

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

Capilano Community League
10810 – 54 Street NW
capilano.info

Gold Bar Community League
4620 – 105 Avenue NW
780-469-2688
Goldbarcl.com

Fulton Place Community League
6115 Fulton Road NW
fultonplace.org
fultoninfo@gmail.com

Edmonton Public Library — Capilano Branch
201 Capilano Mall
780-496-1802

EPS Ottewell Community Station
9807 – 71 Street
780-496-8516

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.

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780-944-5339



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COMMUNITY WALKING MAP

Greater Hardisty Fulton Place, Capilano and Gold Bar



Edmonton



The neighbourhoods of Capilano, Fulton Place and Gold Bar, often referred to as Greater Hardisty, invite active living. The district is bordered by the North Saskatchewan River to the north, Fulton Ravine to the west and Gold Bar Ravine to the east. Recreation activities are endless. In winter, choose from outdoor skating rinks situated within the three community leagues, the Michael Cameron Arena, the Ottewell Curling Club, 10 km of lighted cross-country ski trails, and toboggan hills that range from bunny runs to kamikaze. Summer amenities include sports fields, ball diamonds, playgrounds, spray parks and the Capilano Tennis Club. One can stroll through quiet neighbourhoods enjoying the well-landscaped yards and mature trees, or hike and bike the many ravine and river valley trails. Picnic spots are numerous. At any time of year, enjoy the Hardisty Leisure and Fitness Centre, the off-leash dog sites, and the seven suggested walking routes on this map.

Greater Hardisty

GREATER HARDISTY

Legend

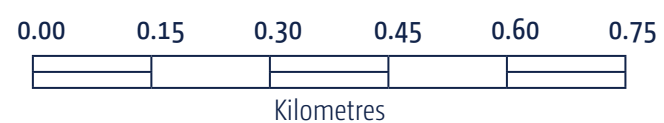
- | | |
|-----------------------|----------------------------|
| Bank | Playground |
| BluPhone | Point of Interest |
| Childcare Centre | Public Art/Monument/Statue |
| Coffee Shop | Public Washroom |
| Cross Country Skiing | Restaurant |
| Grocery Store | Scenic Viewpoint |
| Health Centre/Medical | School |
| Heritage Home | Skateboard Park |
| Late Night Store | Skating Rink |
| Off-Leash Site | Sports Fields |
| Pharmacy | Spray Deck |
| Picnic Site | Tennis Court |
| Place of Worship | Toboggan Hill |

- | | |
|-------------------------------|----------------------------|
| Commercial | On Street Bike Route |
| Parkland | Paved Shared Use Pathway |
| Residential Area | Unpaved Shared Use Pathway |
| Crosswalk with Signal | Roadway |
| Crosswalk with Audible Signal | Alleys |
| Bus Stop | Sidewalk |
| Stairs | Pedestrian Bridge |
| Trans Canada Trail | |

Sample walking routes

- | | |
|--------|-----------------------|
| 1.5 km | Fulton Ravine |
| 2.0 km | Gold Bar Ravine |
| 3.0 km | 179 Stairs |
| 3.5 km | Capilano Workout |
| 3.5 km | Scenic East |
| 4.8 km | Three Community Loop |
| 5.5 km | Hardisty Figure Eight |

Scale



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

