

**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:

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

Think safety!

POINTS OF INTEREST:

1. Harry S. Truman Visitor’s Center/Old Fire Station #1
2. 1859 Jail and Marshal’s Home
3. City Hall
4. Japanese Garden
5. Hiram Young Park.
6. Independence Square
7. Jackson County Courthouse/Annex
8. Chamber of Commerce
9. Trinity Episcopal Church
10. Liberty St. Community of Christ Church
12. St. Mary’s Catholic Church/High School
13. Civil War Plaque

Independence Square

Independence, Missouri

Length of this Health Walk 1.2 miles
Estimated time to complete: 35 minutes
Walk difficulty:... Level 2

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



GETTING TO THE Independence Square Health Walk

WALK START: Park in one of the parking areas across from the Visitor's Center for the Harry S. Truman Historical Site located at Truman Rd and N. Main St. in the heart of Independence. MO.

BY CAR: From Kansas City, travel east on Truman Rd. (equivalent to 15th St.) to the historic square in Independence, Missouri.

BY BUS: NB Grand and 10th take the 24/Independence. Exit White Oak St at Main. Go south to Truman.

Your Independence Square Health Walk

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

The area's rolling hills dotted with free-flowing springs originally attracted Indians who called the place the Big Spring. In the 1820s these same hills and springs attracted American settlers and in 1827, Missouri's General Assembly approved a 160-acre Independence town site to serve as the area's county seat. Trade soon flourished because of the accessibility of the Missouri River which was only three miles to the north and provided supply transportation. Independence immediately became a jumping off point for merchants beginning the long trek westward on the Santa Fe Trail. The trading strength was reinforced by Mexican merchants who came northeast on the Santa Fe Trail. In the 1840s Independence became a thriving trading post where pioneers of the Oregon Trail stocked their wagons with final supplies before hitting the trail. Independence saw great prosperity from the late 1830s through the mid-1840s. Its role as the "last stop on the western frontier" remained strong. This continued until the late 1840s. After that, the town of "West Port" located a little west of Independence, continued as the main point for pioneers heading West.

Begin your Health Walk at the Visitor's Center for the Harry S. Truman Historical Site located **at Truman Rd and N. Main St.** The center is managed by the National Park Service and is housed in the city's old Fire Station #1. This city building, built in 1928, was renovated for use as a ticket center and offices for the National Park Service in 1983-84. The center is the distribution point for purchasing and reserving tickets for touring the home of Harry and Bess Truman, but it also contains other tourist information on nearby things to see and do. To the right of the Visitor's Center is the 1859 Jail and Marshal's Home. This two-story 1859 Jackson County Jail, with its barred windows, double iron doors and leg chains, once housed Jesse James' notorious brother - Frank James. Four feet away is the back wall of the federalist-style marshal's house which was home for county marshals until the early 1930s. Its early 20th century two-story brick addition is now used for offices and museum exhibit space. Independence's rich Civil War heritage is also interpreted at the 1859 Jail.

Proceed to the right on this on N. Main until you get to Maple. Turn left on Maple and proceed one block to the Independence City Hall. Walk to your left around the perimeter of the building until you reach the Japanese Garden located on the City Hall ground **at Lexington and Memorial Dr.** Across from the Japanese Garden, you will find the Hiram Young Lane and Park.

Proceed right on Lexington for three blocks to S. Osage. As you cross over Main, you will be on the Independence Square, with the Jackson County Courthouse located in the center of the Square on your right and shops and businesses on your left. The Independence Square Courthouse, which houses the restored office and courtroom Truman occupied as county judge in 1933, stands at the center of Historic Independence Square. Unique eateries, antique shops and plenty of charming boutiques and curios shops line the historic streets of the Independence Square.

At S. Osage, turn left and proceed to W. Kansas, then turn right. From here, note the Harry Truman Mural on your left and the Jackson County Courthouse Annex on your right, noting the Historical Marker in front of the Courthouse Annex. **Turn right on S. Spring and proceed three blocks back to Truman Rd. Cross Truman Rd. and veer right onto White Oaks, then left on N. Liberty.** The brick building on your right off of White Oaks houses the Independence Chamber of Commerce. On N. Liberty, you will pass the Trinity Episcopal Church on your right and the Liberty St. Community of Christ Church on your left. **Proceed 2 blocks to W. College and St. Community turn right.** You will be passing the St. Mary's Catholic Church grounds that continue on College and onto N. Main where the St. Mary's High School is located. **Turn Right on N. Main and return to your Walk Start at Truman Rd.** Note the Civil War Plaque as you approach Truman Rd.