

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)

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. 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. 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

blackmudcreek.com
heritagepoint.ca

Edmonton Public Library - Riverbend Branch

460 Riverbend Square NW
(780) 944-5311
epl.ca

Edmonton Public Library - Whitemud Branch

4211 106 St NW
(780) 496-1822
epl.ca

Ellerslie Rugby Club

11004 9 Avenue SW
edmontonrugby.com

Weather

780-468-4940

City Information

Call 311

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.

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WALK EDMONTON

COMMUNITY WALKING MAP

Allard, Blackburne,
Blackmud Creek,
Callaghan, Cashman,
Cavanagh, MacEwan,
Richford, Rutherford



Edmonton

Blackmud Creek and Heritage Point

The Blackmud Creek Community League and the Heritage Point Community League are among the largest community leagues in Edmonton, and reside within an area of South-West Edmonton designated as Heritage Valley.

Many of the neighbourhoods of Heritage Valley are named after people selected in 2004 as "Edmontonians of the Century": politicians, historians, authors, surgeons, broadcasters, entrepreneurs, innovators, industrialists, philanthropists, and visionaries.

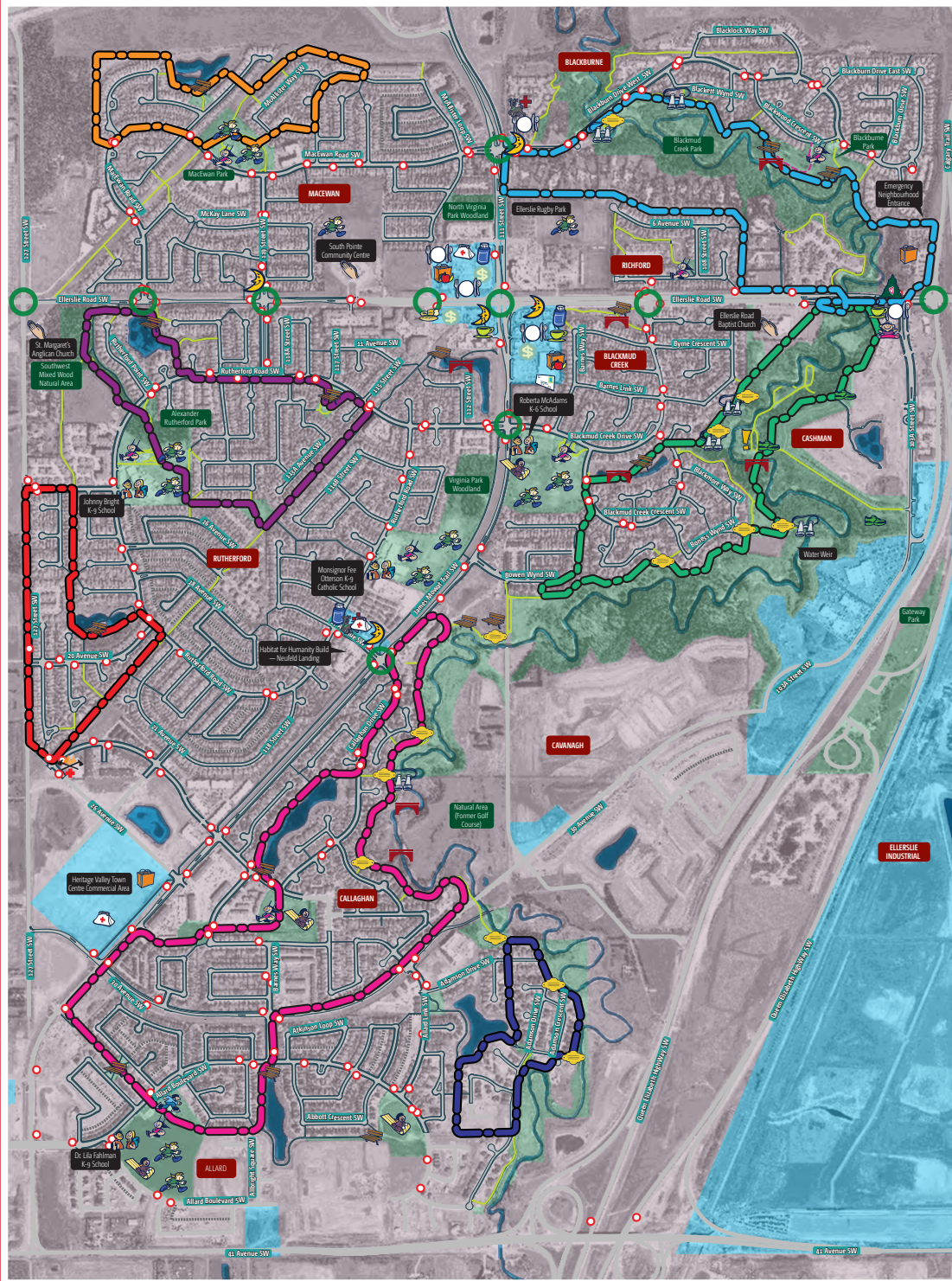
Residents are blessed with close access to over 7 km of walking trails along the Blackmud Creek Ravine. The system of stormwater management ponds in the area

serve two purposes beyond their aesthetic appeal: they contain surges of rainfall by releasing water slowly so that the stormwater system isn't flooded, and they control erosion by encouraging water infiltration rather than runoff. A reduction in erosion along Blackmud Creek also improves the quality of water in the creek.

Before residential development of neighbourhoods began in the early 1980s, with the construction of Blackburne, the area was primarily agricultural land. The main exception was the Ellerslie Rugby Park, which was built in 1975 and had the first regulation-sized fields in Northern Alberta. The Blackmud Creek Ravine was also previously home to both a campground and golf course run by the City of Edmonton. Both facilities were reclaimed as parkland.



Pedestrian footbridge



BLACKMUD CREEK AND HERITAGE POINT

Legend

- Accessible Route
- Bakery
- Bank
- Child Care
- Coffee Shop
- Fire-Ambulance
- Footbridge
- Grocery Store
- Late Night Store
- Heritage Tree
- Interpretive Sign
- Medical
- Outdoor Fitness Station
- Place of Worship
- Playground
- Pharmacy
- Point of Interest: Former Campground
- Post Office
- Restaurant
- Rest Stop
- Scenic Viewpoint
- School
- Shopping Area
- Skating Rink
- Sports Field
- Toboggan Hill
- Vet Clinic

Commercial	Sample walking routes	
Parkland	The Estate of Things	2.0 km
Residential Area	Fire Station Checkup	2.5 km
Alleys	Peek-a-Henday	2.6 km
Gravel Trails	Run Through the Jungle	2.9 km
Roadway	Escaping the Hustle and Bustle	3.6 km
Paved Shared Use Pathway	A Trip Down History Lane	4.0 km
Sidewalk	Going the Distance	5.9 km
Crosswalk with Signal		
Bus Stop		

Scale

0.00 0.2 0.4 0.6 0.8

Kilometres

0.5 Kilometres = About 4.5 minutes walking
About 660 Steps
About 2 minutes cycling

