

Walking Resources

Alberta Centre for Active Living

centre4activeliving.ca

780-427-6949

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

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.

- 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.



Dog off-leash area in Belgravia

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)

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

Local Contacts

Belgravia Community League

11540 73 Avenue NW,
belgraviaedmonton.ca

Belgravia School

11605 74 Avenue NW
belgravia.epsb.ca

Garneau Community League

PO Box 52009
Edmonton, AB T6G 2C5
garneaucommunity.org

Garneau School

10925 87 Avenue NW
780 433-1390
garneau.epsb.ca

McKernan Community League

11341 78 Avenue NW
mckernancommunity.org

McKernan School

11330 76 Avenue NW
780-435-4163
mckernan.epsb.ca

Our Lady of Mount Carmel School

10524 76 Avenue NW

Strathcona High School

10450 72 Avenue
strathcona.epsb.ca

Old Scona

10523 84 Avenue
oldscona.epsb.ca

Queen Alexandra School

7730 106 St NW
queenalexandra.epsb.ca

Windsor Park

Community League

11840 87 Avenue NW
780 439-0902
windsor-park.ca

Windsor Park

Elementary School

8720 118 Street
780 433-3924
windsorpark.epsb.ca

City Arts Centre

10942 83 Avenue
780 442-5311

Metro Cinema

8712 109 Street
780 425-9212
metrocinema.org

Weather

780-468-4940

City Information

Call 311

Emergency Contacts

Police/Ambulance/Fire
911

Police Complaint Line

780-423-4567

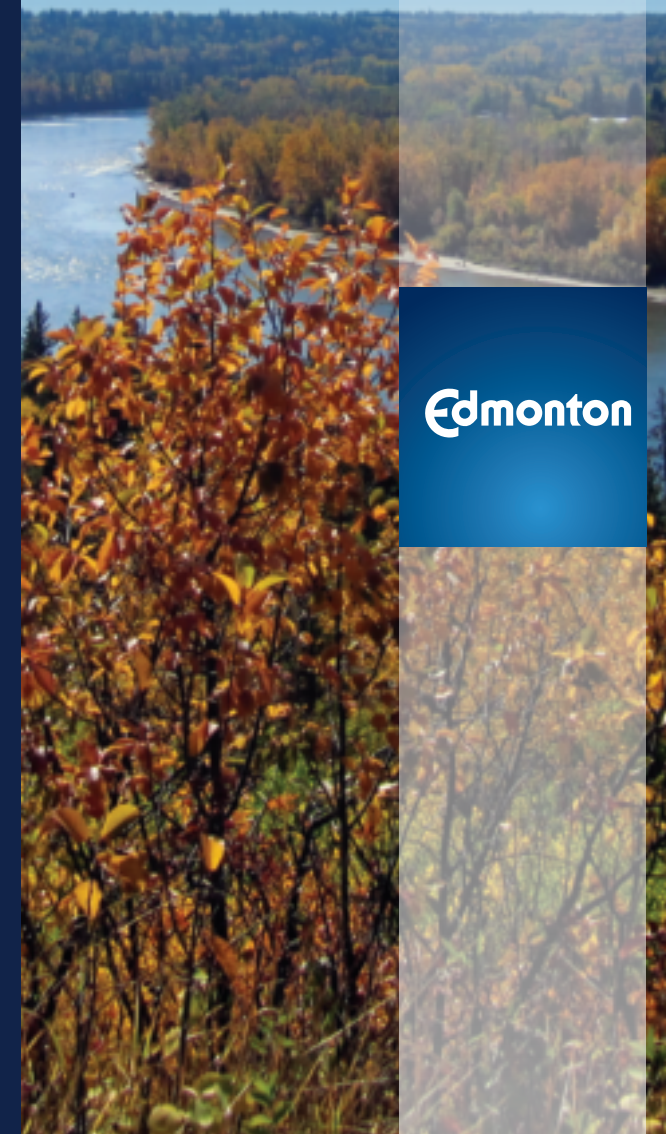


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 **WALK EDMONTON**

COMMUNITY WALKING MAP

Windsor Park, Garneau, Belgravia and McKernan



Edmonton

Windsor Park, Garneau, Belgravia and McKernan

Enjoy walking the tree-lined streets of Garneau, Windsor Park, Belgravia and McKernan, four of Edmonton's most unique communities. Situated on the banks of the North Saskatchewan River valley and close to the University of Alberta North Campus, these neighbourhoods provide much for residents to do and explore. Amenities such as the University Hospital, Jubilee Auditorium, Rutherford House and Hub Mall are accessible by foot. Three LRT stations serve the communities, and Old Strathcona, Whyte Avenue and downtown are within easy reach on foot or by bicycle.

