



Walk Edmonton

Walk Edmonton is an initiative that develops and shares maps and resources to facilitate and promote walking for both recreation and as active transportation. Visit our website for links to other walking resources, maps, walking groups and places to walk in Edmonton.

edmonton.ca/walkedmonton
@WalkEdmonton
780-944-5339

Other Walking Resources

Alberta Centre for Active Living
centre4activeliving.ca
780-492-4863

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.



North Saskatchewan River, Buena Vista Park

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

Crestwood:
14325 – 96 Avenue
780-452-4254
crestwood.ab.ca

Parkview:
9135 – 146 Street
780-483-2098
pvcl.ca

Laurier Heights:
14405 – 85 avenue
+1-587-557-1150
lhcl.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
780-944-5339



Printed 2017

COMMUNITY WALKING MAP

Crestwood, Parkview and Laurier Heights



Edmonton

The Communities of Crestwood, Parkview and Laurier Heights

Back in the mid 1950s, the communities of Crestwood, Parkview and Laurier Heights were vibrant, growing neighbourhoods with new homes rapidly filling the streets. Treed boulevards, sidewalks and streets were strategically placed, connecting homes in the broader neighbourhood. Today as we enjoy walking, biking or running through these mature communities, the same streets and many of the original trees and homes can still be appreciated.

Located in west-central Edmonton, these quiet residential areas hug the North Saskatchewan River Valley, affording a beautiful view of the valley, downtown Edmonton and the University of Alberta area across the river. Those who stroll the river valley parks, ravines and meadows in these communities may also observe a variety of birds, numerous bunnies, and the occasional coyote, snake, deer, beaver, muskrat or moose.

A sprinkling of mid-century modern churches lend a spiritual element and add a picturesque quality to the neighbourhoods. Numerous schools and community centres equipped with playgrounds and sports fields bring families together for fun-filled activities. Quiet and off the beaten track, the location of these communities is also favorable for those who want quick and easy access to the downtown core and the south side.

The common threads of location, age and proximity to the North Saskatchewan River naturally join the three communities of Crestwood, Parkview and Laurier Heights, fostering the creation of these beautiful and scenic walking routes. Enjoy Walkable Edmonton!

Crestwood Community

Crestwood was established in 1917 as the 142nd Street Community League, and reincorporated in 1963 as the Crestwood Community League, making it the oldest community league in the City of Edmonton. The league centre has had other locations within the community but currently resides at 143 Street and 96 Avenue. Among other amenities the community is home to a curling club and an attractive community league hall.

The Crestwood Shopping Centre is one of the community's focal points. Upgraded in the early 2000s, this well-designed mall includes medical services, banking, upscale shopping and restaurants.

In winter, Crestwood and Parkview communities have the combined privilege of hosting Candy Cane Lane, located on 148 Street between 100 Avenue and 92 Avenue. Initiated by early residents of the area, the display originally consisted of wooden striped candy canes in residents' yards during the Christmas season. Over time, decorations became much

more extensive and now include thousands of Christmas lights. The beautifully lit lane can be walked or enjoyed from atop a horse-drawn sleigh.

Parkview Community

The community of Parkview was at one time two communities, Parkview and Valleyview. Valleyview took up the area east of 142 Street and Parkview the west. The communities were later combined and named Parkview-Valleyview until recently. Situated between Laurier Heights and Crestwood communities, Parkview is a quiet, well-treed residential area with the small but bustling Valleyview Shopping Centre at its hub. Services include banking, a travel agency, a well-stocked independent grocery store and one of Edmonton's finest Italian restaurants.

Also central to the community is the Parkview Community Centre, originally built by community members in the mid 1950s. The newly upgraded hall is a multi-use facility and popular venue in the community. An influx of young families in recent years creates a varied demographic in the neighbourhood; one is likely to see young couples with baby strollers, adolescents riding their bikes, or seniors walking their dogs.

