

## 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  
UWALKca

## Shape

(Safe Healthy Active People Everywhere)  
shapeab.com

Get involved with Walk to School Week and Walking Bus Programs

edmonton@shapeab.com  
780-406-8530

Residents using exercise equipment before a walk in Cherrydale Park.



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

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

## Local Contacts

Londonderry Community League  
14224 – 74 Street  
efcl.org

Steele Heights Community League  
5825 – 140 Avenue  
780-475-3553  
steeleheightscommunityleague.com

Londonderry Mall  
137 Avenue & 66 Street  
780-476-1441  
londonderrymall.com

Londonderry Fitness and Leisure Centre  
14528 – 66 Street  
311  
edmonton.ca

Londonderry Branch — Edmonton Public Library  
110 Londonderry Mall, 137 Avenue & 66 Street  
780-496-1814  
epl.ca

Northeast Community Health Centre — Alberta Health Services  
14007 – 50 Street  
780-342-4000 (Main Line)

Northeast Division Station — Edmonton Police Service  
14203 – 50 Street  
780-426-8100

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.

Walkedmonton@edmonton.ca  
780-944-5339



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Marg Day, Rocky Pilijsko and Jon Watchuk, Residents of Londonderry York Communities.  
The neighbourhood began over 50 years ago with the city's expansion north of 137 Avenue. As the community continues to grow, York has seen an increase of stores, shops, restaurants, worship centres and recreational amenities all within walking distance. In addition to York School, other schools nearby include: J.J. Bowlen Catholic School, St. Dominic Catholic School, Steele Heights Junior High School, and M.E. Lazerte High School. By bus or on foot, Clareview Light Rail Transit (LRT) Centre is only a few minutes away allowing residents to be quickly connected with all areas of the city.  
From one edge to the other, the neighbourhoods of Londonderry and York are connected by shared history and a promising future.  
Ron's Walk  
Ron Anderson, a long time resident of Londonderry community, has walked this same route daily for over 11 years. No matter the weather, you will see Ron out and about following his well worn path. At the time of the creation of this map, Ron has walked over 12,800 km. That is near the equivalent of walking across Canada and back!

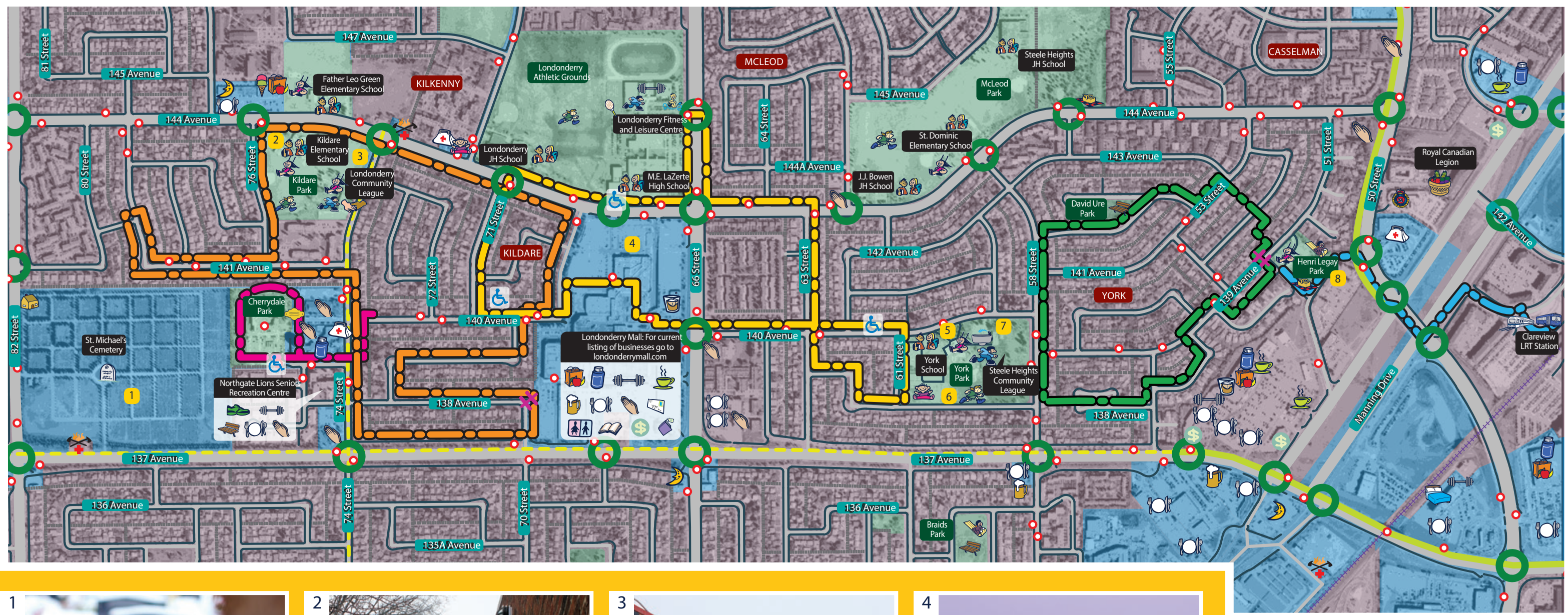
Special Thanks to the students and staff of York School for providing suggestions for the map. Thank you to the customers and staff of Save-On-Foods Londonderry for participating during public consultation.  
Photos supplied by Daniela Bonetto and Rocky Pilijsko — York Residents