Windsor Park was a subdivision that was created in 1911, just prior to the amalgamation between Edmonton and Strathcona, during the land booms in the early part of the 20th century. Most of the development occurred in the 1950s. It features larger estate homes and new infill development along with open green spaces. Large parks such as William Hawrelak and Emily Murphy are nearby and easily accessible on foot.

Garneau, or The Garneau as it was once known, is one of the oldest neighbourhoods in Edmonton, and has roots of deep historical significance to the University of Alberta, the City of Edmonton, and the Province of Alberta. Numerous prominent citizens have lived here in the decades since the area was created in 1912. Its historic homes are surrounded by trendy cafes, shops and apartments.

Belgravia is a community just south of the University and University Avenue. It is characterized by a large urban forest of elm trees along the streets and primarily residential houses. It is bordered on the west side by the North Saskatchewan River valley, an area that provides many great walking opportunities. From Belgravia you can walk to Heritage Days in the summer and ski all the way to the Kinsmen Field House in the winter. Right below the community, on its south west side, is the Whitemud Equine Centre. A dog off-leash area wraps around the south and west sides of the community. Belgravia is a community with many original residents as well as lots of new families. Explore the many walking routes in this area, including the BB Gun Hill Route, which was named by the local children who lived along Saskatchewan Drive in the early 1950s. The hill was so fast, it was like a BB gun.

About 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. Visit the City of Edmonton website to see all the Community Walking Maps.

Walkedmonton@edmonton.ca
780-944-5339

McKernan is located directly south of the University campus and offers older, renovated and new infill homes on tree-lined streets with excellent transport connections. It was named for James McKernan, a prominent businessman and citizen of Edmonton's early rival, the City of Strathcona. McKernan became part of Edmonton through amalgamation in 1912, but development of the area was delayed until McKernan Lake was drained during the 1940s.

Garneau, Windsor Park, Belgravia and McKernan four vibrant communities that put you in the centre of Edmonton and are perfect for those choosing an active lifestyle in a vibrant area.



Autumn on Campus
(Photo Credit: Kurt Bauschardt (CC BU_SA 2.0))



