



Walk Edmonton

Walk Edmonton is an initiative that develops and shares maps and resources to facilitate and promote walking for both recreation and as active transportation. Visit our website for links to other walking resources and maps.

edmonton.ca/walkedmonton
@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

Kids at play in Patricia Heights



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.

- Edmonton's trails and shared-use paths are shared by many users, including walkers, cyclists, runners and dog-walkers.
- Most City trails and parks require owners to walk dogs on leash.
- Some parks have specific off-leash areas where your dog can run and play. Off-leash areas are multi-use, so expect to share the space with other park users. Your dog should be trained to respond to voice commands immediately before being allowed off-leash.
- Dogs are prohibited at all times from picnic areas, playgrounds, sports fields, school grounds and golf courses.
- **Visit: Edmonton.ca/offleash for details on all locations and their specific boundaries**

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

Local Contacts

Westridge Wolf Willow Country Club Community League
505 Wolf Willow Road
Edmonton, Alberta T5T 4J3
780-481-3524
hallrentals@wwwcccl.com
wwwcccl.com

Rio Terrace Community League
15504 - 76 Avenue
Edmonton, Alberta T5R 4L8
Email: hallrentals.RTCL@gmail.ca
www.rioterrace.ca

Lois Hole Public Library
17650 - 69 Avenue
Edmonton, Alberta T5T 3X9
780-442-0888

Weather
780-468-4940

City Information
Call 311
311@edmonton.ca

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. 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



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COMMUNITY WALKING MAP

Westridge, Wolf Willow, Oleskiw, Patricia Heights, Quesnell Heights, Rio Terrace



Edmonton

Rio Terrace, Patricia Heights, Quesnell Heights, Westridge Wolf Willow Country Club Community League



Two Community Leagues are represented on this map: Rio Terrace Community League and the Westridge Wolf Willow Country Club Community League. These communities are located along the north edge of the North Saskatchewan River. Spectacular river valley views, as well as large green spaces and riverbank viewpoints are cornerstones of these fantastic communities. Patricia and Wolf Willow Ravines are hidden jewels in our communities with their expansive ravine trails and amazing wildlife. These areas are enjoyed by walkers, runners and cyclists alike.

Rio Terrace is a diverse mature neighbourhood that encompasses three communities: Rio Terrace, Quesnell Heights, and Patricia Heights. These diverse mature communities take pride on having a strong sense of civic involvement and being a wonderful place to raise a family.

The heart of Rio Terrace is the Community League, two elementary schools & playgrounds, which are active hubs of community activities and events. The Rio Terrace School offers both the German Bilingual and French Immersion programmes and Patricia

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The Westridge Wolf Willow Country Club Community League promotes active living with a gymnasium/hall, skating rink, tennis courts, basketball hoops and two playgrounds. Bounded by Patricia Heights Ravine, 170th Street, the historic Edmonton Country Club and the North Saskatchewan River, this beautiful residential neighbourhood has an abundance of trails, paths and stairways leading to the River Valley including a new footbridge connecting Westridge to Terwilliger.

We are directly connected to the Laurier Heights community through a walking bridge from Quesnell Heights that crosses the Whitemud freeway.

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Wolf Willow Ravine Bridge and Stairs