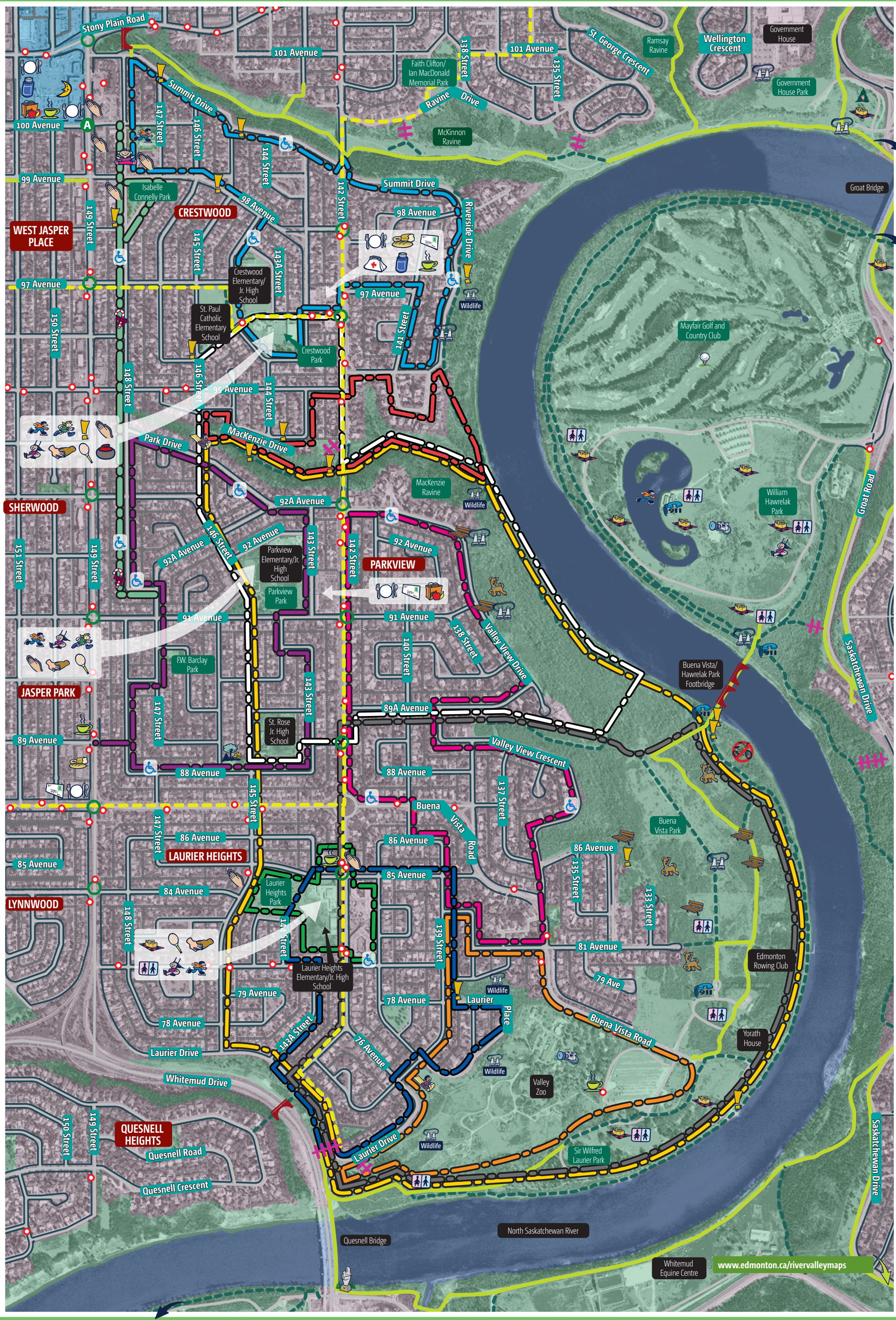
Laurier Heights Community

Laurier Heights, one of the more established neighbourhoods in Edmonton, strives to be a safe, friendly and engaged neighbourhood where building, sustaining and inspiring vibrant community life for all is the focus.

As the river valley borders two sides of this community, connecting it to the Valley Zoo and Sir Wilfrid Laurier Park, Laurier is a wonderful place to live for both people and wildlife. The neighbourhood has easy access to the city's large urban green space system, including a boat launch, off leash area, the rowing club and an extensive network of multi-use trails.

At the entrance to the neighbourhood, there is Canterbury Residence for seniors; our elementary and junior high school, a small strip mall with our favourite local café and our community built and maintained Gazebo Park. At the centre of the neighbourhood, Laurier Community boasts an attractive well used community hall, large playground complete with spray park and well maintained tennis courts and skating rinks, drawing families from all three communities.

This beautiful, quiet setting also allows residents easy access to major traffic routes, numerous attractions and downtown Edmonton. Laurier is proud to be involved in the Edmonton Federation Community Leagues and the City's Abundant Community Initiative.



Legend

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

Sample walking routes

- 8 km Saturday Morning Jaunt
- 6 km 40 Minute Run
- 5.8 km Nickel Run
- 4.4 km Valleyview Run
- 4.3 km Summit Loop
- 4 km 5000 Calorie Loop
- 3.5 km Candy Cane Lane
- 3.2 km Laurier Dog Park Walk
- 3.1 km Wildlife Stroll
- 2.8 km Executive Jog
- 1.6 km Canterbury Park Loop

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

Crestwood, Parkview and Laurier Heights

CRESTWOOD, PARKVIEW AND LAURIER HEIGHTS Legend

Accessible Route	Golf Course	Place of Worship	Restaurant
Bakery	Grocery Store	Playground	Rest Spot
BluPhone	Health Centre	Point of Interest	Scenic Viewpoint
Candy Cane Lane	Heritage Tree	Public Art/Monument/Statue	Skating Rink
Childcare Centre	Late Night Store	Mailbox	Sports Fields
Coffee Shop	Off-Leash Area	No Bikes	Tennis Court
Community League Hall	Park	Public Washroom	Toboggan Hill
Curling Rink	Pharmacy	Wildlife Viewing	Tourist Attraction

