



Top five slopes to sled on in Edmonton this winter

Flying downhill on a toboggan is fun for kids and adults alike. There's a reason why every hill in every city, town and community across Canada turns into a gathering place when snow starts to fall. It's impossible not to smile as you slide downhill, and it is one of the cheapest and easiest ways to enjoy and embrace winter—try to find a kid who doesn't grab a sled on a snow day. Not to mention, it's a great way to get exercise, working your core as you hold your balance downhill, and your lungs as you hike back up.

While sledding is a great way to have fun, be active and stay healthy, safety is always—and will continue to be—the number one priority. This goes beyond wearing helmets and remembering to walk up the side of the hill (not the middle). While some local hot spots may seem ideal, they are unpredictable and pose some significant risks—like stormwater facilities. These harmless looking ponds are an important part of drainage infrastructure in Edmonton. They are also an enticing place to recreate, whether sledding, skiing or skating. They might look frozen, but warmer water is constantly flowing underneath making them unstable and extremely dangerous. As a result, recreation on these facilities is prohibited.

Not to ruin a good time, we've gathered a list of the top five spots to go sledding in Edmonton this winter. Dust off that classic wooden toboggan, GT Snow Racer, saucer or crazy carpet tucked away in the corner and head out into the crisp, cold Edmonton air with friends and family. Just be sure to [check out current conditions](#) before you go as some hills may close due to unsafe conditions.

Emily Murphy Park

11624 Saskatchewan Drive NW

This hill is perfect for children, with a long and levelled out plateau to slow down any speed picked up from the top steeper section. With safety top of mind, it's hard to ignore the hay bails at the bottom as a just in case brake. There are also fire pits in the park and bathrooms that are easily accessible. And, as an aside, the parking lot faces the hill, in case you get cold and want to watch the action from your car.

Gallagher Park

9505 96 Avenue NW

While this hill is mostly for the thrill-seekers, it does offer a less intense (but still fun) tobogganing experience for younger riders. You can take advantage of the more relaxed slope for some easy gliding or hike all the way up to the steeps to see how fast you can go (if you can manage the long walk back up the hill). Views from the winter at the Folk Fest mainstage hill are just as scenic as they are in the summer. And, a portable washroom is available—which is almost as important as snow conditions.

Government House Park

9938 Groat Road NW

Located right beside Groat Bridge, this hill offers a great view of the river valley and is conveniently located near the heart of the city. It's almost guaranteed to be less busy than the other places on this list, so it's great if you're looking for less crowded areas.



Rundle Park

2903 113 Avenue

With its pretty park setting, this is a great location to go with kids.

At Rundle Park, you're going to find many options to choose from. It features not one, but two separate sledding hills. ACT Hill offers a more general experience, while Walton's Mountain is a steeper option. You can also find your own smaller hills throughout the park, perfect for little kids.

Whitemud Park North

13204 Fox Drive NW

This is a fast and bumpy ride—if you like grooves and jumps, this option is for you. While speed is the draw, a staircase helps little sledders climb back up the hill. At the base, the Alfred H. Savage Centre serves as a warm-up and washroom facility—the best draw for any hill when out for the day with kids.