

**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).

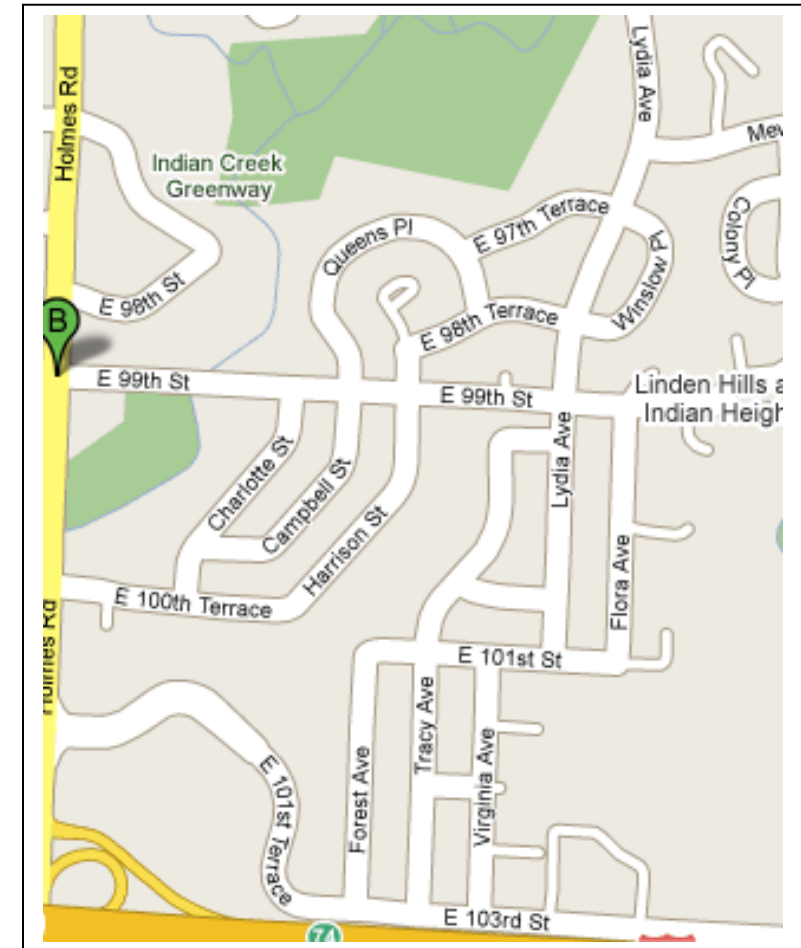
Think safety!

**POINTS OF INTEREST:**

1. Indian Creek Trail
2. Bethany Limestone Falls
3. Rock Riffle in Indian Creek
4. Falls at the Watts Mill Site
5. Trailside Center
6. U.S. Geological Survey Stream Flow Station

# Indian Creek Health Walk

## Kansas City, Kansas



GETTING TO THE  
**Indian Creek Health Walk**

WALK START: Southeast corner of 99<sup>th</sup> and Holmes Street

**Length of this Health Walk** 2.0 miles  
**Estimated time to complete:** 45 minutes  
**Walk difficulty:...** Level 4

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

**BY CAR:** Drive to the southeast corner of the 99<sup>th</sup> and Holmes Street intersection in Kansas City, Missouri and park at the Trailside Center

## Your Indian Creek Health Walk

Walk Start is at the parking lot for the Missouri Department of Conservation site located at 99<sup>th</sup> and Holmes in Kansas City, Missouri.

The route takes health walkers along the southern portion of the Indian Creek trail. The entrance to the trail is located one-half block east of the Trailside Center and the Missouri Department of Conservation facilities. The trail consists of a paved and asphalt pathway follow alongside the Indian Creek and extends in a southwest direction toward 103<sup>rd</sup> and State Line Road. Once completing the length of the trail, walkers must turn around and return to the Walk Start.

The Indian Creek Health Walk is a good way to see first-hand the layer of Bethany Falls limestone that extends from Iowa to Oklahoma and is an important and recognizable geologic feature in the Kansas City area.

**BY BUS:** **Walk** to 11th/Petticoat Lane at Main WB. Depart On 11th/Petticoat Lane at Main WB. **Bus** - 58 - Max - Direction: MAX to Plaza/Waldo. Arrive On Broadway at 74th Terr SB. Depart On Broadway at 74th Terr SB. **Bus** - 156 - Red Bridge Connector - Direction: 156 - Red Bridge/Minor & Oak. Arrive On Wornall at 99th Southbound. **Walk** to Holmes Rd & E 99th St. (Head north on Wornall Rd toward W 99th St. Turn right at W 99th St.)

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

It can also be noticed locally along outcrops in road cuts and within streambeds and banks. The Bethany Falls limestone is the source for much of the concrete that built Kansas City. This limestone member is typically approximately 18 feet thick and tends to break into large flat blocks that simplify the process of quarrying the rock. Limestone and shale outcrops along Indian Creek under the Holmes Street Bridge are a good example of the limestone and shale beds that compose much of the geology of the Kansas City area. The rock layers are (from bottom to top) the Middle Creek Limestone, the Hushpuckena Shale and the bottom of the Bethany Limestone, which collectively compose a portion of the rock formation, called the Kansas City group.

The Rock Riffle in Indian Creek located southeast of the Trailside Center, upstream from the 99<sup>th</sup> Street Bridge. The gravel found in the Riffle come from pieces of the limestone bedrock that break off and then are rolled around and worn down by the water movement until the rocks become rounded. They settle in the areas where the water velocity is the slowest. With time, these rocks pile up and eventually a rock riffle is formed. These riffle are important to the ecology of the streams, because they are areas where many invertebrates live and other animals reproduce.

The fall such as those at the Watts Mill location occurs at streams that flow across the Bethany Falls Limestone. Indian Creek, which flows across the joints of Bethany Falls Limestone, eventually breaks off blocks of the limestone. Wherever these large blocks of limestone are removed by the force of the water's flow, falls are created. The Watts Mill was located at the falls and used the power of the falling water to operate a grist mill that ground grain into flour. This marks the furthest west portion of this Health Walk. From this point, walker turn around and return to the Walk Start location.

Upon your return, take time to visit the Trailside Center facilities and the U.S. Geological Survey Streamflow Station and continuous water-quality monitoring system. This is one of 7,000 streamflow gauging stations set up throughout the country to monitor the flow and water-quality of rivers and streams nationwide. The Trailside Center is a Trail Partner site of the National Park Service National Trails System as a certified site for the Santa Fe, Oregon and California Trails. The restored bank site includes a museum with exhibits that focus on the National Park Service National Santa Fe, Oregon and California Trails, Fitzhugh/Watts Mill, a pioneer stopping place in the 1800's, New Santa Fe, the last village before wagon trains crossed the border into unchartered territory in the 1800's and the Battle of Westport, the largest Civil War battle west of the Mississippi.