

**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



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. Briarcliff Village Shops
2. Maiden and Urn Statues
3. Nature Walk to the Lake
4. Bronze Statue of Boys Playing Leapfrog
5. Downtown Vista

Briarcliff Village

Kansas City, Missouri

Length of this Health Walk 1.2 miles
Estimated time to complete: 25 minutes
Walk difficulty:... Level 3

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



GETTING TO THE
Briarcliff Village
Health Walk

WALK START: Parking lot of the Briarcliff shopping area

BY CAR: From downtown, take Broadway Blvd. north to the Broadway Bridge. Bear right and continue on US 169 N over the Broadway Bridge to the Briarcliff Pkwy Exit. Turn left on NW Briarcliff Pkwy. Turn right on Mulberry Rd and then right into the Briarcliff Village Shops.

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

Your Briarcliff Village Health Walk

Briarcliff Village is the retail portion of Briarcliff West, a mixed-use community of retail, villas, condos, apartments and office buildings, developed by Charles Garney and positioned on high terrain with views of the downtown skyline. The 600 acre master plan required a full scale rendering of civil engineering drawings of its main building plan approval and construction documents for grading, erosion control, storm sewers, sanitary sewers and waterlines, parking lots and drives. In addition to retail Briarcliff Village development, the master plan also includes a hotel and a range of office development. The original site was an abandoned rock quarry and mine, which was reclaimed through tax/increment financing. The shops are designed using an Italian Tuscan theme and features a pedestrian-friendly brick streetscape.

The buildings are set to take advantage of the vistas and existing natural features, such as mature trees and a fountain placed adjacent to the pond. Retail shops occupy the first floor of the main building with office suites on the second floor.

To Begin your Health Walk start by car, **proceed west on Briarcliff Drive for MO Hwy 169. Turn right on Mulberry Drive and proceed one to the entrance to the Briarcliff Shops.** As you enter **park near the welcoming statues** (the maiden and the urn) proceed to the left of the maiden statue and past the shop located to the left of the statue. **Proceed to the left, then turn right back onto Mulberry Rd.** (toward the two entry markers to the residential area.)

Proceed one block into the residential development and turn left onto 42nd Terrace. Proceed 100 ft on the left to the entrance to the Nature Walk down to the lake. Follow this pathway down to and around the lake. Note the office structures located across from Briarcliff Drive. The large residence above the lake is the home of Charles Garney and his family. It was constructed to take advantage of the panoramic setting; its lower level also serves as a private meeting center for selected community and business meetings.

After leaving the lake path, proceed back on Briarcliff Drive turning left back onto Mulberry Rd. Walk back into the Briarcliff Village shops area. This time, walk **past the two statues and through the main promenade through the shopping district. Veer to your left and take the stairway up** (located between 4169 and 4171 shops). Note the hand-painted mural tiles at the stairway. This will put you one level up to additional shops within the commercial shops Note: the additional office structures located across from Briarcliff Drive as part of the larger Briarcliff West development.

Once upstairs, **turn right to the end of the shops and walk across the parking area to the asphalt path** and the bronze statue of the two boys playing leapfrog. **Following the asphalt path** will take you into the park-like setting adjacent to the residential area and below the Briarcliff shops area. **Proceed around to your right back to the Briarcliff Drive and then turn right back onto Mulberry and then right back into the Shops area,** to the statues of the Maiden and the Urn and to your Walk Start.