



COMMUNITY WALKING MAP

# The Avenue Communities:

Alberta Avenue, Cromdale, Delton, Eastwood, Elmwood Park, Parkdale, Spruce Avenue, Westwood



## 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](http://edmonton.ca/walkedmonton)  
780-944-5339

## Other Walking Resources

**Alberta Centre for Active Living**  
[centre4activeliving.ca](http://centre4activeliving.ca)  
780-427-6949

**Canada Walks**  
[canadawalks.ca](http://canadawalks.ca)

**UWALK**  
UWALK.ca

**Shape**  
(Safe Healthy Active People Everywhere)  
[shapeab.com](http://shapeab.com)

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

[edmonton@shapeab.com](mailto:edmonton@shapeab.com)  
780-406-8530



## 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](mailto:Walkedmonton@edmonton.ca)  
780-944-5339



Printed 2015

## 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.



Festival on the Avenue

## 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](http://edmonton.ca) (keyword off-leash)

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

## Local Contacts

**Alberta Avenue Community League**  
9210 – 118 Avenue  
780-477-2773  
[info@albertaave.org](mailto:info@albertaave.org)  
[albertaave.org](http://albertaave.org)

**Delton Community League**  
12325 – 88 Avenue  
780-477-3326  
[admin@deltoncommunity.com](mailto:admin@deltoncommunity.com)  
[deltoncommunity.com](http://deltoncommunity.com)

**Eastwood Community League**  
11803 – 86 Street  
780-477-2354  
[ewcl@shaw.ca](mailto:ewcl@shaw.ca)

**Elmwood Park Community League**  
12505 – 75 Street  
[epcl@shawbiz.ca](mailto:epcl@shawbiz.ca)  
[elmwoodparkcommunity.org](http://elmwoodparkcommunity.org)

**Parkdale-Cromdale Community League**  
11335 – 85 Street  
780-471-4410  
[PCCL.info@gmail.com](mailto:PCCL.info@gmail.com)  
[parkdalecromdale.org](http://parkdalecromdale.org)

**Spruce Avenue Community League**  
10240 – 115 Avenue  
780-471-1932  
[spruceaveleague@shaw.ca](mailto:spruceaveleague@shaw.ca)  
[spruceavenuecommunity.com](http://spruceavenuecommunity.com)

**Westwood Community League**  
12139 – 105 Street  
780-474-1979  
[admin@westwoodcl.ca](mailto:admin@westwoodcl.ca)  
[westwoodcl.ca](http://westwoodcl.ca)

**Sprucewood Library**  
11555 – 95 Street  
780-496-7099  
[epl.ca/locations/EPLSPW](http://epl.ca/locations/EPLSPW)

**Alberta Avenue Business Association**  
780-471-2602  
[alberta-avenue.com](http://alberta-avenue.com)

**Kingsway Business Association**  
780-454-9716  
[info@kingswaydistrict.ca](mailto:info@kingswaydistrict.ca)  
[edmontonkingsway.com](http://edmontonkingsway.com)

