

## 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

## 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.



Summer Brothers



## 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

**Argyll Community League**  
6750 – 88 Street  
Edmonton, Alberta T6E 5H6  
780-466-8166  
[office@ejca.org](mailto:office@ejca.org)  
[argyllcl.ab.ca](http://argyllcl.ab.ca)

**Avonmore Community League**  
7902 – 73 Avenue  
Edmonton, Alberta T6C 0C5  
780-465-1941  
[avonmore.org](http://avonmore.org)  
[admin@avonmore.org](mailto:admin@avonmore.org)

**Hazeldean Community League**  
9630 – 66 Avenue NW  
Edmonton, Alberta T6E 4W9  
780-439-0847  
[hazeldeanleague@shaw.ca](mailto:hazeldeanleague@shaw.ca)  
[hazeldean.org](http://hazeldean.org)

**King Edward Park Community League**  
7708 – 85 Street  
Edmonton, Alberta T6C 4K9  
[Kepmembership@gmail.com](mailto:Kepmembership@gmail.com)  
<http://kingedwardpark.org>

**Ritchie Community League**  
7727 - 98 Street  
Edmonton, Alberta T6E 5C9  
780-433-7137

**Idylwylde Branch Edmonton Public Library**  
8310 – 88 Avenue  
Edmonton, Alberta T6C 1L1  
780-496-1808

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



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**Edmonton**

## The Communities of Argyll, Avonmore, Hazeldean, King Edward Park and Ritchie are featured in this map.



• In the King Edward Park and Ritchie Communities there are several historical homes and buildings built between 1905 & 1925. Ritchie School, Trinity Lutheran Church and A. Minchau Blacksmith Shop are examples. For more information visit the Alberta Community Development Historical Building Inventory website.

• There are many great eating places in the communities.

• The strip malls in the areas contain established and valuable businesses that support the local communities with their goods and services.

• In addition to the Mill Creek Ravine there are a number of green spaces and children's parks scattered throughout the communities.

We invite you to enjoy a walk through the Mill Creek Ravine and visit the features of these communities.

Just a few — and of course our ever present rabbits. Visitors to Edmonton are amazed at this beautiful scenic place. These five communities care about the ravine and have stepped up on a number of occasions to stop developments and ensure that this beautiful resource is preserved for all to enjoy.

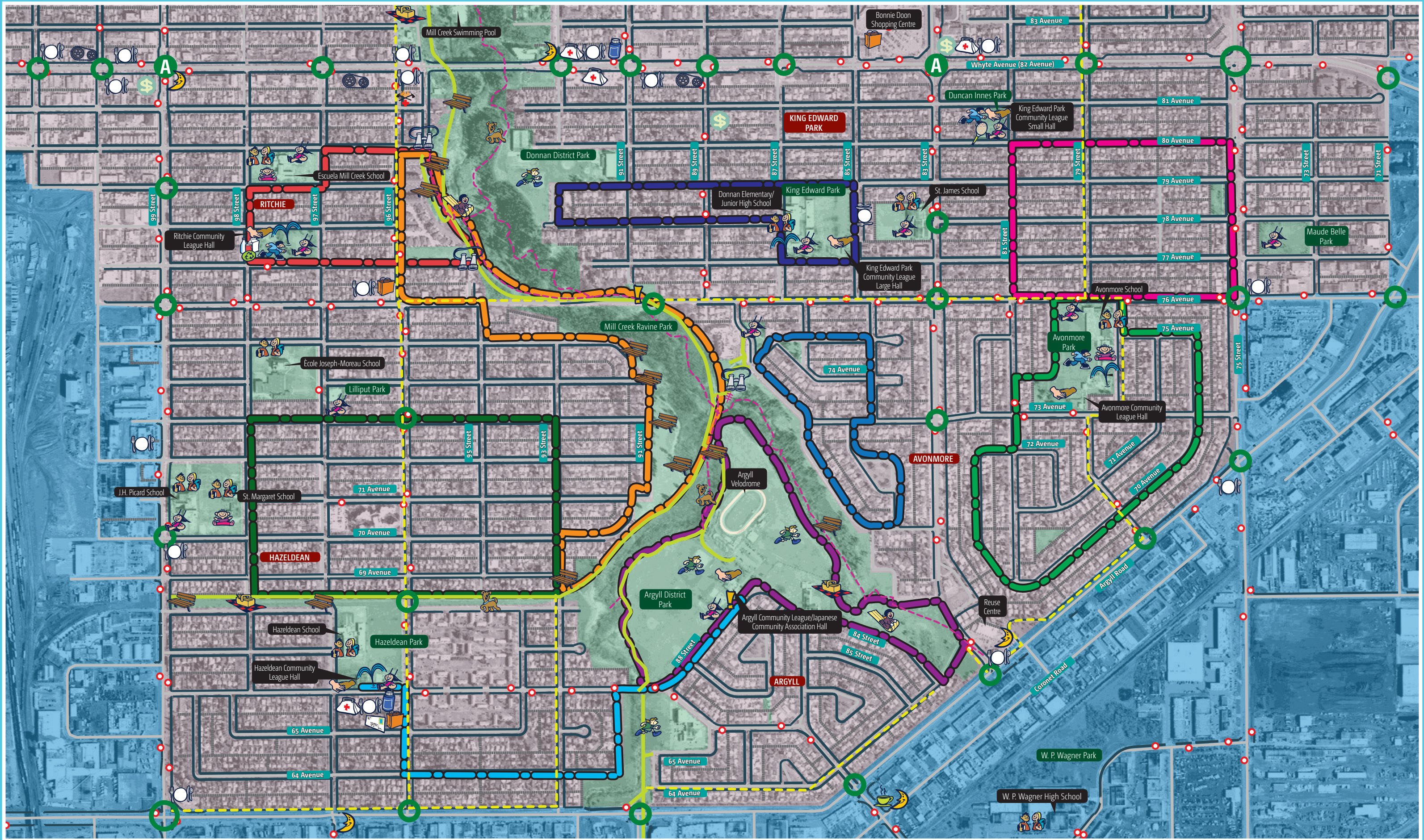
• The route of the paved shared use trail through Mill Creek Ravine is in fact the rail bed of the old Edmonton, Yukon and Pacific Railway the "shortest railroad with the longest name". The wooden trestle bridge on 76 Avenue overlooks the Mill Creek Ravine, built between 1900 and 1902, and is one of the last physical reminders of the existence of the Railway.

