

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

Local Motion Project

www.edmonton.ca/localmotion

UWALK

www.UWALK.ca



The Monkey Tree

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

Parkallen Community League

6510 – 111 Street
www.parkallen.ca

Parkallen School

780-434-8503
parkallen@epsb.ca
<http://parkallen.epsb.ca>

Stathcona Branch, Edmonton Public Library

145 Whitemud Crossing
Shopping Centre
4211 – 106 Street
780-496-1828
www.epl.ca

Weather

780-468-4940

City Information

Call 311
www.edmonton.ca

Emergency Contacts

Police/Ambulance/Fire
911

Police Complaint Line
780-423-4567

Parkallen Community League – Promoting a Safe & Active Neighbourhood

Parkallen is a diverse mature neighbourhood where the community prides itself on being active, involved and environmentally conscious.

The Parkallen neighbourhood was originally designed by city planner Noel Dant, using the "English Garden Model" with the park, community league, school, church and commercial area at the centre of the community.

The heart of Parkallen is the Community League, School & Park, which are an active hub of community activities and events. The school is thriving with more than 200 students and also houses two daycare facilities. The League is a founding member of the Edmonton Federation of Community Leagues. It was originally the Calgary Trail League and its first meetings were held in Allendale. The Parkallen Community League's first building and skating rink were built in 1954. In 1980, a playground was added and the building was renovated and expanded at that time and then again in 2006.

Funding for this project provided by Great Neighbourhoods



Reprinted 2013



Community Walking Map

Parkallen Communities on Foot Series



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.

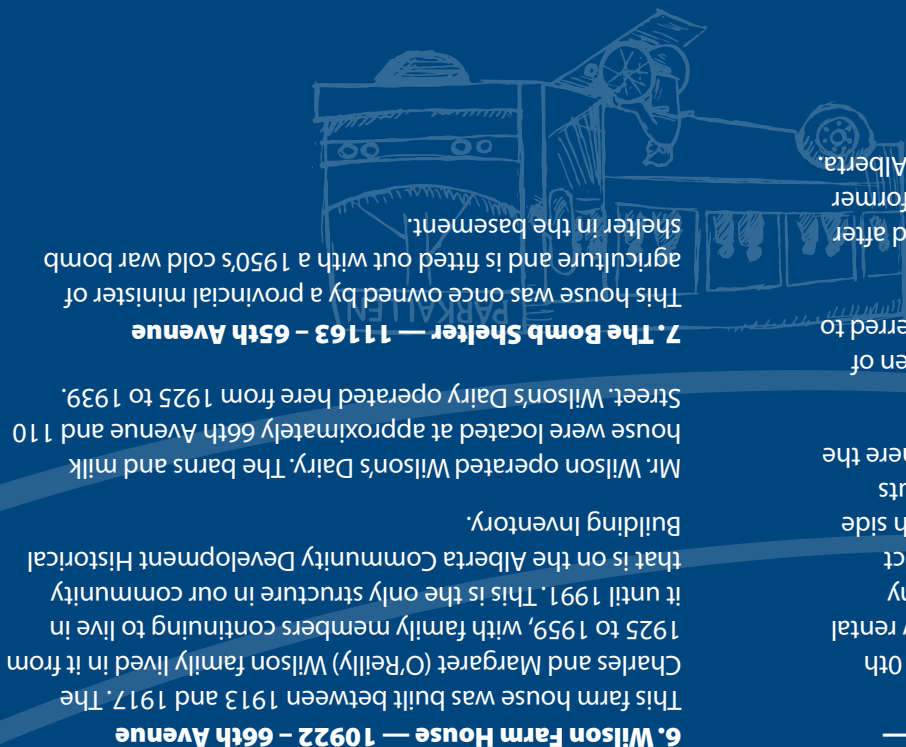
Contact us to find out if your community has an edition of this map series or to find out more about creating a map.

