



“Walking for transportation or recreation helps make communities strong and more resilient. Walking also turns residents into neighbors; more people know and look out for one another.”

~ Gavin McCormack, PhD, Associate Professor University of Calgary, and Faculty of Environmental Design. Apple Magazine, Summer 2017 Issue, Page 43.



Viking Community Wellness Society
Box 1028
Viking, AB T0B 4N0

For more information about our project and fundraising activities find us on Facebook!



Viking Community Wellness Society (VCWS) consists of community volunteers, the Town of Viking and Alberta Health Services. We welcome other partnerships as the project continues, and walks along!



The Walking Trail will connect existing sidewalks and street routes to **provide an extended route** to explore Viking with a Walking Trail that is **safe** and **accessible** for walking, biking, roller blading, strollers, wheelchair and scooter access away from existing high speed traffic routes.

The benefits:

- Year round accessibility at no cost to users.
- Showcase the beauty of Viking without leaving the community
- Be a selling feature for growth, and an attraction for visitors.



Why a Walking Trail? Supporting activities and projects that promote and enhance community wellness.

Enriching the quality of community life by promoting pathways for lifelong health and wellness.



Funding for the project will come from **grants** and actively pursuing **donations** from the region. See the last page of this package for information on how to support this great project.

For more information about the VCWS community projects, contact Philip Brick, Committee Chair at 780-806-1942. vikcomwellsoc@gmail.com

Connecting the community

The **Viking Community Wellness Society** Walking Trail Project in the Town of Viking, connects people through social interaction and community connection. The Walking Trail is an addition to the community that allows for people to get out and enjoy the outdoors, year around. The health benefits to people of all ages and physical abilities to walk is proven to help with cardiovascular disease, diabetes, mental health and other chronic diseases.



The partners and their roles

Viking Community Wellness Society (VCWS)

A group of stakeholders interested in enhancing and creating a path to increase town walkability and breaking down barriers to wellness.

Role: Build the culture of walking in Viking whether it be to reach destinations or leisure.

Town of Viking

The Town of Viking shares the goals of the VCWS and is actively partnering with ongoing plans. As well as providing land for walking trails, the Town is ensuring that its infrastructure plans (curbs, sidewalks, etc) are compatible with the aims and goals of VCWS.

Role: Advising the Society, providing expertise and knowledge as needed, promoting and supporting healthy community activities.

The Community

Support the Walking Trail Project by seeing page 4 of this brochure on how to be involved.

Role: Use the Walking Trail with your family, enjoy the outdoors and your community, discover new things.

We support activities and projects that contribute to a stronger, healthier community for everyone.

We advocate for the creation of a safe walkable community for the residents of Viking, surrounding area and visitors.

Who is the Viking Community Wellness Society?

The Viking Community Wellness Society (VCWS) is a group of local residents who love to walk, enjoy the social and health benefits of walking. As a group they came together to help build a network of walking routes in the Town of Viking for people of all ages to enjoy.

What is the VCWS planning to do in the community?

VCWS is planning to connect areas of the Town of Viking by creating a network of paths via existing and new sidewalks and building trails.

Why is walking important?

Walking can have many health benefits. Walking, as part of a physically active healthy lifestyle, plays a role in chronic disease prevention. It also has a role in managing many of the following conditions:

- Cardiovascular disease
- Type 2 diabetes



- Metabolic syndrome
- Obesity
- Dementia
- Mental health
- Osteoporosis
- Chronic disease prevention.

There are many social benefits that include a community connection, where people live and the places they want to be. The Walking Trail cannot be accessed by vehicle traffic and you will feel safe so that you can enjoy a family stroll for your children to walk, run and ride with you.

What are the future goals for the Walking Trail Project?

Future work could include a walking corridor running through the Town, and working with the community to prioritize the routes and adapt them based on need and accessibility.

What role does the Town of Viking have in the VCWS

The Town of Viking is an advisor to the VCWS. The Town is providing expert knowledge on the infrastructure and where potential routes could go. Once the Walking Trail is completed the Town will take over the ongoing maintenance and snow removal.

What part of the Walking Trail development is the Town responsible for?

The Town of Viking is responsible for providing and maintaining infrastructure such as curbs and sidewalks, wheelchair ramps, drainage ditches and sewer, street lighting, garbage receptacles and benches.



Once the walking trail is completed, the Town will take over the ongoing maintenance and snow removal.

What is the budget for Phase 1 of the Walking Trail?

The budget for this Phase is \$180,000 and will begin in Spring 2018.

When will other Phases of the project be started?

The VCWS is applying for grants to keep the Walking Trail project for the community momentum going. This is of course dependent on the success and the monies available at the time of the grant applications.

How can I contribute to this project?

On page 4 of this brochure there are sponsorship options available. The VCWS would accept monetary, in-kind or donated labor or equipment for the project.

There are many options, a commemorative memorial bench named in honor of a loved one, purchase a tree, or even a meter of trail.

If I cannot afford to donate, how can I support the Walking Trail project?

Be an involved member of your community and tell your friends about this amazing project. If you are interested, attend a meeting to learn more about this project!

References

1. WalkABLE Alberta 2016 - Viking Community Report, Alberta Health Services, Page 1.

Donation form

The support of the community will make this project a success. See how you can donate below!

Name:		
Address:	City:	Postal Code:
Phone:	Cell Phone:	
Email:		

Item	Description	Value	Qty	Amount
Park Bench	Durable outdoor bench with metal frame, installed with bolts into a concrete base. (Need 8 benches)	\$1,400		
Double Pedestal Table	Durable outdoor table with metal frame, installed with bolts into a concrete base. (Need 3 tables)	\$1,500		
Commemorative Park Bench	Same as above, an engraved commemorative plaque is added. Your choice of message, business sponsorship opportunity or commemorate a loved one's memory.	\$1,700		
Tree	An 8-foot tall tree is planted along the route. (Need 10 trees)	\$500		
Garbage Receptacle	Durable garbage receptacle with a metal base is installed into a concrete base. Life long product. (Need 3 receptacles)	\$600		
A Meter of Walking Trail with Paving	The building of the Walking Trail requires the use of back filling and heavy equipment to build a trail that is 8 feet wide with a gravel surface, finished with paving.	\$300		
In-Kind Donation	In-Kind Donations of labour, heavy equipment or materials to help build the Walking Trail is gladly accepted. Please use the space below to describe your In-Kind Donation and the value.			
Cash Donation	Cash donations of any amount are accepted!			
Committee Member	The VCWS welcomes anyone who is interested in being part of this amazing project! Join us for our next meeting!			
Total donation:				

Commemorative Message or In-Kind Donation description:	

Donations made on behalf of:	*All donations are gratefully accepted. Donations less than \$50 will not be receipted.



Send your cheque and completed donation form to:
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