



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
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

Heritage Lights



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.



Heritage Home

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

Westmount Community League
Westmount Community Hall
10978 127 Street NW
westmountcommunityleague.com
Facebook: Westmount Community League
Twitter: @WestmountCL

124th Street Business Association
202 – 10715 124 Street
Edmonton, AB T5M 0H2
P: 780-413-6503 +1.780.413.6503
info@124Street.ca
124street.ca

Westglen School
10950 – 127 Street T5M 0S7
westglen.epsb.ca
780-454-3449
westglen@epsb.ca

Westmount Fitness Club
12840 – 109 Ave. NW
780-451-9248
westmountfitness.com
info@westmountfitness.com

Woodcroft Public Library
13420 – 114 Avenue NW T5M 2Y5
780-496-1830
epl.ca/locations/EPLWOO

Weather

780-468-4940
weather.gc.ca/canada

City Information

311
Information and referral to social, government, and health services.
211

Emergency Contacts

Police/Ambulance/Fire
911

Police Complaint Line
780-423-4567

Health Link
811

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

COMMUNITY WALKING MAP

Westmount



Edmonton



The main business arteries of 124 Street and Stony Plain Road are becoming increasingly sought after with its interesting mix of art galleries, restaurants, yoga studios, offices and stores. Westglen School was originally built in 1940 as a high school in a modern art deco style but is now an elementary school. The design was a major departure from the previous style seen in Westmount Junior High just across 111 Avenue in Ingelwood. The Community League and the Westmount Fitness Centre are next to Westglen and the combined spacious grounds are actively used for community sports and events. On the east side, the old Grand Trunk Railroad right of way has been turned into a linear park called Grad Park which is an off-leash area for dogs. There are larger shopping opportunities at the edge of Westmount in the Brewery District and at Westmount Mall. Westmount's historical character and easy walking access to local businesses makes it one of the unique communities of Edmonton

In the 1980s the last CNR rail tracks were removed and the former industrial area is rapidly becoming residential with large multi-residential buildings. The staggered development of Westmount over more than one hundred years has resulted in an interesting mix of housing and lends itself to walking. Westmount continues to have perhaps the largest concentration of Heritage Homes in Edmonton, including the Architectural Heritage Area. The Estate still retains some of the larger historic houses of the wealthy built during the early years of the City. The streets from 121 to 126 street are lined with houses built in the four square and arts and crafts styles of the early 1900s. Bungalows on spacious lots are west of 127 street. Intermixed on the major roadways are walkup apartments & condos. The streets and avenues are lined with mature elms with adjacent landscaping of hedges, shrubs and large conifers.

Located just west of downtown, this community emerged in the earliest days of the City of Edmonton's existence. The boundaries evolved over time. Today, the western boundary follows the Great Road/Rayline from 111 Avenue to the river valley. The northern boundary is 111 Avenue east to the park along 121 Street. The eastern boundary (121 Street) goes south as far as Stony Plain Road. It then swings west on Stony Plain Road to 124 Street south until the river valley. The south part of Westmount is called Great Estates and was the first part to be developed. It was annexed to the City in 1904, at the same time Edmonton became a city. The next part historically consists of the area between 121 Street and 127 Street. Much of this area was developed between 1910 and 1925 with the exception of the area west of the Brewery District which was industrial as three railroads merged there. This area was serviced by a streetcar that ran along Jasper Avenue and 124 Street. The area west of 127 Street was developed in the 1950s.



1
124th Street was one of the original Streetcar routes that connected the growing community with downtown (City of Edmonton Archives EA-275-1153)



