

Walkable Edmonton

Walkable 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.

www.edmonton.ca/walkable
780-944-5339

Other Walking Resources

Alberta Centre for Active Living

www.centre4activeliving.ca
780-427-6949

Canada Walks

www.canadawalks.ca

UWALK

www.UWALK.ca



Shape

(Safe Healthy Active People Everywhere)

www.shapeab.com

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

info@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. 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 is an easy activity to do, costs very little money and the benefits to health, fitness, and mental well-being are priceless!

Here are some tips to keep you on track:

- For starters, take a leisurely walk around your block. Slowly increase your walking time by 5 – 10 minutes a day until you are walking for 30 minutes. A duration of 30 minutes a day is what you're after but don't stop there! Once in a while, go for a 45 – 60 minute walk.
- Walking with a buddy can be very motivating.
- Gear up with loose clothing and proper walking shoes. Comfort is key.
- Walking to a destination — grocery store, mailbox, school, etc. — is a way to fill your walking prescription of 30 minutes per day.

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

Local Contacts

Twin Brooks Community League

Mailing address:
1120 – 113 Street, T6J 7J4
www.twinbrooks.ca

Twin Brooks Public Health Centre

1110 – 113 Street, T6J 7J4
Telephone
780-413-5630 Main Line
Wheelchair accessible

George P. Nicholson School

1120 – 113 Street, T6J 7J4
780-439-9314

Twin Brooks YMCA Child Care

1120 – 113 Street, T6J 7J4
Phone: 780-442-2170
Fax: 780-432-5253

Whitemud Crossing Branch, Edmonton Public Library

8331 – 104 Street
780-496-1822
www.epl.ca

Weather

780-468-4940

City Information

Call 311
www.edmonton.ca

Emergency Contacts

Police/Ambulance/Fire
911

Police Complaint Line
780-423-4567



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Community Walking Map

Twin Brooks Communities on Foot Series



About the Communities on Foot Map Series

The Communities on Foot series are walking guides, created as a joint project of Walkable Edmonton and local Community Leagues 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.

Walkableedmonton@edmonton.ca
780-944-5339



Nature Centre with naturalistic features and rolling hills. Follow the trail west from the District Park to enjoy majestic views.

Twin Brooks is close to many amenities and sports facilities such as the William Lutsky Y.M.C.A. and Kinsmen Arenas. Founded in 2002, the Twin Brooks Community League provides community programming, sports and civic advocacy including yearly BBQs and a winter carnival.

Twin Brooks is a community in action. Get up, get out, explore your community and meet your neighbours. There are many walking trails and points of interest. Enjoy the serenity and beauty of the Blackmud and Whitemud creeks. We invite you to see what your neighbourhood has to offer. There is something for everyone!

The southwest portion of the area offers the Macgargat Sanctuary which provides unparalleled experiences for nature lovers.