WESTRIDGE, WOLF WILLOW, OLESKIW, PATRICIA HEIGHTS, QUESNELL HEIGHTS, RIO TERRACE

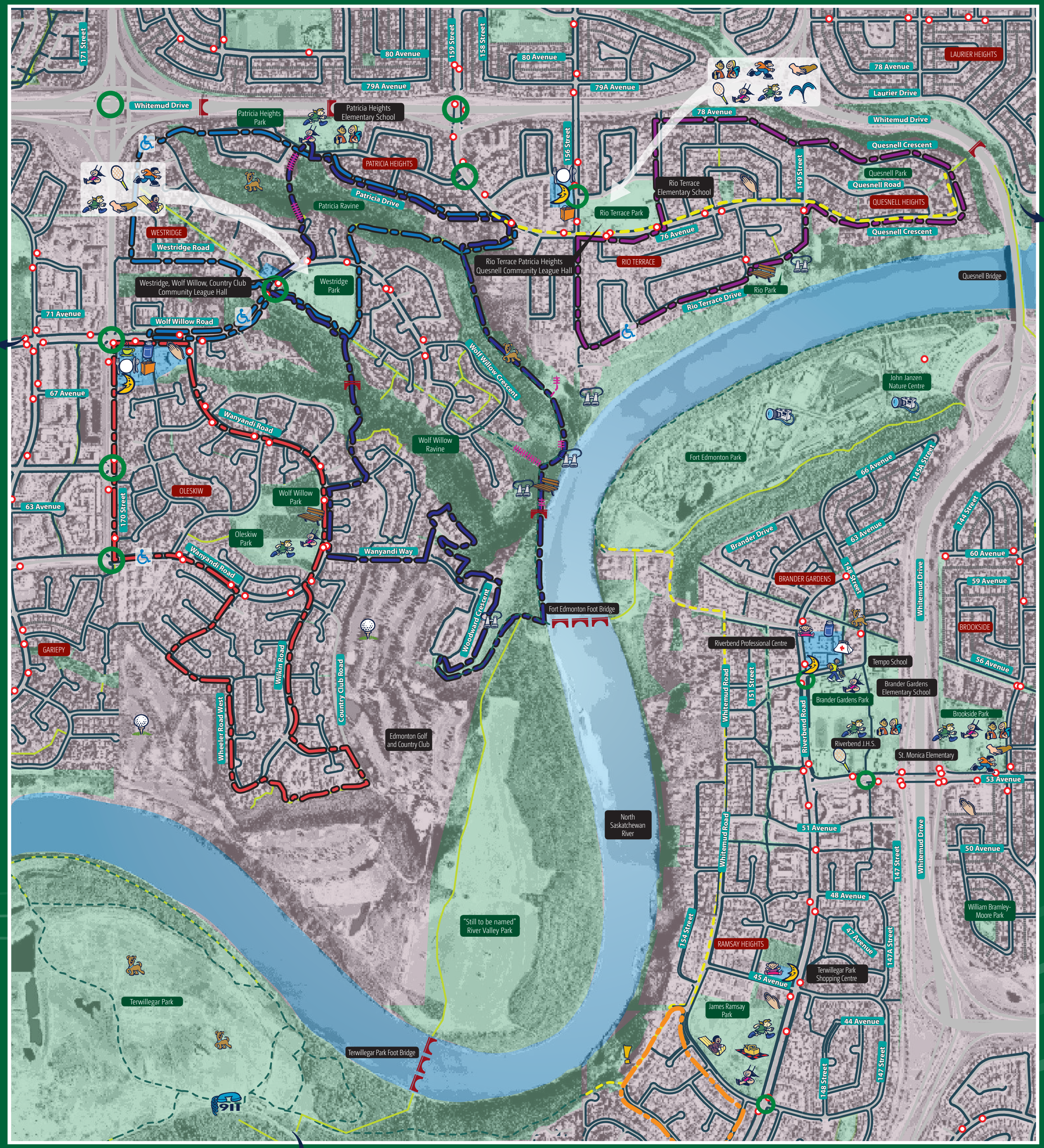
Legend

- | | |
|------------------|---------------------|
| Accessible Route | Playground |
| Bus Stop | Point of Interest |
| Blophone | Recreation Facility |
| Childcare Centre | Restaurant |
| Coffee Shop | Rest Stop |
| Community Centre | Scenic Viewpoint |
| Golf Course | School |
| Late Night Store | Shopping Area |
| Medical | Skating Rink |
| Off-Leash Area | Sports Field |
| Pharmacy | Spray Park |
| Picnic Site | Tennis Court |
| Place of Worship | Toboggan Hill |
| | Tourist Attraction |

- | | |
|-----------------------|-----------------------|
| Commercial | Crosswalk with Signal |
| Parkland | Bridge |
| Residential Area | Trails |
| Stairs | On Street Bike Route |
| Sample walking routes | Roadway |
| 3.7 km | Paved Shared-Use Path |
| 5 km | Sidewalk |
| 5.2 km | |
| 6.5 km | |



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



To Rabbit Hill Road