



## 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  
@WalkEdmonton  
780-944-5339

## Other Walking Resources

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

**Canada Walks**  
canadawalks.ca

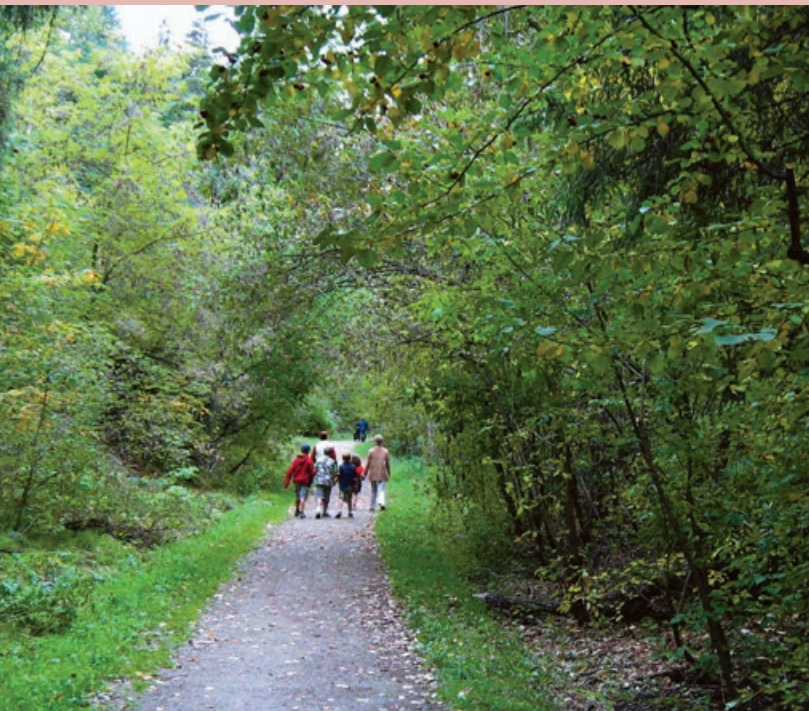
**UWALK**  
UWALK.ca

## 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.

## Walking with your Dog

Edmonton has over 40 locations where you can enjoy your walk while your dog is off-leash.

- Edmonton's trails and shared-use paths are shared by many users, including walkers, cyclists, runners and dog-walkers.
- Most City trails and parks require owners to walk dogs on leash.
- Some parks have specific off-leash areas where your dog can run and play. Off-leash areas are multi-use, so expect to share the space with other park users. Your dog should be trained to respond to voice commands immediately before being allowed off-leash.
- Dogs are prohibited at all times from picnic areas, playgrounds, sports fields, school grounds and golf courses.
- **Visit: [Edmonton.ca/offleash](http://Edmonton.ca/offleash) for details on all locations and their specific boundaries**

**There are 1,440 minutes in a day,  
schedule 30 of them for walking!**

## Local Contacts

**Royal Gardens Community League**  
4030 – 117 Street NW  
Edmonton, Alberta  
780-434-4359  
royalgardenscommunity.com

**Aspen Gardens Community League**  
12015 – 39A Avenue NW  
Edmonton, AB T6J 6P7  
780-434-2687  
aspengardens.ca

**Greenfield Community League**  
3803 – 114 Street NW  
Edmonton, AB T6J 1M3  
780-435-7833  
greenfieldcommunityleague.com

**Edmonton Public Library —  
Whitemud Crossing Branch**  
145 Whitemud Crossing  
Shopping Centre  
4211 – 106 Street  
780-496-1822

## Weather

780-468-4940

## City Information

Call 311  
311@edmonton.ca

## 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

# Aspen Gardens, Greenfield, Royal Gardens, Westbrook Estates



Edmonton

## Aspen Gardens, Greenfield, Royal Gardens, Westbrook Estates

Royal Gardens is a diverse and energetic community. The Community League is key in connecting its residents through their annual Winter Carnival and many other exciting programs and events. Royal Gardens is home to four schools and the Confederation Leisure Centre — making it a great place to live!

