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

St. Georges Crescent Viewpoint

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

Glenora Community League
10426 – 136 Street
E-mail: Secretary@glenoracommunity.com
Website: www.glenoracommunity.com

Woodcroft Branch Edmonton Public Library
13420 – 114 Avenue
780-496-1830
www.epl.ca

124th Street Business Association
#202, 10715 – 124 Street
780-413-6503
www.124street.ca

Weather
780-468-4940

City Information
Call 311
311@edmonton.ca

Emergency Contacts

Police/Ambulance/Fire
911

Police Complaint Line
780-423-4567

Community Walking Map
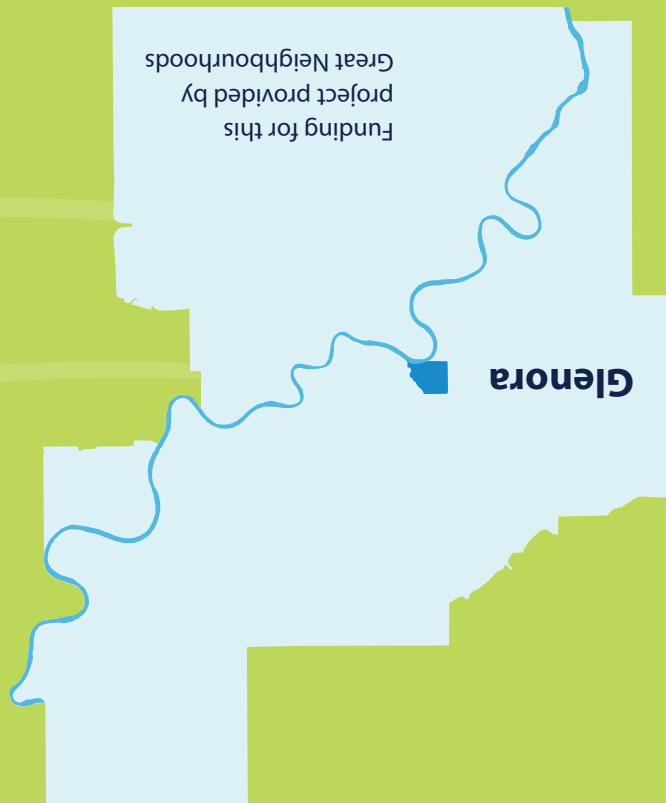## Glenora
Communities on Foot Series

Alexander Circle Fountain

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

GLENORA COMMUNITY

WALKABLE EDMONTON

THE CITY OF Edmonton

Glenora

Located just west of downtown, this community is one of the oldest in Edmonton and was initially established as a country garden subdivision prior to the First World War. Glenora Community is distinguished by our heritage streetscapes and varied architecture that spans a colourful 100 year history. The Historical loop included in this walking map captures numerous points of interest such as the Alexander Circle fountain, the Royal Alberta Provincial Museum, Government House and the Government House Park.

Glenora is bordered on the west by 142 Street, the north by 107 Avenue and the south by the North Saskatchewan River and MacKinnon Ravine. The east boundary of Glenora follows Groat Road. Tree-lined streets and boulevards, river views and pathways; the plentiful Glenora community greenspaces surround and are interwoven amongst the mix of modest bungalows and stately homes that define a very walkable Glenora landscape.

The Perimeter loop follows the pathways that encircle Glenora, traversing Groat Road, passing through MacKinnon Ravine and touching one of the first traffic circles in Edmonton at

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142 street and 107 avenue. In the river valley it is not unusual to see a variety of birds and wildlife such as coyotes, deer and porcupine. Cross-country skiers frequent this area in the winter. But whether winter or summer, some say the eastward view from the 142 street bridge is the best of downtown Edmonton.

The Bridge loop offers quiet streets with tree canopies and access to a community café, Vi's for Pies, as well as Steeps Teahouse and the High Street businesses just outside of the community.

The Glenora community league building with our preschool, playground, spray park, tennis courts, ice rink, and neighbouring sports fields, is a centre of activity in this engaged community of families and professionals. Just a few of the many events that connect us in this active community are: Jane's Walk in May, the annual family picnic in June, baseball, soccer and basketball teams, the Ladies Luncheon in November/December, the fund-raising social/dance and Winter Clasic in February, and more.

Thank you to all those who contributed ideas and shared favourite spots in Glenora for this Walking Map!

