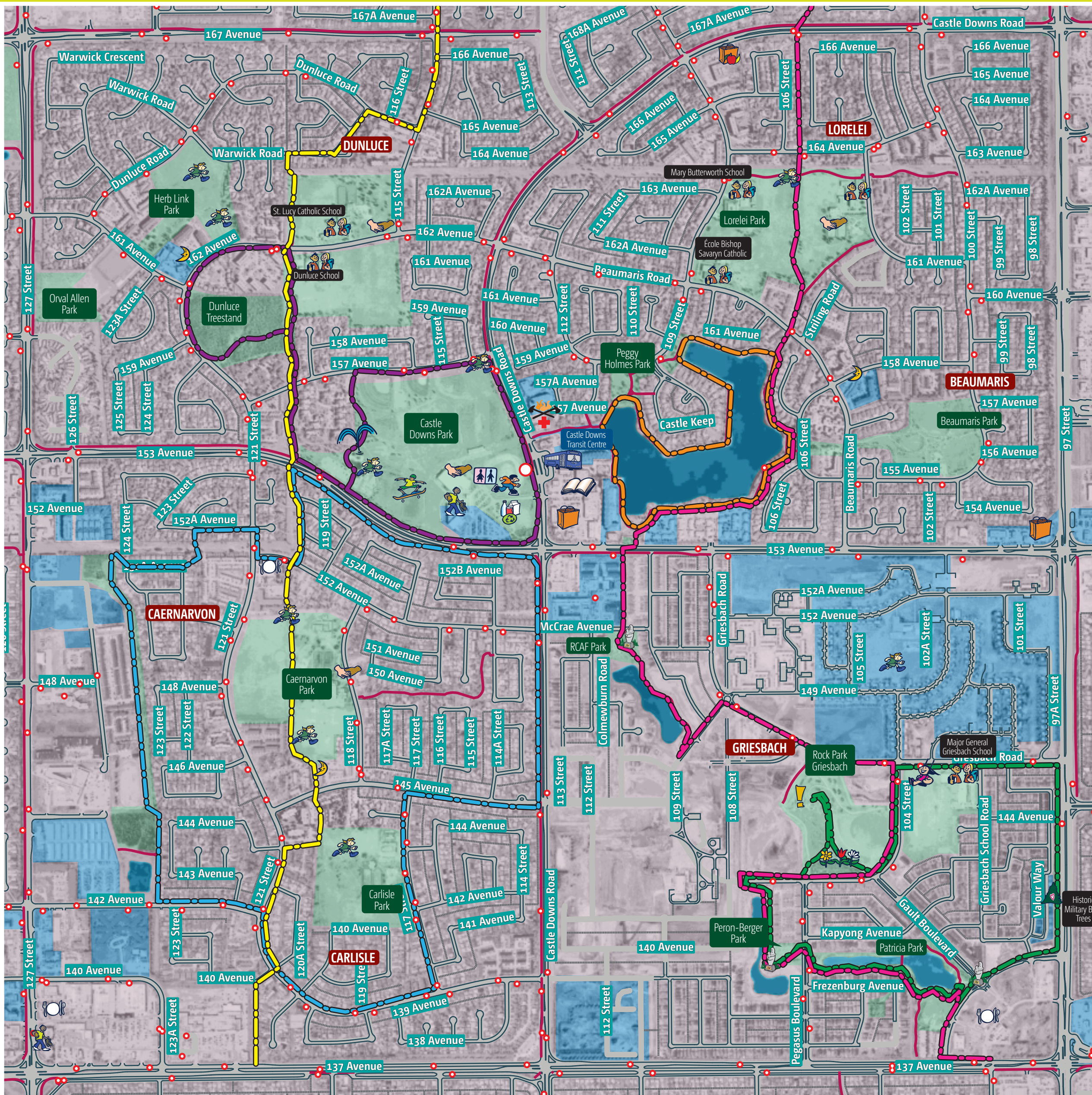
Carlisle Neighbourhood



LORELEI, BEAUMARIS, CAERNARVON, CARLISLE, DUNLUCE & GRIESBACH

Legend

- Community Hall
- Community Garden
- Convenience Store
- ETS Bus Transit
- Fire/Ambulance
- Grocery Store
- Heritage Tree
- Library
- Playground
- Point of Interest
- Public Art/Monument/Statue
- Public Washroom
- Recreation Centre
- Recycling
- Restaurant
- School
- Shopping Area
- Skateboard Park
- Skating Rink
- Sports Fields
- Spray Deck



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|-----------------------|----------------|---|
| Commercial | Shared Pathway | 2.6 km Beaumaris Lake Wildlife Walk |
| Parkland | Roadway | 3.8 km Dunluce Crazy Eight |
| Residential Area | Alleys | 3.85 km The Park Line |
| Crosswalk with Signal | Sidewalk | 4.0 km Griesbach Historic and Scenic Loop |
| Bus Stop | | 5.6 km The Lake Line |
| | | 6.3 km Caernarvon Carlisle Long Loop |

