

**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:

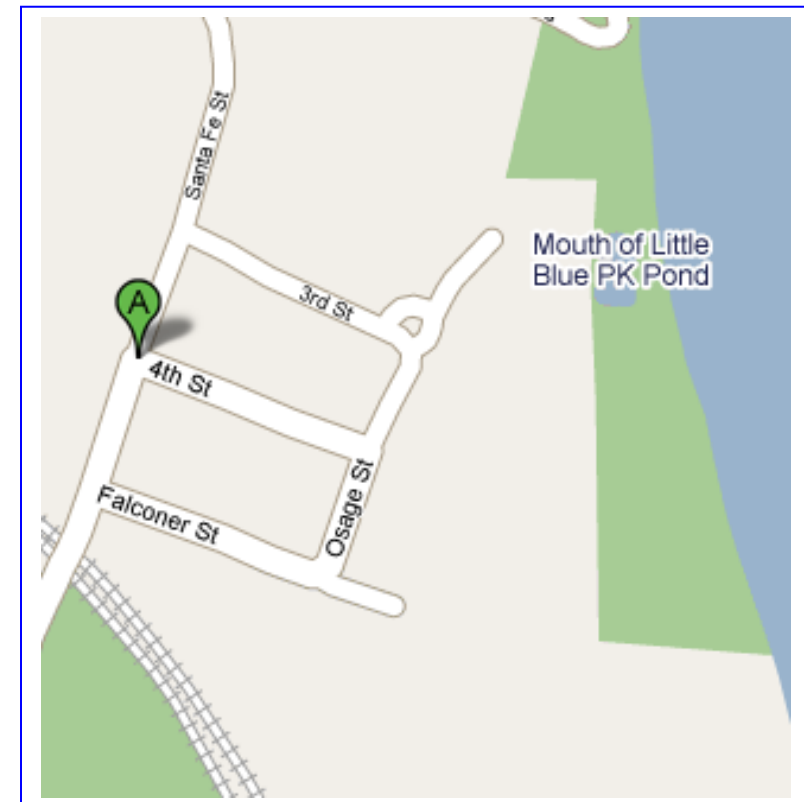
1. Sibley One-Lane Bridge
2. Fort Osage National Historic Landmark
3. Fort Osage Education Center
4. Missouri River
5. Sibley Cemetery
6. Chimney of the KCP&L Sibley Generating Plant

Fort Osage

Kansas City, Missouri

Length of this Health Walk 1.2 miles
Estimated time to complete: 30 minutes
Walk difficulty: ...Level 4

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



GETTING TO THE
Fort Osage
Health Walk

WALK START: Fort Osage National Historic Landmark

BY CAR: Take 24 Highway east to Buckner, Missouri. Turn north at Sibley Street (BB Highway) and travel 2-3 miles, while watching carefully for directional signs.

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

Your Fort Osage Health Walk

Sibley, a village in Jackson County, Missouri (its population was 347 at the 2000 census) is known as the home of **Fort Osage** National Historic Landmark. In 1804, Pierre Chouteau of the Chouteau fur trading family and an agent for the Osage took Osage chiefs to meet President Thomas Jefferson who promised to build them a trading post. In 1808 Chouteau negotiated a deal for the fort to be built for the protection of the Osage Nation.

The fort was built in 1808, under the direction of William Clark, co-leader of the Lewis & Clark Expedition, the Fort served a dual role. It was both a military garrison and trade center. Fort Osage was part of the vast federally controlled fur trade system. The Fort's mission was the maintenance of the political stability in the region through trade and military alliances with the Indian tribes, and in particular, the **Osage Nation**.

The fort was initially referred to as Fort Clark in honor of William Clark who was in charge of Indian Affairs. It was one of the first United States military installations in the Louisiana Territory to become a major stopping point for visitors traveling the Missouri River. Daniel Boone was to visit it in 1814. It subsequently became known as "Fort Osage" and then was informally called "Fort Sibley" for George Sibley who succeeded Chouteau as the Osage

Indian agent. The Osage, in exchange for access to the trading post above the Missouri River in 1808 in the Treaty of Fort Clark ceded all of their lands east of the fort in Louisiana Territory effectively leaving them with a small band of territory on the extreme western border of Missouri. As the Osage ceded more and more of their land a new trading post at Fort Scott, Kansas was established closer to the ancestral villages near the headwaters of the Osage River near Nevada, Missouri.

Fort Osage remained a part of the US Factory system until the whole Indian trade system was shut down in 1822. It remained a military storage facility in support of Ft. Atkinson, Nebraska until 1827, when both were closed upon the commencement of the construction of Ft. Leavenworth. The fort remained a landmark on the Santa Fe Trail; by 1836 it had been totally obliterated with its pre-cut wood used for other purposes. In the 1950's, archeologists discovered the foundations of these buildings and rebuilt the Fort. It now stands, overlooking the Missouri River once again. A school district just outside Independence was named for it.

This Health Walk begins at the parking area, adjacent to the entrance to the Fort Osage National Historic Landmark. To get there, you must cross a unique one-lane bridge, over the local railroad tracks. From Santa Fe St. turn right on Faulkner St. and then left on Osage St. Proceed one block to the parking area. Note there is an admission charge to tour the Fort Osage National Historic Landmark, including the Fort Osage Education Center; however the view from the entrance provides you with a unique and free glimpse of the reconstructed fort.

To walk down to the Missouri River, turn left on 4th St to Santa Fe St. then turn right down toward the river. Turn right at Homer's Landing and walk the three blocks down to the river's edge. The site was first noted by Lewis and Clark, on their initial expedition as a likely spot for a fort: a high commanding position, more than 70 feet above high-water mark, and overlooking the river. From there, proceed back up the gravel road then turning left t back on to Santa Fe St. go back up to the road. Walk past 4th St. on Santa Fe St and over to Faulkner St. Turn left and proceed back to Osage St. At this point, walk on to the Sibley Cemetery grounds located up ahead and to your right. This well-maintained cemetery is a wealth of information to be gathered by studying the gravestone markers of the persons buried there. Note the view of the chimney of the KCP&L (Kansas City Power and Light) Sibley Generating Plant located nearby. After leaving the cemetery, return back to Osage St. and return to your Walk Start near the entrance to Fort Osage.