Pocket Park in McKernan

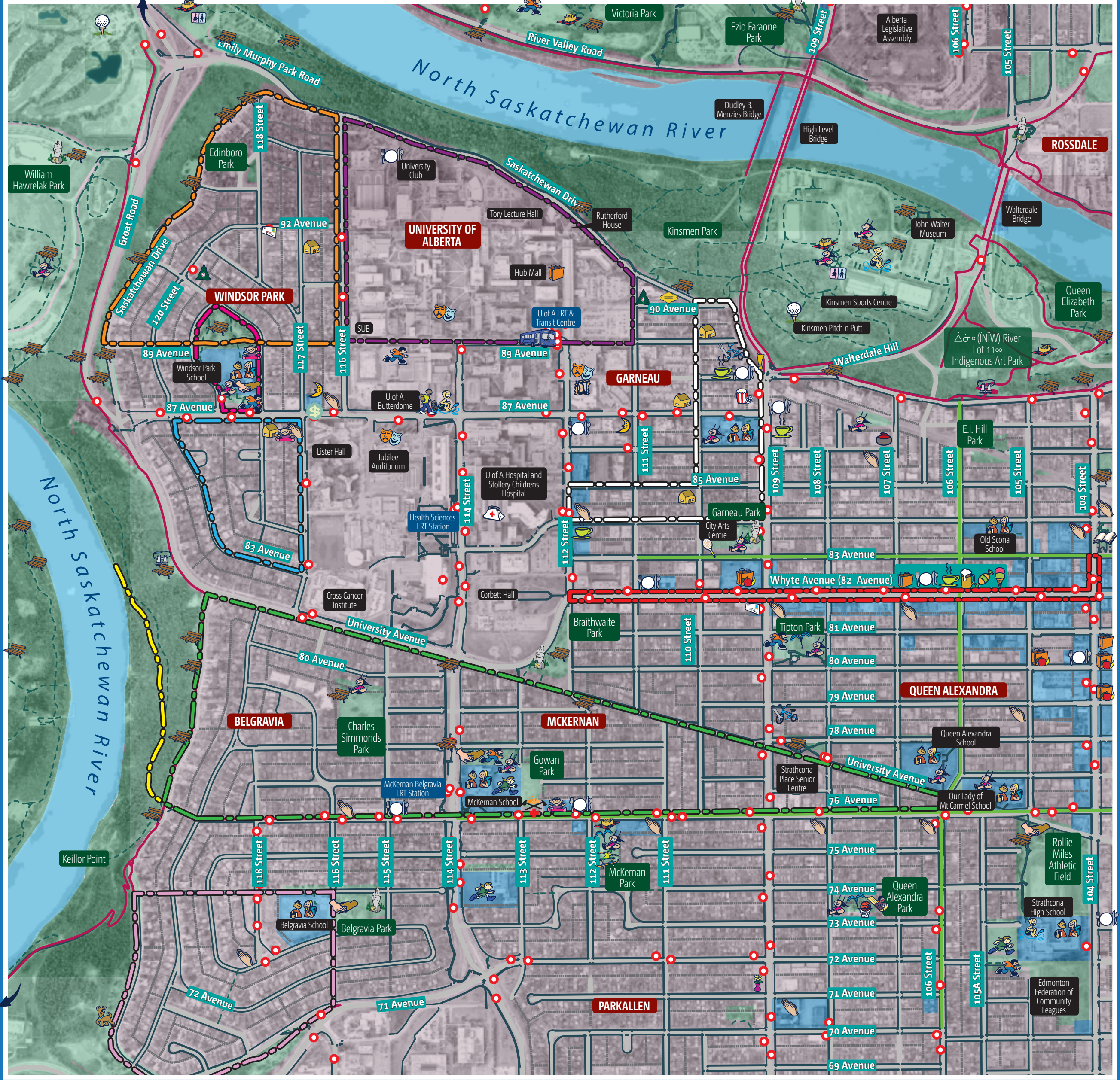


McKernan Spray Park



Belgravia Art Park Arbour





Legend

Art Gallery	Curling Rink	Heritage Home	Place of Worship	Restaurant
Bank	ETS Bus Transit	Ice Cream Shop	Playground	Tennis Court
Basketball Court	Fire-Ambulance	Late Night Store	Plaque	School
Bicycle Shop	Flower Shop	Library	Post Box/Post	Shopping Area
Cafe	Golf Course	Heritage Tree	Point of Interest	Skateboard Park
Candy Shop	Grocery Store	Movie Theatre	Pub	Skating Rink
Childcare Centre	Health Centre/Medical	Off-Leash Area	Public Art/Monument/Statue	Sports Fields
		Picnic Site	Public Washroom	Spray Deck
			Recreation Centre	Swimming Pool
			Rest Spot	Theatre
				Toboggan Hill

Commercial	0.9 km Windsor Park Loop
Parkland	1.5 km BB Gun Hill Out & Back
Residential Area	1.5 km South Windsor Loop
Bus Stop	2.2 km Belgravia Overlook Loop
Alleys	2.3 km Historic Garneau Route
Protected Bike Lane	2.5 km North Windsor Route
Roadway	3.2 km North Campus Loop
Shared Pathway	3.3 km Whyte Ave Windows & Shops
Trails	5.2 km The QA Bel-Mac Triangle
Sidewalk	

Scale

0.0 0.2 0.4 0.6 0.8

Kilometres

0.75 Kilometres = About 10 minutes walking
About 1,000 steps walking
About 3 minutes cycling