2
The Tudor mansion built in 1911 by the legendary Peace River Jim (Provincial Archives of Alberta, A877)



3
Once a landmark of the neighbourhood, being reborn as the MaLauren (City of Edmonton Archives EA-792-67)



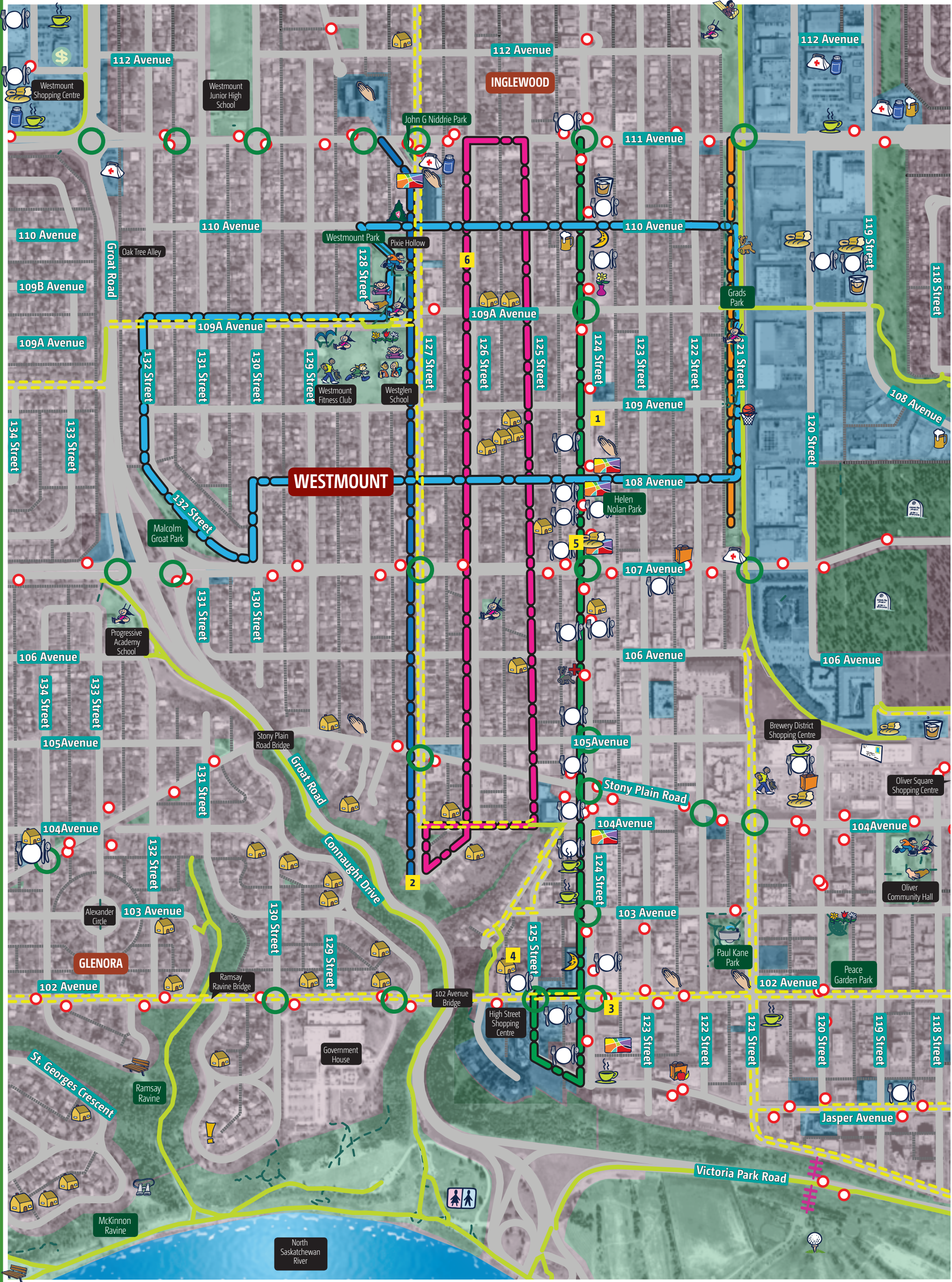
4
The Edmonton Yukon and Pacific railway used to run right through Westmount (City of Edmonton Archives EA-10-1282)



5
Originally built in 1938 and destroyed by fire in 2015, the Roxy will soon be reborn (City of Edmonton Archives EA-207-125)



6
Former Firehall # 8 10986-126th St. Served the surrounding area for over 50 years (Glenbow Archives - ND-3-414)



WESTMOUNT Legend

- Bakery
- Bank
- Basketball Court
- Cemetery
- Child Care
- Coffee Shop
- Community Garden
- Community Hall
- Convenience Store
- Drinking Fountain
- ETS Bus Transit Centre
- Florist
- Golf Course
- Grocery Store
- Health Centre/ Medical
- Heritage Home
- Heritage Tree
- Liquor Store
- Mural
- Off Leash Area
- Pharmacy
- Picnic Site
- Place of Worship
- Playground
- Post Office
- Pub
- Public Washroom
- Recreation Centre
- Restaurant
- Rest Stop
- Scenic Viewpoint
- School
- Shopping Area
- Skateboard Park
- Skating Rink
- Sports Field
- Spray Park
- Tennis
- Toboggan Hill
- Vet Clinic

- Commercial
- Parkland
- Residential Area
- Alleys
- On Street Bike Route
- Paved Shared Use Paths
- Unpaved Shared Use Paths
- Sidewalk
- Roadway
- Bus Stop
- Crosswalk with Signal



- ### Sample walking routes
- Dog Walk 0.7 km (one way)
 - 1905 Edge of City Walk 1.5 km
 - Main Street 2.3 km
 - Heritage Homes Walk 3.4 km
 - Beth's Best Walk 3.6 km

