## **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 780-427-6949

**Canada Walks** canadawalks.ca

**UWALK** UWALK.ca



## Shape (Safe Healthy Active People Everywhere)

www.shapeab.com

Get involved with Walk to School Week and Walking School Bus Programs

info@shapeab.com 780-406-8530



#### - Allan Shute, Riverdale Historian

that homes and parks easily share the valley to the benefit riverside path that borders Riverdale is ample testimony Shared by strollers, joggers, cyclists and local wildlife, the

maintain the pedestrian-friendly feel of this historic

# 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
- Increases "eyes on the street", enhancing community

# 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 multiuse 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!

while single-family homes with welcoming front porches the impact of denser infill on established streetscapes, inner-city condo living; the Broxton townhomes reduce The River Grande atop the old D.R. Fraser mill site offers the former J.B. Little brickyard into the original community Of note is the careful integration of 2.1st century homes on

the rise using super-insulation, solar and geothermal are scattered throughout. Energy-efficient housing is on residential co-ops and other forms of not-for-profit homes to ask for public housing, affordable housing such as designs. As Riverdale was one of the few districts ever day with inspired restorations and new homes of diverse form of duplex. Architectural diversity continues to this dwellings, craftsmen-style homes and every imaginable Examples of coal miner shacks survive alongside cosy brick A happy hodgepodge of housing types developed:

healthy mix of labourers, tradesmen and business owners. in a park-like setting. A strong neighbourhood emerged, a

## **Local Contacts**

#### **Riverdale Community** League

9231 – 100 Avenue Edmonton riverdalians.net

#### **Riverdale School**

8901 - 101 Avenue. 780-425-7600 riverdale.epsb.ca

#### **Stanley A Milner Branch Edmonton Public Library**

7 Sir Winston Churchill Square 780-496-7000

#### Commonwealth **Community Recreation** Centre

**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

communities. Contact us to find out if your community has an edition of this map series or to find out more about

11000 Stadium Road 311

creating a map.

780-944-5339

Walkedmonton@edmonton.ca

Funding for this project provided

by Great Neighbourhoods

## Weather

780-468-4940

**City Information** Call 311

## **Emergency Contacts**

Police/Ambulance/Fire 911

**Police Complaint Line** 780-423-4567

## **Walking Resources**

### **Alberta Centre for Active** Living centre4activeliving.ca

**Canada Walks** canadawalks.ca

780-427-6949

# WALK EDMONTON

COMMUNITY WALKING MAP

# Riverdale



other residential area, lending it the feel of a small town cliffs of the river valley, the district doesn't touch on any

Mestled in the bend of the river and surrounded by rising

community with traditions that last to this day. Sharing a common cause, they knit together a strong to newcomers, many of whom built their own homes. a virtual "tent city" sprang up, and properties quickly sold bunkhouses and shacks. In the booming economy of 1905, The first residents were workers who lived nearby in a brickyard in 1891.

established flour mills, lumberyards and coal mines — and the river. They were followed by settlers who, in the 1880s, In the 1860s, later pioneers began panning for gold along fur-trading forts situated a twenty-minute walk upstream. city's oldest districts, it began as an industrial suburb of the less than a mile from the centre of Edmonton. One of the Riverdale is located in the Morth Saskatchewan River valley

The Community of Riverdale



Place of Worship

Skating Rink

Kilometres

0.375 Kilometres = About 5 minutes walking

About 500 steps walking About 1.5 minutes cycling



**Edmonton**