• On the hills of the southeast end of the ravine there is a much used and enjoyed toboggan hill. The laughter and squeals of young and old can be heard in the area.

• The top of the ravine forms a plateau in the Argyll community and has numerous baseball diamonds and soccer fields. At the open air Velodrome and BMX track, races and events are enjoyed by cyclists and spectators. On a lovely sunny summer day it is a delight to stroll through this area and hear the various sounds of people playing.

Points of interest:

- The common ribbon of green that connects the 5 communities is the Mill Creek Ravine. You can explore the ravine via two types of pathways: the "upper" is a paved, shared use pathway allowing for visitors to enjoy walking, in-line skating, running, cycling, and skateboarding. The "lower" gravel trails immerse you in the natural landscape of the ravine. The dirt and pebble pathway is also a shared used trail that serves as an off-leash dog area; so you will likely encounter dogs and their companions during your travels. The path curves and winds as it follows the meandering creek and you can hear the creek bubbling with water over rocks. There are many side paths to explore and you can take a rest on one of the larger River Valley Parks network of over 159 km of trails. When on the pathways of the Mill Creek ravine you leave the beauty of the forest. Wildlife abounds in the ravine and if you pay careful attention you may have the occasional privilege seeing some of its numerous residents. Sightings have included moose, beaver, porcupines, skunks, coyotes, foxes, ground squirrels, bats, owls, herons, ducks, woodpeckers — to name



Due to the many commercial destinations along the border roads (i.e. 99 Street, 82 Avenue, 63 Avenue and 75 Street) we cannot illustrate them all.

Commercial	1.5 km	2.4 km	
Parkland	1.6 km	2.6 km	
Residential Area	1.8 km	3.0 km	
Alleys	2.1 km	4.1 km	
On Street Bike Route	2.1 km		
Gravel Trails			
Shared Use Pathway			
Sidewalk			
Stairs			
Roadway			

**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

### ARGYLL, AVONMORE, HAZELDEAN, KING EDWARD PARK, RITCHIE Legend

Crosswalk with Audible Signal	Late Night Store	Rest Spot
Crosswalk with Signal	Medical	Scenic Viewpoint
Bank	Off-Leash Area	School
Bike Shop	Pharmacy	Shopping Area
Bus Stop	Picnic Site	Skating Rink
Childcare Centre	Playground	Sports Field
Coffee Shop	Point of Interest	Spray Park
Community League Hall	Restaurant	Tennis Court
Fire-Ambulance	Recycling Centre	Toboggan Hill

Mill Creek Pool

WALK EDMONTON