Walkableedmonton@edmonton.ca
780-944-5339



Parkallen Points of Interest

- 1. Ellingson Park — 65th Avenue at 111th Street**
Mr. Joseph Ellingson was the first principal of Parkallen Elementary & Junior High School from the day it opened in 1952 to 1967.
- 2. Second Lake — 65th Avenue at 111th Street**
Parkallen, Mckernan and Lendrum all sit on former lakes. Parkallen sits on the former Second Lake, Mckernan sits on the former Mckernan Lake and Lendrum sits on the former Third Lake. These lakes were really just sloughs (no stream entered or drained them) Second lake ran from 71st Avenue to 65th Avenue between 110th Street and 112th Street. The deepest part was probably about where the Parkallen Community League Hall now sits.
- 3. The Church in the Centre — 112th Street & 65th Avenue**
The central core of Parkallen has a park, school, shops and a church. The local church started out in 1953 as McLaurin Baptist Church and then as a Salvation Army Citadel. It became a Unitarian Church in 1987 and the land around it was sold and houses were built between it and the pastor's house on 111A Street — the shortest street in our neighbourhood.
- 4. Rife & Calder Farms 111th Street at 70th Avenue**
Present day 111th Street was a country road between two quarter-sections in 1913; as such it separated two farms north of 71st Avenue. The Rife Dairy Farm was to the east and the Calder Dairy Farm was to the west.
- 5. The Dawson Huts and the Violet Archer Park — 70th Avenue at 110th Street**
On each side of 70th Avenue between 109th and 110th Streets, the "Dawson Huts" were built to provide low rental homes for veterans. The huts were originally US Army barracks in Dawson Creek, hence the name. The exact location is marked by Violet Archer Park on the north side and the new infill houses on the south side. More huts were also placed on the east side of 109th Street where the St. Basil's Ukrainian Catholic Church now stands.
- 6. Wilson Farm House — 10922 – 66th Avenue**
This farm house was built between 1913 and 1917. The Charles and Margaret (O'Reilly) Wilson family lived in it from 1925 to 1959, with family members continuing to live in it until 1991. This is the only structure in our community that is on the Alberta Community Development Historical Building Inventory.
- 7. The Bomb Shelter — 11163 – 65th Avenue**
This house was once owned by a provincial minister of agriculture and is fitted out with a 1950's cold war bomb shelter in the basement.
- 8. The Park**
The park where the huts were once located is named after Dr. Violet Archer, (1913-2000) a local composer and former professor of music composition at the University of Alberta.



Parkallen

Legend

- | | | | |
|--|---|--|----------------------------|
| | Bakery | | Place of Worship |
| | Bus Stop | | Playground |
| | Bookstore | | Point of Interest |
| | Childcare Centre | | Post Box |
| | Coffee Shop | | Public Art/Monument/Statue |
| | Community Centre | | Restaurant |
| | South Campus Transit Centre and LRT Station | | School |
| | Fire-Ambulance | | Shopping Centre |
| | Late Night Store | | Skateboard Park |
| | Memorial Tree | | Skating Rink |
| | Medical Centre | | Sports Field |
| | Pharmacy | | Toboggan Hill |

	Commercial		On Street Bike Route
	Parkland		Alleys
	Residential Area		Sidewalk
Parkallen Routes			Roadway
	Basic School		Bike/Taxi/Bus Lane
	Running Club 1.024 km		LRT
	Paul's Route 2.283 km		Paved Shared Use Pathway
	McKernan/Belgravia LRT Connector 1.7 km		Crosswalk with Signal
	South Campus LRT Connector .923 km		