## General Contacts

**City Information**  
Call 311  
[311@edmonton.ca](mailto:311@edmonton.ca)  
[edmonton.ca](http://edmonton.ca)

**Weather**  
780-468-4940

## Emergency Contacts

**Police/Ambulance/Fire**  
911

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



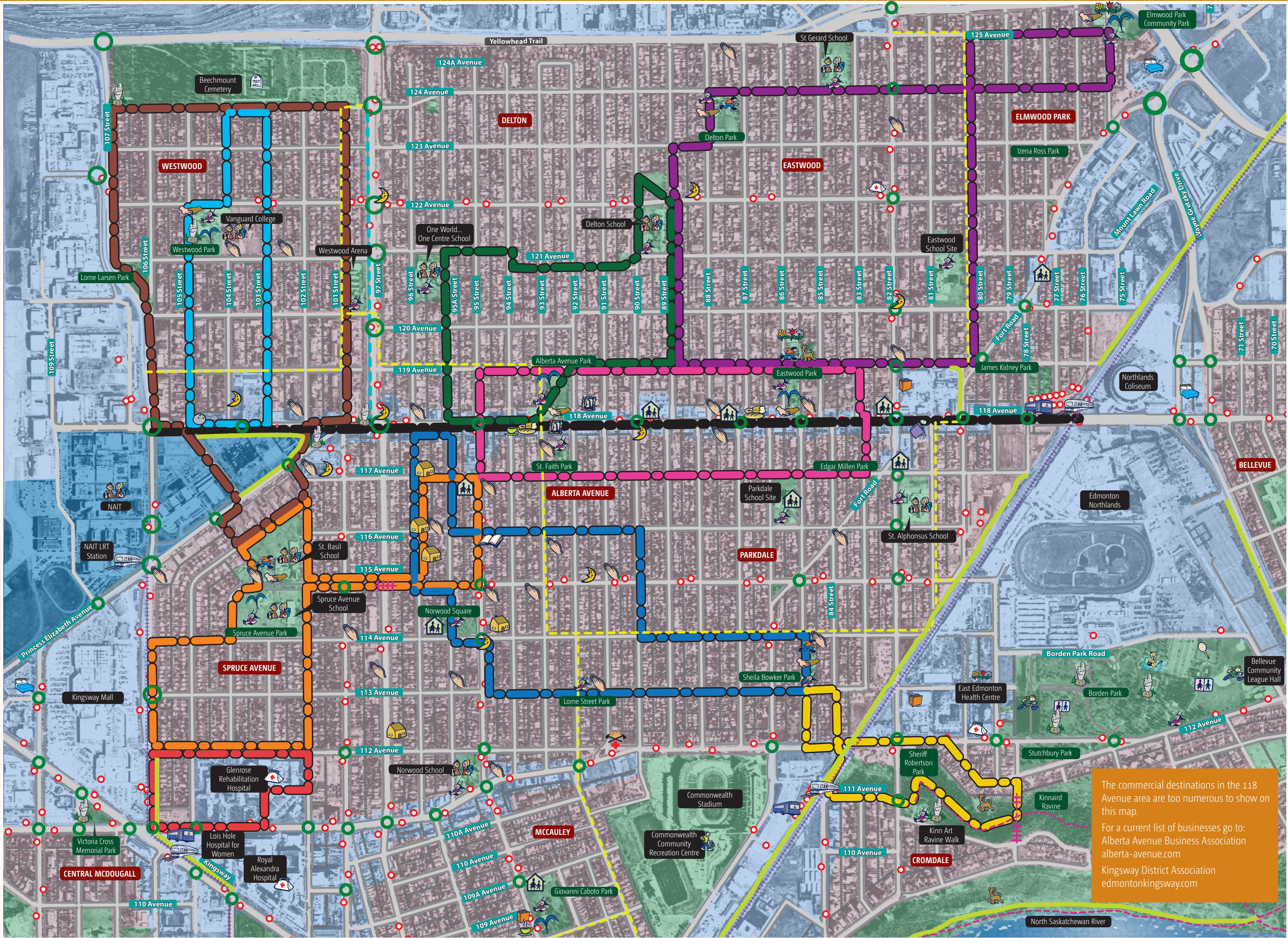
Funding for this project was provided by the Community Health and the Built Environment Project which was funded by Heart and Stroke Foundation of Canada and the Canadian Institute of Health Research.

*Original text by Dawn Freeman  
Photos supplied by Rebecca Lipiatt-Long and Steven Michos*

In 1961, after years of discussion, the residents of North Delton established their own community league, and a rink and hall were built at Delton Park in 1962. Delton has an active sports scene with soccer all year round and hockey in the winter. To this end they built a spectacular regulation-size rink, worthy of the NHL itself. Spruce Avenue is also a community that loves activity and boasts some of the nicest ice in the city on its rink built for hockey and curling. At the heart of the community is an expansive green space boasting a playground with climbing rocks, spray deck, walking trails, plaza and sports fields. Westwood community is home to Beechmount Cemetery, Edmonton's first municipal cemetery opened in 1914, which makes for a lovely ornamental fountain and complementary spray deck for those hot summer days as well as skating at the indoor Westwood Arena all winter long. Our Avenue communities are some of the hidden jewels in Edmonton's crown. History combines with modern, beauty with everyday, and a nature with urban sprawl — in the outer inner city we have it all. Take a walk in the neighbourhood and see for yourself! Enjoy!

