

**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:

No facilities within the Health Walk area.

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

Think safety!

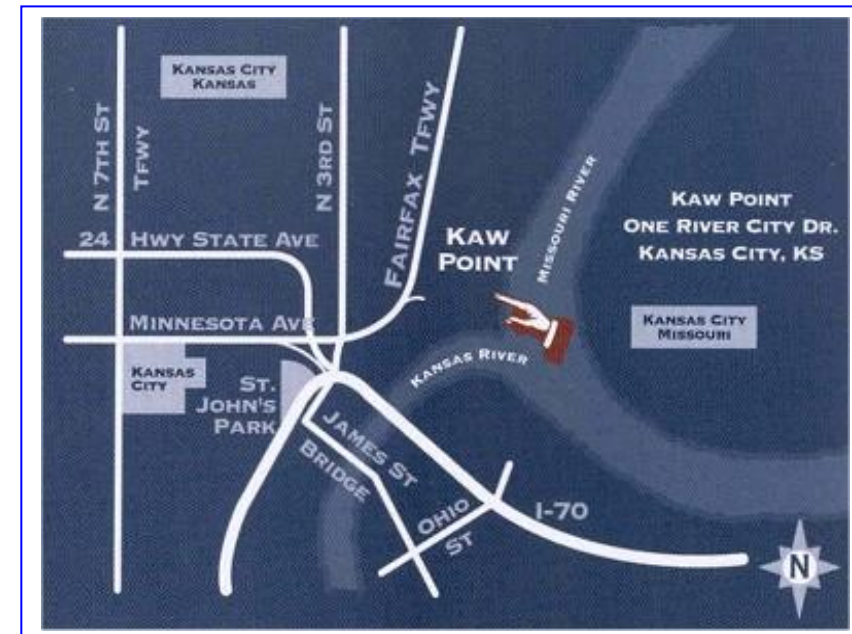
**POINTS OF INTEREST:**

# Kaw Point Health Walk

**Kansas City, Kansas**

Length of this Health Walk 1.0 miles  
Estimated time to complete: 30 minutes  
Walk difficulty:... Level 3

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



GETTING TO THE  
**Kaw Point Health Walk**

Walk start: Kaw Point Trail parking area

**BY CAR:**

Coming from East (from Missouri West on Lewis and Clark Bridge I-70 from KC Mo): Take the Fairfax exit # 423 on the right and down the ramp to the park.

- Look for the KAW POINT sign to your right
- Turn right after the sign into the parking lot
- Head through the parking lot to the concrete flood wall.

**Kaw Point Health  
Walk**

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

Wyandotte County and the City of Kansas City, Kansas, sit at the confluence of the Kansas and Missouri Rivers (where the Kansas River flows into the Missouri River). The point of land in Kansas City, Kansas where this occurs is called “Kaw Point”; it is located in the Fairfax District of Kansas City, Kansas. Although Kaw Point is now surrounded by industry and development, in 2001, the Point itself still existed in a non-developed state, and as such, was the site of a large public commemorative event from 26-29 June 2004 to mark the bicentennial of the Lewis and Clark Expedition when they camped there. Because of the site’s location along the river, access to highways, infrastructure supporting large numbers of visitors, and proximity to a large urban population surrounding the site, this event became an integral part of the metropolitan Kansas City Lewis and Clark Signature Event. The Lewis and Clark Expedition camped at Kaw Point for three days to rest, repair their boats, and explore the surrounding countryside. Due to changes in the rivers' locations, in 1804 Kaw Point was about 1/4 mile up the Missouri River from its current location.

The Wyandotte County Lewis and Clark Task Force, in partnership with the State of Kansas, Unified Government, local Convention and Visitors Bureau, various community organizations, and private funders, planned a three-fold approach to the Lewis and Clark Bicentennial. A new boat ramp and docking area allows for river access and includes accessibility for the physically challenged. The Kaw Point trail runs along the river and through the woods, enabling visitors to experience both ecosystems. Renovated restrooms, a boardwalk, a plaza area for small concerts and other performances, and landscaping are all part of the park's first phase.

**From the Park’s designated parking area, proceed down toward the boat ramp and head down to the actual point by the water’s edge** to experience the natural forces where the Kaw (Kansas River) flows into the larger and more turbulent Missouri River. Even though the bi-state area’s modern development is all within visual view, this point where the one river converges with the other is somewhat removed from its larger surroundings. (You experience the natural power of the beauty in just the same way that members of the Lewis Clark expedition or early Native-Americans residents did over 200 years ago.)

The Kaw Point Trail runs along the river and through the woods, enabling visitors to experience both ecosystems. **From this point, follow the park trail heading a short northern distance** to take in the Missouri River experience as its flows from the north and passes by before it marks its eastern turn on its way across the state of Missouri where it then flows into the Mississippi River near St. Louis.

A highlight of the six-acre park includes the open-air education pavilion with interpretive signage about the expedition and about the area’s Native-American cultures included in the area’s historical roots. **From the river trail path, angle your way back up to the higher level of Kaw Point and traverse along the path to the open air pavilion.**

**After taken in the information located there, head back to where you parked at the Walk Start** Take note of this quietly powerful and hidden space, now surrounded by the vast array of bi-state commerce, trade and transportation venues. It’s quite a difference sight from the Lewis and Clark expedition and the Native-Americans who called this place “home” over 200 years ago.