Scale

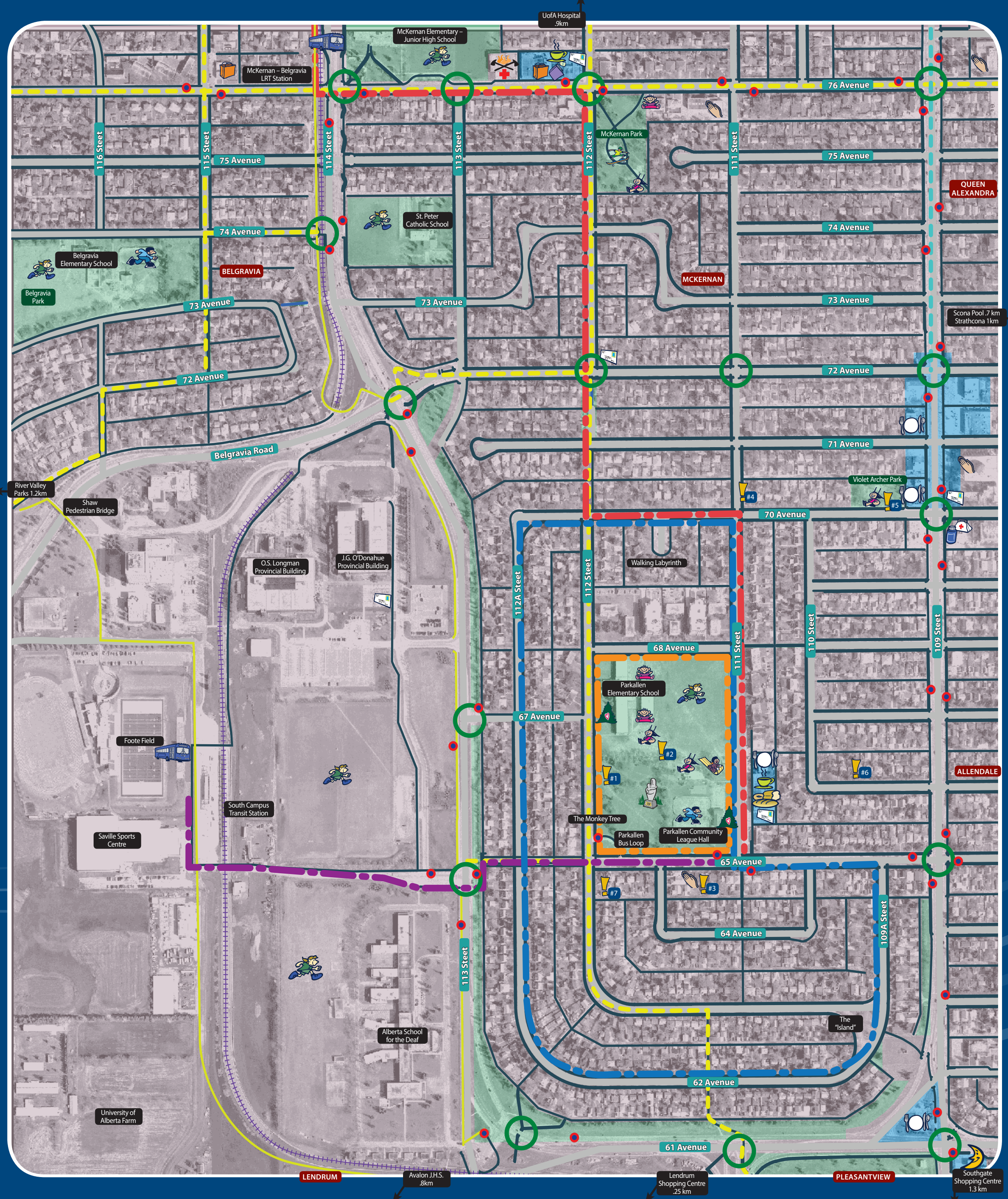
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Kilometres

0.3 Kilometres = 400 steps walking
About 4 minutes walking
About 2 minutes cycling



Funding for this project provided by Alberta Active Communities and Great Neighbourhoods



LENDRUM Avalon J.H.S. .8km Lendrum Shopping Centre 25 km PLEASANTVIEW Southgate Shopping Centre 1.3 km