

## 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

### Clareview and District Area Council

To contact the Clareview and District Area Council call 780-634-5621 or email at [Clareview.areacouncil@gmail.com](mailto:Clareview.areacouncil@gmail.com)

### South Clareview Community League

3250 – 132A Avenue  
Edmonton, Alberta  
780-473-3593  
[southclareview.ca](http://southclareview.ca)

### Homesteader Community League

565 Hermitage Road  
Edmonton, Alberta  
[homesteadercommunityleague.ca](http://homesteadercommunityleague.ca)

### Clareview Community Recreation Centre

3804 – 139 Avenue  
edmonton.ca  
311

**Clareview Branch  
Edmonton Public Library**  
[epl.ca](http://epl.ca)

**Abbotsfield/Penny  
McKee Branch  
Edmonton Public Library**  
3410 – 118 Avenue  
780-496-7839  
[epl.ca](http://epl.ca)

**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.

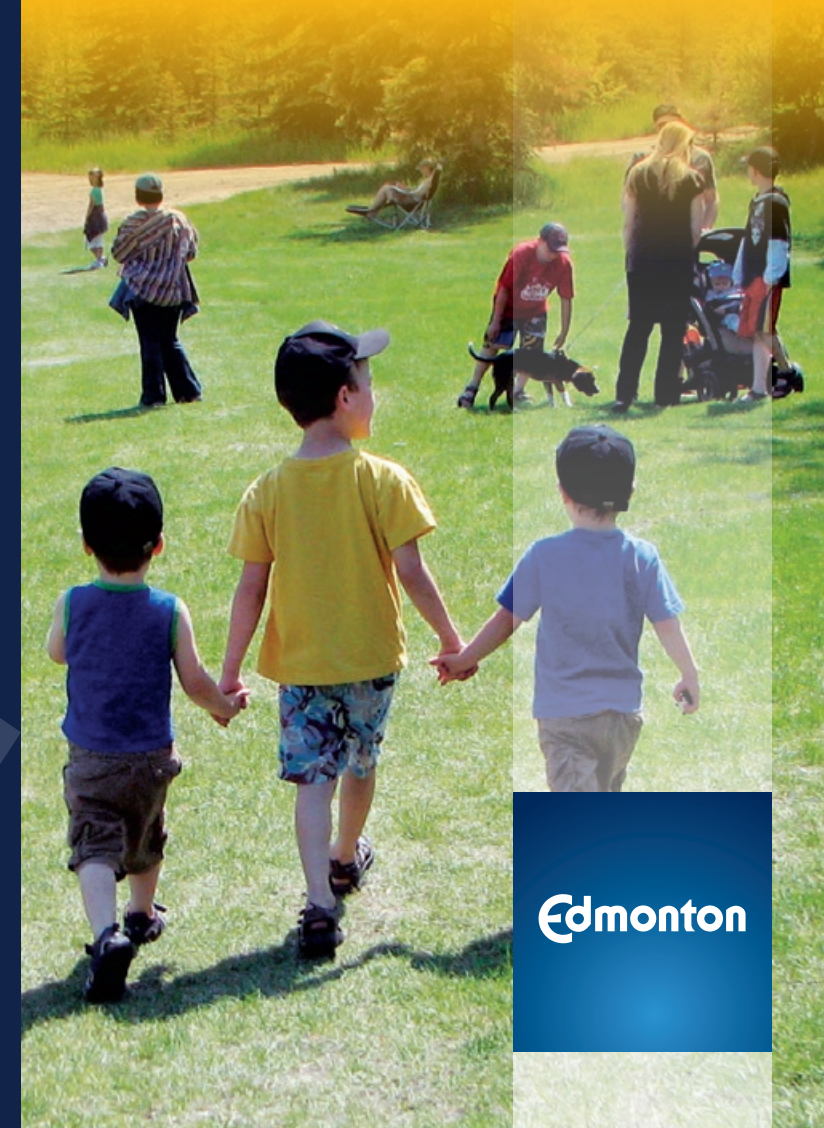
[Walkedmonton@edmonton.ca](mailto:Walkedmonton@edmonton.ca)  
780-944-5339



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## COMMUNITY WALKING MAP

**South Clareview  
Community League —  
the neighbourhoods of  
Sifton Park, Belmont and  
Kernohan Homesteader  
Community League —  
the neighbourhoods of  
Homesteader, Overlanders  
and Canon Ridge**



**Edmonton**



Thank you to the many volunteers — adults, youth and children alike — who contributed their time, energy and enthusiasm to this great Clareview Walking Map!