The most recognizable feature to the general public is likely Londonderry Mall. Home to over 150 stores, with a focus on fashion, green spaces for playing and relaxing. These are gathering places where people know one another and enjoy a high quality of life.  
Londonderry is a neighbourhood, officially known as Kildare, is a residential community with very diverse amenities at its heart. These include Londonderry Community Hall, St. Michael's Centre, St. Michael's Cemetery and numerous local churches. Kildare School is joined by Father Leo Green Catholic School, Londonderry Junior High and M.E. Lazerte High School as educational offerings in the area. The community is home to one of two senior recreation centres in Edmonton. Renovated in 2012, Northgate Lions Seniors Recreation Centre has served the broader community for over 30 years. This is in addition to the nearby Londonderry Fitness and Leisure Centre.  
The community has two main parks: Kildare and Cherrydale. Features include two playgrounds, exercise equipment, sports fields, benches, tables, and a climbing wall.

The strength of Londonderry and York neighbourhoods is the connection between their residential areas, nearby shopping, and green spaces for playing and relaxing. These are gathering places where people know one another and enjoy a high quality of life.  
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## Londonderry and York



1 St. Michael's Cemetery



2 Kildare Elementary School



3 Londonderry Community Hall



4 Londonderry Mall



5 York Playground



6 Steele Heights Community League Rink



7 York Park



8 Henri Legay Park

**Legend**

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

**Sample walking routes**

- 0.50 km Marg's Fitness Walk
- 0.85 km LRT Route (one way)
- 2.20 km Parks Route
- 3.60 km Amenities/Mall Route
- 4.50 km Ron's Walk

**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

## LONDONDERRY, Kildare and York Legend

- |                  |                        |                        |                  |                         |                      |                 |                         |
|------------------|------------------------|------------------------|------------------|-------------------------|----------------------|-----------------|-------------------------|
| Bank             | Community Hall         | Grocery Store          | Hotel            | LRT Station             | Plaque               | Public Washroom | Sports Fields           |
| Bookstore        | ETS Bus Transit Centre | Health Centre/Medical  | Ice Cream Shop   | Outdoor Fitness Station | Playground           | Restaurant      | Swimming Pool           |
| Cemetery         | Farmer's Market        | Heritage Home          | Late Night Store | Pharmacy                | Police               | Rest Spot       | Tennis Court            |
| Childcare Centre | Fire-Ambulance         | Heritage/Memorial Tree | Liquor Store     | Picnic Site             | Post Box/Post Office | School          | Toboggan Hill           |
| Coffee Shop      | Fitness Centre         |                        | Library          | Place of Worship        | Pub                  | Skating Rink    | Water Drinking Fountain |