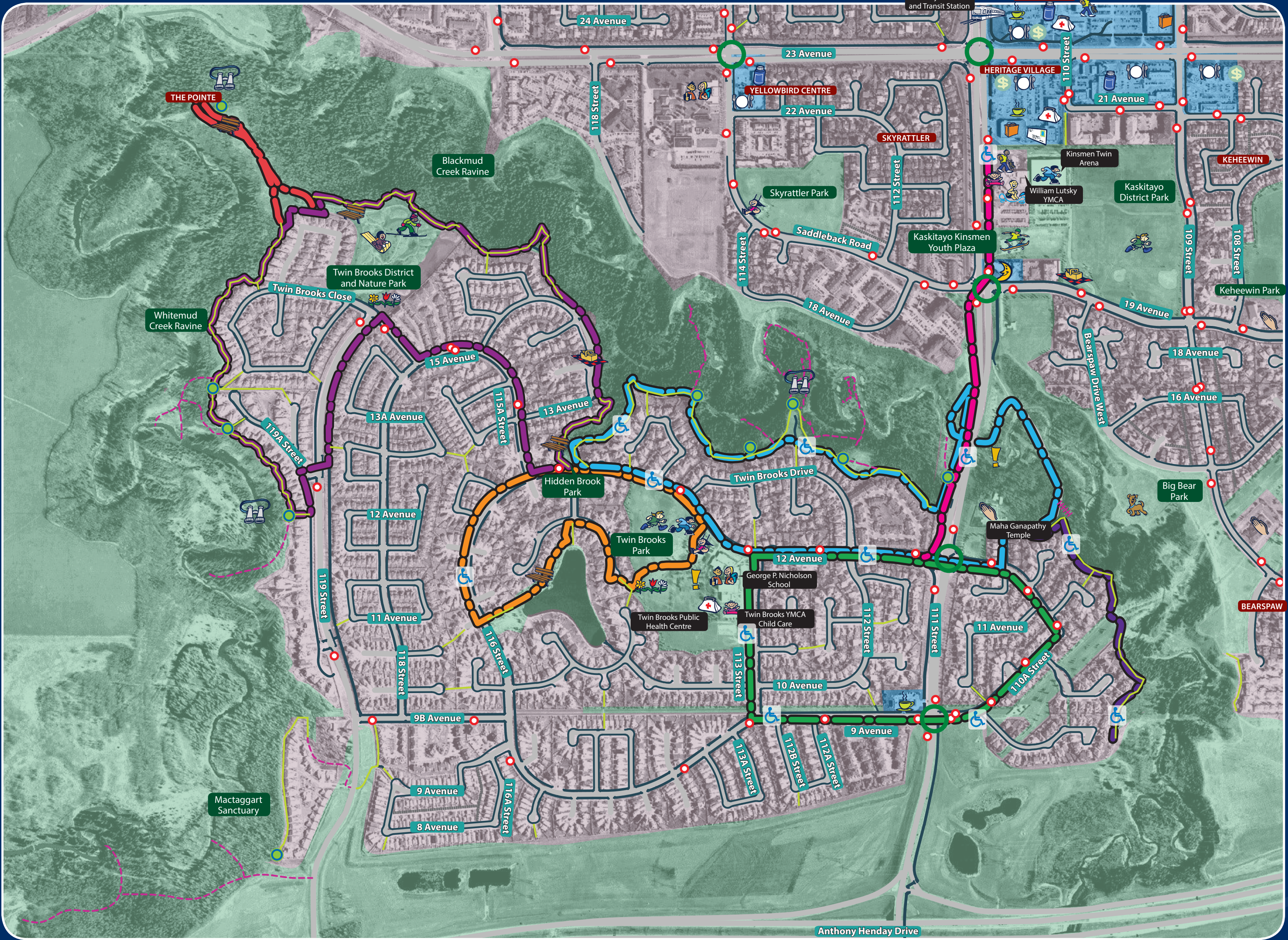
The heart of the neighbourhood is George P. Nicholson Elementary School and adjacent Twin Brooks Park which act as integral meeting places for families in the area. Attached to the school is a YMCA Daycare and Public Health Centre, which focus on young families. When you walk by the school take a moment to look at the exquisite environmental garden. Other landmarks in the area include the Maha Ganapathy Temple on the east side of 111 Street and an Esso gas station on 111 Street and 9 Avenue where many residents stop for their ritual morning coffee.

Twin Brooks is a community in bloom with flowers to delight even the most avid gardeners. Stop by Hidden Brooks Park to admire its beauty or wander by the perennial garden in Twin Brooks Park. At the northwestern tip of Twin Brooks is a District Park and

Twin Brooks is a newer residential neighbourhood in Southwest Edmonton with the first homes constructed in the 1980s. The original site was home to a coal-mining village and some of the remnants can still be found. The area can be accessed by 111 Street or Anthony Henday Drive, which borders the southern portion. An aerial view of Twin Brooks resembles a triangle, with one tip extending to the east side of 111 Street.

The area is cradled between two creeks, which feed into the North Saskatchewan River, hence the name Twin Brooks. Atop the creek banks is a trail system overlooking the picturesque Whitemud and Blackmud ravines. A number of benches and birdfeeders are located on the trails which offer viewing of a surprisingly wide variety of birds. Stop at the tranquil lake located in the centre of Twin Brooks and take a moment to watch ducks and

Twin Brooks



Twin Brooks Legend

Accessible	Liquor Store	Playground	School
Bank	LRT Station	Point of Interest	Shopping Area
Childcare Centre	Medical	Post Office	Skating Rink
Coffee Shop	Off-Leash Area	Recreation Facility	Skateboard Park
Community Garden	Pharmacy	Rest Spot	Sports Fields
Cross Country Skiing	Picnic Site	Restaurant	Swimming Pool
Late Night Store	Place of Worship	Scenic Viewpoint	Toboggan Hill

Commercial	Crosswalk with Signal	Roadway
Parkland	Bus Stop	Alleys
Residential Area	Trailhead	Sidewalk
	Stairs	Natural Trails
		Paved Shared Use Pathway

Sample walking routes

- 0.7 km
- 0.8 km
- 1.0 km
- 1.8 km
- 2.0 km
- 3.5 km
- 3.7 km

Scale

0.00 0.15 0.30 0.45 0.60 0.75

Kilometres

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

