

**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:**

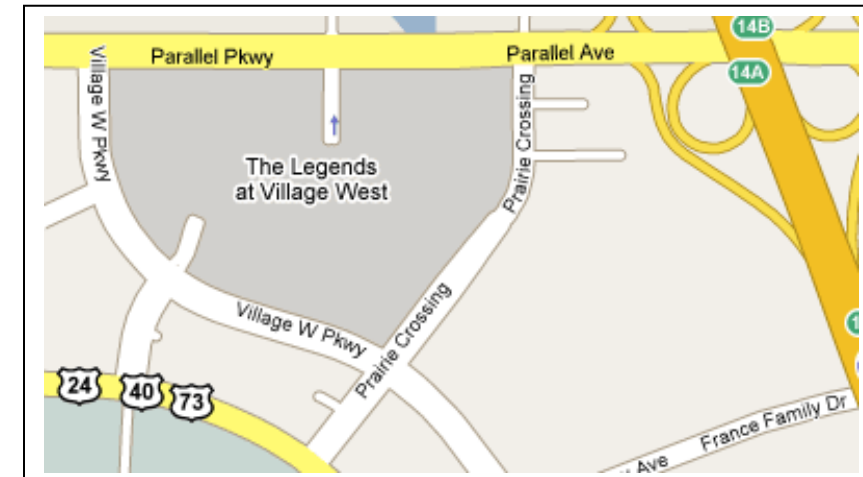
1. Nebraska Furniture Mart
2. Cabelas
3. West Village Shopping Center
4. West Village Sculptures and accompanying Sidewalk Information Inserts
5. Community America Ballpark
6. Kansas Speedway
7. Great Wolf Lodge

# Village West Health Walk

**Kansas City, Kansas**

Length of this Health Walk 1.3 miles  
Estimated time to complete: 30-40 minutes  
Walk difficulty:... Level 2

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



GETTING TO THE  
**Village West**  
Health Walk

WALK START: At Cabella's

**BY CAR:** Travel to western Wyandotte County on I-70 West, one exit beyond the 435 Exits and follow the signage direction you to Cabellas, then park near the pond to the right of its front entrance.

**BY BUS:** Depart 10th & Main Transit CTR Diagonal Lane SE. 101 - Minnesota/State Ave - Direction: 101 - Minnesota/State to Village West. Arrive On Village West at Cabella's DR NorthBound.

**Your Village West Health Walk**

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

Village West, is a 400 acre retail and entertainment destination development situated in western Wyandotte County, at the northwest corner of two intersecting major highways, Interstates 435 and 70. It is adjacent to the Kansas Speedway. The area's many attractions are experiencing record numbers of visitors. Proceed west across the entire length of Cabella's store, which is now listed as the number one tourist attraction for the state of Kansas. Cross over France Family Drive, walk to your left until you see the driveway entry into one of the entries into the Nebraska Furniture Mart's 80 acre complex and past the front façade of the Nebraska Furniture Mart store Cross over the entire complex then cross over Prairie Crossing Rd and onto the grounds of the Legends Shopping Center complex.

The Legends name refers to the many memorable Kansans associated with this part of Midwest. Many of these persons are noted throughout the shipping center complex as life-size sculptures, plaques and other referenced information. Proceed to your left as you reach the perimeter of the building and walk around on the perimeter sidewalk until you reach the shopping center entrance with the LEGENDS and the large statue of the Box Turtle. As you enter the shopping center grounds, note the large lettered sculptures that spell out its name and note the sidewalk inserts that surround this area about recognized state critters and plant life, including the state flower, tree, reptile, bird, insect, amphibian and animal. Each of these is also carved into the individual vertical signs that spell out LEGENDS. Turn right into the shopping center and pass by the statue of an Osage Indian and accompanying sidewalk insert proceeding ahead until reach the statue and sidewalk insert of Wyatt Earp. Turn left at the Wyatt Earp statue and proceed to the center of the shopping center complex and its signature circular fountain. From the fountain, head in the direction of the 5 story brick chimney tower which will take you to the far western portion of the Legends Shopping complex. After you pass the circular fountain, take note of the track runner statues and the accompanying information on Maurice Greene and three other Kansas Olympic track record setters. From the front of the chimney area, veer left, taking care to avoid any contact with a T-Rex or other critters from dinosaur days, turn left and proceed along the southwest perimeter of the shopping center, taking note of the "Golden Mean" sculpture and the accompanying sidewalk insert information. Across from the Legends parking lots, you can see the outline of the Community America Ballpark, home of the Kansas City T-Bones baseball team and the Kansas Speedway Nascar complex beyond that in the distant foreground of the West Village complex.

Proceed back east along the perimeter of the shopping center to head back toward Nebraska Furniture Mart and Cabella's. You will be passing the large wheat sculptures on your right that line the one of the driveways into the center and an Amelia Earhart visual, sidewalk information insert and an airplane replica. As you see the Nebraska Furniture Complex within your site, walk towards it, crossing its parking lot complex. Take note of the Great Wolf Lodge and the many restaurants located all along on your right in the foreground. From there cross back over to the Cabella's, back to the pond and your walk start.

Other nearby attractions include the Chateau Avalon hotel featuring 62 luxury themed suites and Schlitterbahn Vacation Village, a 370-acre resort and water park, that is scheduled to open across I-435 from Village West in 2009.