

**This Health Walk was created for you by:  
The Kansas City Quality Improvement Consortium—KCQIC...**

Our initials have inspired our healthy lifestyles motto “KC Kick it Up a Notch!” Its invitation to active wellness defines the Health Walk Project.

The project is only one part of the multi-year Healthy Lifestyles initiative to promote and support fine health through healthy choices, including: moderate exercise, proper nutrition and freedom from tobacco use.

When you participate in the Health Walk program, you encourage:

**BETTER HEALTH for  
YOURSELF, YOUR LOVED ONES and YOUR COMMUNITY.  
CONGRATULATIONS!**

The KCQIC Health Walk Project is funded by:

The Health Care Foundation of Greater Kansas City  
as part of its Healthy Lifestyles initiative



Use this and other Health Walks to support your active lifestyle and maximize your personal physical fitness. “Kick it Up a Notch!” We can all practice better health and health care, together.

For more Health Walks in the Greater Kansas City, bi-state area, go to [www.kcqic.org](http://www.kcqic.org)



This KC Kick it Up a Notch Health Walk Offers:

Bring water, cell phone, a walking companion (if possible) and sunscreen (even when cloudy).

Think safety!

**POINTS OF INTEREST:**

1. Reardon Convention Center
2. Board of Public Utilities Building
3. Downtown Murals
4. Police Headquarters
5. YMCA Building
6. The Kansan Building
7. National Headquarters of Soccer Coaches
8. Wyandotte County Courthouse
9. Soldiers’ and Sailors Memorial Hall.
10. Dushesne Clinic
11. St. Mary’s – St. Anthony’s Catholic Church
12. City Hall
13. 7<sup>th</sup> Street Casino
14. Huron Indian Cemetery

# Downtown Health Walk

## Kansas City, Kansas

Length of this Health Walk 1.2 miles  
Estimated time to complete: 40 minutes  
Walk difficulty:... Level 2

(Walking Difficulty Range: “1” = smooth, simple to “5” = hilly, irregular, poor/no sidewalks, complex, etc.)



GETTING TO THE  
**Downtown Kansas City, Kansas**  
**Health Walk**

WALK START:  
Begin at 5<sup>th</sup> and Minnesota in Kansas City, Kansas

**BY CAR:**

Park in the Parking lot across from the Reardon Convention Center, located at 5<sup>th</sup> and Minnesota in Kansas City, Kansas

**BY BUS:**

10<sup>th</sup> and Main transit plaza SE Lane, take the 106/Quindaro. Exit southbound Minnesota and 5<sup>th</sup>.

**Your Downtown KC, Kansas**  
**Health Walk**

Prefer SHORT  
DIRECTIONS?  
Follow the **BOLD**  
**TYPE** and  
UNDERLINING

Park in the Parking lot across from the Reardon Convention Center, located at 5<sup>th</sup> and Minnesota. **Proceed left on Minnesota**, passing the Jack Reardon Convention Center and its adjacent Hilton Convention Hotel and the new headquarters for the Board of Public Utilities, often referred to as “BPU”. The Reardon Center, which opened nearly 40 years ago, is named after one of the city’s previous mayors. It has been expanded and modernized as part of this block long urban redevelopment project. The old BPU headquarters at 700 Minnesota Ave. now serves as the city’s police headquarters. Walkers pass this site later in this health walk.

As you walk along this Health Walk, take note of the many murals, found along this route. Proceed on Minnesota **to 8<sup>th</sup> Street. Turn Left on 8<sup>th</sup> and proceed 2 blocks to Ann Avenue.** You will be passing the stone building that has been the headquarters for The Kansan, the area’s newspaper. The YMCA building and the National Headquarters Building of Soccer Coaches. **Proceed one block to 7<sup>th</sup> Street and turn right on 7<sup>th</sup>.**

On your right, you will be passing by the Wyandotte County Courthouse and the Soldiers’ and Sailors Memorial Hall, which is a 3,500 seat indoor arena. **Built in Classical Revival architectural style, it was referred to as "The Million-Dollar Courthouse" when it was completed -- which was a considerable sum of money during the Depression in a working-class city.**

**Proceed two blocks to Tauremee Avenue. At Tauremee, cross the other side on 7<sup>th</sup> Street and proceed back** past the St. Mary’s – St. Anthony’s Catholic Church and City Hall. Note the current home of the Dushesne Clinic, located on Tauremee Avenue behind the church..

**Proceed one block on 7<sup>th</sup>** to approach the grounds of the Huron Indian Cemetery where you will find 10 plaques telling the history of the cemetery as it relates to that part of the city. You can choose to walk the grounds of the cemetery and the adjacent park. The cemetery site helps to locals of its Native-American heritage. In July of 1843, 664 members of the Wyandotte Nation were moved from Ohio to Kansas. While camped along the Missouri River, illness went through the camp and 50 to 100 of the Wyandot’s\* died. Their bodies were carried across the river to the Kansas Territory, to a ridge which overlooked the Kansas and Missouri Rivers and Kansas City’s Huron Indian Cemetery was established.

Later that year, the Wyandot’s\* were granted the land that included the ridge and it continued to be used as a cemetery. When the local members of the Wyandotte Nation were dissolved as a tribe and its members became American Citizens in 1855, the cemetery continued to be used. Four years later, the Town of Wyandot was incorporated and the Huron Cemetery was within its boundaries. This community would become part of Kansas City in Wyandotte County. By the 1890s, the Huron Indian Cemetery was prime land and developers, wanting to purchase the cemetery land, negotiated with the Wyandotte Nation in Oklahoma. In 1906, the Secretary of the Interior was instructed to sell the land with the remains to be moved to the Quindaro Cemetery.

On the other side of Ann Street, you will find the current home of the 7th Street Casino, located within the city’s old Scottish Rite Temple Building - It also represents the area’s Native-American roots/ **Proceed to Minnesota and turn left heading back along Minnesota to the walk start at 5<sup>th</sup>. Street.**

\* The town was incorporated with the spelling *Wyandott*, though the name of the tribe has never had more than one *t*. Later, the French form of the name, *Wyandotte*, was adopted for the city and county, and is now the general use by the inhabitants, the press, and other authorities in the State of Kansas and elsewhere.