The diversity of the eight neighbourhoods surrounding the stretch of 118 Ave now commonly referred to as **The Ave** make for a wonderful and interesting community that really seems to focus on connection. The neighbourhoods of **Alberta Avenue** (formerly known as Norwood) and **Eastwood** are some of the oldest in the city, with development beginning in 1894 and 1906 respectively. Their mature tree-lined boulevards and grand 2 and 3 storey turn of the century houses are a gift in an area so conveniently located to downtown. Both Alberta Ave and Eastwood residents like their green space and parks and Eastwood's spray deck is a constant winner with area kids in the summer. Along with quaint local shops, the area is home to a strong arts community with festivals held throughout the year. The area of **Elmwood Park** started life in 1945 as land developed under the Veteran's Land Act for use by discharged military personnel. Today the area is known for its beautiful yards and friendly neighbours, as well as its straw built eco friendly community league building. playground, spray deck and gazebo all found in the shade of beautiful, mature elm trees. The **Parkdale** and **Cromdale** neighbourhoods became an amalgamated Community League in 1986 to share their resources of buildings and people. One of the highlights of the area is the ease of access to the trails of the beautiful River Valley and Kinaird Ravine where you can enjoy the Kinaird Ravine Walk made up of murals created by residents and organization from the area.





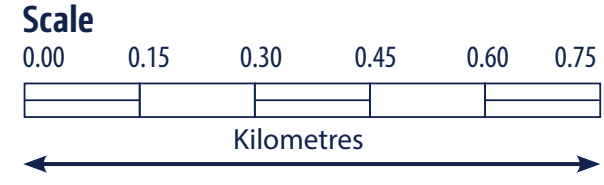
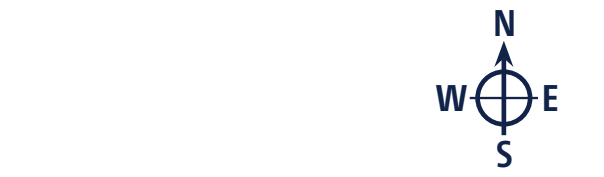
The commercial destinations in the 118 Avenue area are too numerous to show on this map.  
 For a current list of businesses go to:  
[Alberta Avenue Business Association alberta-avenue.com](http://alberta-avenue.com)  
[Kingsway District Association edmontonkingsway.com](http://kingswaydistrict.com)

## THE AVENUE COMMUNITIES Legend

- |  |                  |  |                        |  |                  |  |                                |  |               |
|--|------------------|--|------------------------|--|------------------|--|--------------------------------|--|---------------|
|  | Art Gallery      |  | Community Garden       |  | Heritage Home    |  | Playground                     |  | Skating Rink  |
|  | Bakery           |  | Convenience Store      |  | Hotel            |  | Public Art/<br>Monument/Statue |  | Sports Field  |
|  | Bookstore        |  | ETS Bus Transit Centre |  | Library          |  | Public Washroom                |  | Spray Park    |
|  | Bowling Centre   |  | Fire - Ambulance       |  | LRT Station      |  | Public Service                 |  | Swimming Pool |
|  | Bus Stop         |  | Grocery Store          |  | Off-Leash Site   |  | Recreation Facility            |  | Tennis Court  |
|  | Coffee Shop      |  | Health Centre/Medical  |  | Place of Worship |  | School                         |  |               |
|  | Community Centre |  |                        |  |                  |  |                                |  |               |

- |  |                  |  |                         |
|--|------------------|--|-------------------------|
|  | Commercial       |  | Bike/Taxi/Bus Lane      |
|  | Parkland         |  | Crosswalk with Signal   |
|  | Residential Area |  | Unpaved Shared Use Path |
|  | Stairs           |  | Paved Shared Use Path   |
|  |                  |  | On Street Bike Route    |
|  |                  |  | Roadway                 |
|  |                  |  | Sidewalk                |
|  |                  |  | LRT Track               |

- Sample walking routes
- 1.4 km
  - 2.5 km
  - 2.5 km
  - 3.0 km
  - 3.0 km (one way)
  - 3.1 km
  - 4.1 km
  - 4.1 km
  - 4.3 km
  - 5.0 km



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