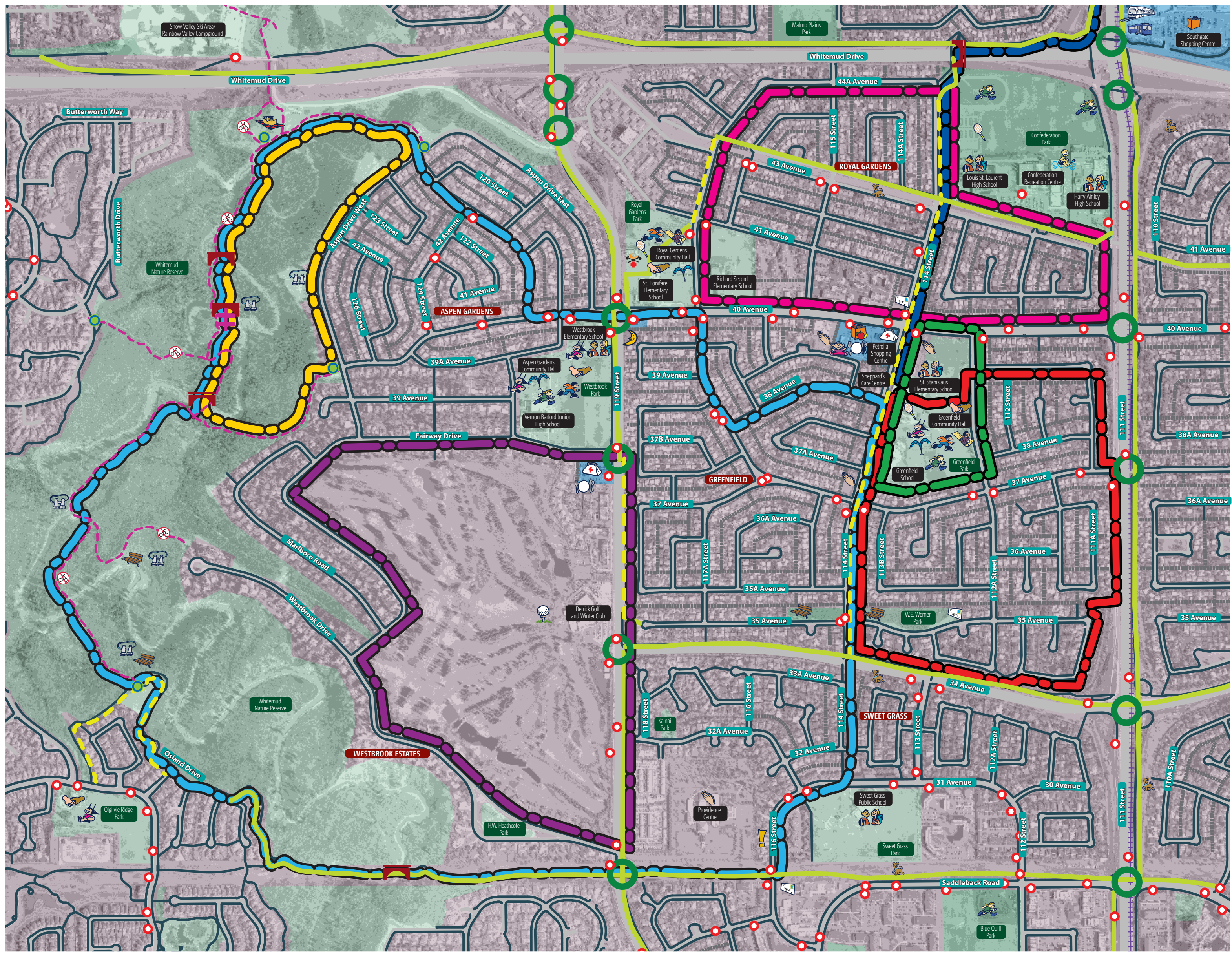
Aspen Gardens is a quiet, mature neighbourhood — its residents are committed to an active lifestyle, from gardening in their yards to walking the trails and participating in the League's activities. This dynamic, thriving community sits peacefully on the top of Whitemud Ravine, so it's a natural link into the City's river valley trails.

This map features three unique communities that are vibrant and community minded. They demonstrated their collaborative spirit in the creation of this map.

All three communities were developed in the late 1960's. Predominantly these neighbourhoods are single detached homes that are now being renovated and updated while maintaining their distinctive characteristics.

Greenfield was named in honour of Herbert Greenfield, the leader of the United Farmers Party and Premier of Alberta from 1921 – 1925. Greenfield is a vibrant, active community and we are proud of our tradition of volunteerism and community involvement. The two schools and Community League sites are centrally located, and provide year round recreational opportunities — including an incredible spray park that entertains Greenfield and surrounding South West residents with a cool place to hang out on our glorious summer days!





Commercial	Crosswalk with Signal	On Street Bike Route	Alleys
Parkland	Bus Stop	Paved Shared-Use Path	Sidewalk
Residential Area	Entrance to Nature Trails	Gravel Trail	LRT Track
Bridge	No Cycling	Roadway	Stairs

Sample walking routes

- 1.5 km Once Around the Park
- 1.7 km Greenfield C.L. to Southgate Mall LRT (one way)
- 3 km Aspen Loop
- 3.3 km Greenfield Park — East Loop
- 3.7 km Royal Gardens
- 4.3 km Fairway Loop
- 8 km Greenfield to Whitemud

**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

W N E S

### ASPEN GARDENS, GREENFIELD, ROYAL GARDENS, WESTBROOK ESTATES Legend

Childcare Centre	Health Centre/Medical	Playground	School
Community Hall	Late Night Store	Point of Interest	Shopping Area
ETS Bus Transit Centre	LRT Station	Post Box/Post Office	Skating Rink
Fire-Ambulance	Off-Leash Area	Rest Spot	Sports Fields
Golf Course	Picnic Site	Restaurant	Spray Deck
Grocery Store	Place of Worship	Scenic Viewpoint	Swimming Pool
			Tennis Court
			Toboggan Hill