

**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:

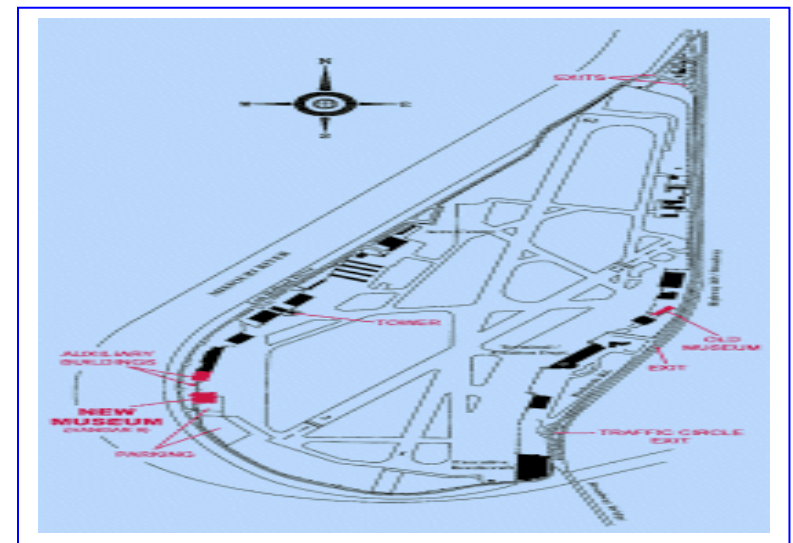
1. Broadway Bridge
2. Missouri River Levies
3. Charles B. Wheeler Down Town Airport
4. Scenic Views of 2 Downtown Skylines (KCMO & KCKS)
5. Airline History Museum
6. Scenic Views of the Missouri River

Downtown Airport

Kansas City, Missouri

Length of this Health Walk 3.5 miles
Estimated time to complete: 60 minutes
Walk difficulty:... Level 2

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



GETTING TO THE

Downtown Airport Health Walk

WALK START: Downtown Airport Terminal Parking Lot

BY CAR: The airport is immediately north of the Missouri River. Access the airport via Hwy 169 south or north on Broadway

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

Your Downtown Airport Health Walk

Begin your Downtown Airport Health Walk by walking out from the parking lot to the street where you drove in and proceed right on NW Lou Holland Drive. This Health Walk follows the perimeter of the Charles B. Wheeler Downtown Airport. The Airport is named after Dr. Wheeler who served as Kansas City's Mayor from 1971 to 1979.

Dedicated by Charles Lindbergh in 1927, Charles B. Wheeler Downtown Airport is the city's first airport and still one of its busiest. Originally home to commercial aviation, the airport now attracts a large number of corporate, charter and recreational flyers.

Located on 695 acres, Downtown Airport is just across the Missouri River from Kansas City's business center. Airport users have easy access to all interstate highways that serve the metropolitan area, as well as other major thoroughfares. The airport also serves as an ideal refueling stop for air travelers thanks to its central geographic location.

In the shadows of the downtown skylines of both Kansas City, Missouri and Kansas City, Kansas, up to 700 aircraft per day take off or land at the airport - everything from single-engine propeller craft to sleek corporate jets. The facility and its control tower are open 24 hours a day and consistently rank highly among private and corporate pilots for their full range of service to general aviation. Fixed-base operators service nearly 300 based aircraft, as well as itinerant and charter aircraft, offering fuel, full maintenance, aircraft rentals, sales and flight training. In March 2005, the Kansas City Aviation Department began a \$69.6 million improvement project at Charles B. Wheeler Downtown Airport (MKC) that, over the next 20 years, will greatly enhance the safety of aircraft operations, maintain existing airfield and passenger terminal facilities and fuel economic growth at the general aviation airport well into the future. The renovations to the 80-year old airport will include an increased number of storage hangars, improved taxiways, ample ramp space and runway extensions, improving the overall quality of the MKC experience for its customers.

The north end of the Broadway Bridge is located on your left as you begin your first right turn to walk the perimeter of the airport grounds. The bridge, which uses a **through arch bridge** design to span the Missouri River allowing for both pedestrian and motor vehicles to cross over the river. Built at a cost of \$12 million dollars, it first opened for traffic in 1956. As you turn around the first portions of this walk, you will notice high mounds of dirt and rock on your left, which are the river levies constructed to prevent the Missouri River waters from overflowing onto the airport grounds.

As you turn north around the airport, you will walk past the Airline History Museum on your right. The museum contains a collection of photographs, artifacts, printed material, logbooks, personal mementos and audio/visual displays that provide those who visit the museum with a true flavor of an age gone by. There is also an aircraft collection which includes a Lockheed L1049 "Super G" Constellation, a Martin 404, and a Douglas DC-3, which is undergoing restoration. Beyond the museum, as you circle the airport, where you will have the opportunity to view the Missouri River as it continues its southern journey from its beginnings in Montana and as it turns eastward at the base of the downtown airport on its journey across the state of Missouri where it flows into the Mississippi River near St. Louis.