Glenora

Historic Government House

Historic Glenora Substation

Vi's for Pies & Local Business Hub

Historic Glenora Elementary School

Neighbourhood Streets

Glenora Legend
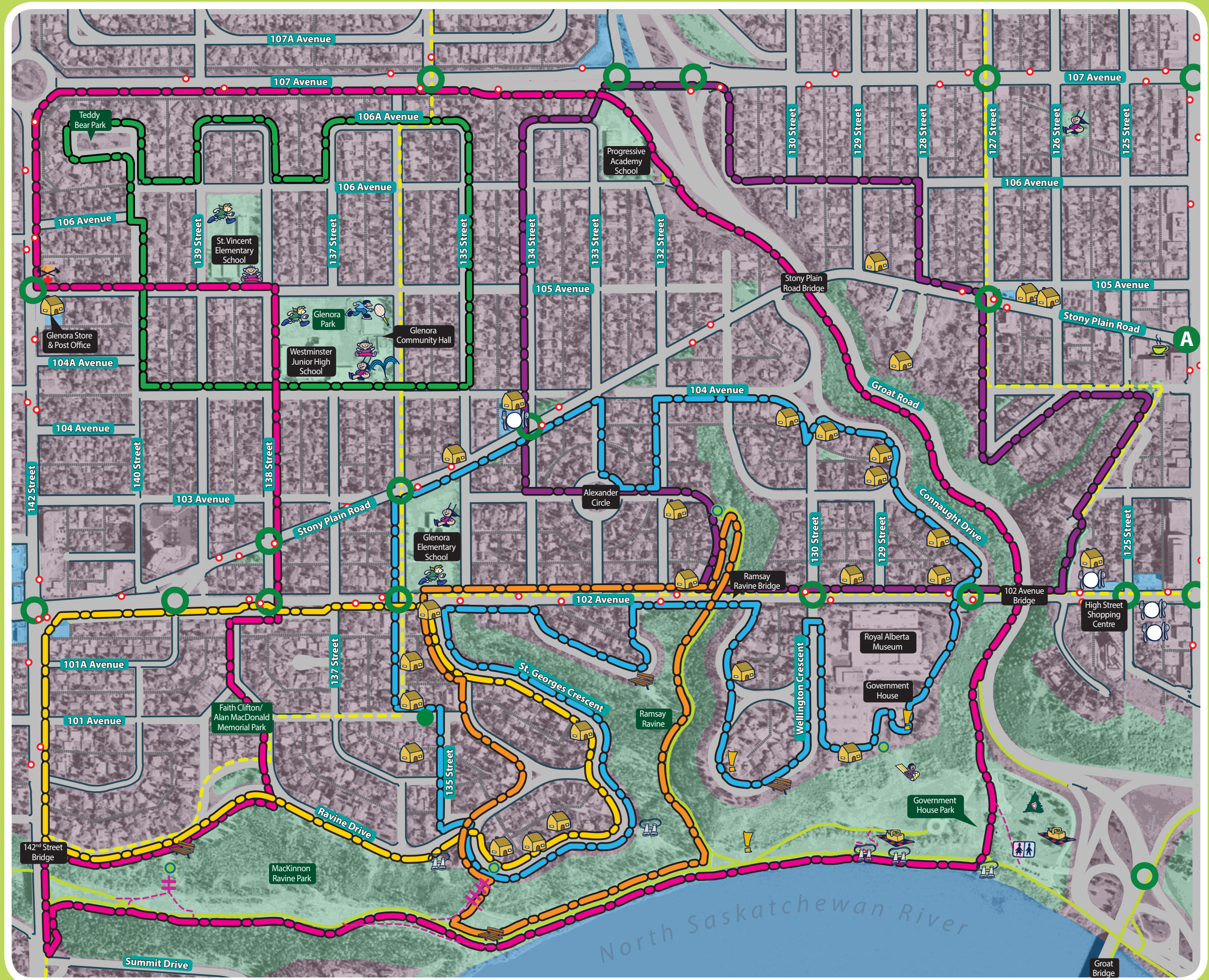
Icon	Label	Icon	Label
	Childcare Centre		Restaurant
	Coffee Shop		Rest Spot
	Fire/Ambulance		Scenic Viewpoint
	Heritage Building		Skating Rink
	Heritage Tree		Sports Fields
	Picnic Site		Spray Deck
	Playground		Tennis Court
	Point of Interest		Toboggan Hill
	Public Washroom		Trailhead

- Commercial
- Parkland
- Residential Area
- Bus Stop
- Stairs
- On Street Bike Route
- Crosswalk with Signal
- Paved Shared Use Pathway
- A Crosswalk with Audible Signal
- Unpaved Shared Use Pathway
- Roadway
- Alleys
- Sidewalk

Sample walking routes

- 2.2 km Ramsay Ravine
- 2.7 km Ravine Drive
- 2.8 km Westminster Walk
- 3.8 km Bridge Route
- 5.2 km Historical Loop
- 6.4 km Perimeter Walk

Scale

| 0.00 | 0.1 | 0.2 | 0.3 | 0.4 | 0.5 |

Kilometres

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

WALKABLE EDMONTON

THE CITY OF Edmonton