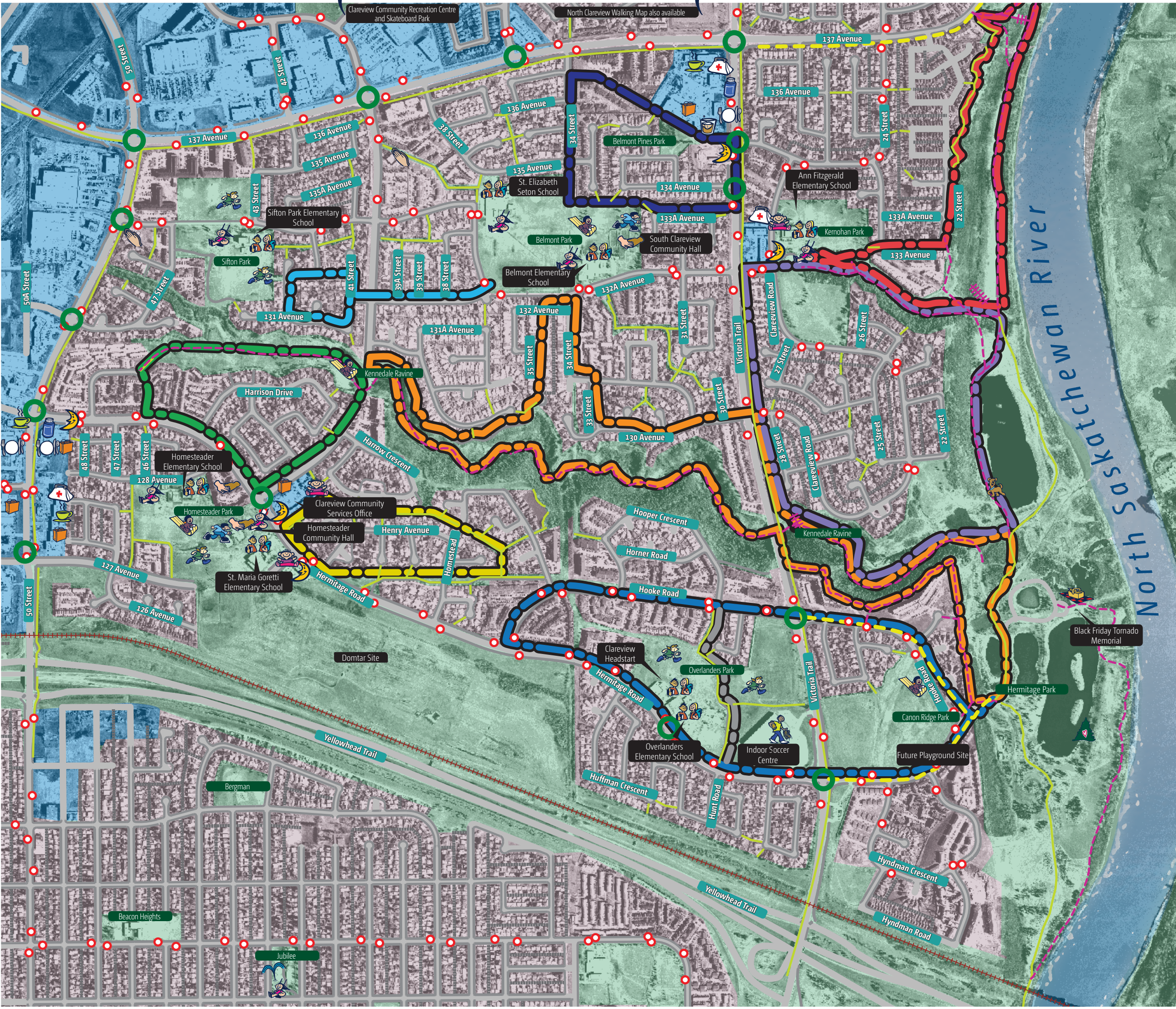
*Angie Eleniak, president of Clareview and District Area Council*

The Communities of South Clareview and Homesteader Communities — Sifton Park, Belmont, Kernohan, Homesteader, Overlanders and Canon Ridge are featured in this map. Clareview has the small town feel with big city conveniences. Whether your here to explore the beautiful river valley system, peruse a nearby greenhouse or community garden, or just stopped by to do some shopping or entertain dining options, Clareview has something to satisfy even the most discerning visitor. So explore a local park, go shopping or sit back and simply enjoy the diversity of Clareview and the people that make us so unique!

# SOUTH CLAREVIEW

## Legend

- Crosswalk with Signal
- Bus Stop
- Childcare Centre
- Coffee Shop
- Community League Hall
- Late Night Store
- Liquor Store
- Medical
- Memorial Tree
- Off-Leash Area
- Pharmacy
- Picnic Site
- Playground
- Place of Worship
- Recreation Facility
- Restaurant
- School
- Shopping Area
- Skating Rink
- Sports Field
- Spray Park
- Toboggan Hill



- Commercial
- Parkland
- Residential Area
- Alleys
- On Street Bike Route
- Unpaved Shared Use Pathway
- Paved Shared Use Pathway
- Sidewalk
- Roadway
- Railroad
- Stairs

Sample walking routes

	0.5 km		3.14 km
	1.5 km		3.5 km
	1.5 km		3.5 km
	1.7 km		6.7 km
	1.7 km		

**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