

**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:**

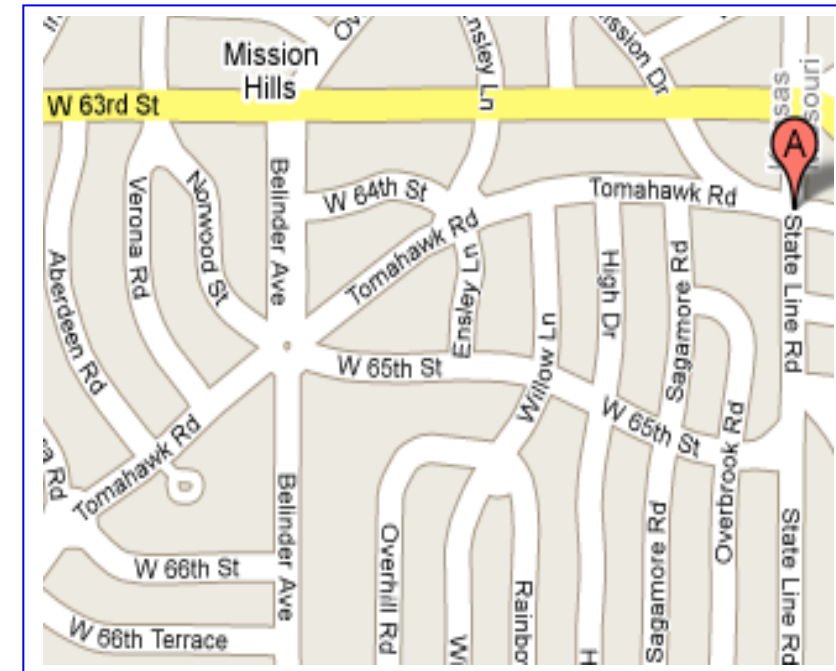
1. Mission Hills City Hall
2. IndianCreek
3. Mission Hills Country Club
4. Verona Columns
5. Mission Hills Outdoor Art and Landscapes

# Mission Hills

## Mission Hills, Kansas

Length of this Health Walk 1.2 miles  
Estimated time to complete: 30 minutes  
Walk difficulty:... Level 3

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



GETTING TO THE  
**Mission Hills**  
Health Walk

WALK START: Begin from the parking lot behind the Mission Hills City Hall.

**BY BUS:** Depart Transit Center Northbound Stop. **Bus** - 51 - Ward Parkway - Direction: 51 - Ward Parkway/88th & State Line. Arrive On Ward PKWY at 63RD Southbound. **Walk** to State Line Rd & W 63rd Terrace.( Head south on Ward Pkwy toward W 63rd St. Turn right at W 63rd St. Turn left at State Line Rd

**BY CAR:** Drive into the parking lot behind the Mission Hills City Hall, located at 63rs and State Line Road.

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

**Your Mission Hills Health  
Walk**

A suburb of metropolitan Kansas City, Mission Hills comprises 3,500 residents and 2.1 square miles of wooded hills, winding streams, stately homes and magnificent landscaped gardens. The Old World elegance of Mission Hills can be found most prominently in the statuary, fountains, urns and sculpture that adorn our islands and parks. There are 57 islands and three parks in Mission Hills. From the early 1920's, Mission Hills developer, J.C. Nichols personally selected items from his European travels, and later, the Nichols Company purchased and maintained many outdoor works of art placed in the city. Since the 1970's, this task was assigned to the individual homes associations and was included in the responsibilities of the city's Park Board. Some of the city's original pieces are museum quality.

At the turn of the twentieth century (1900), Johnson County was a *very* rural place. It was thought of as a place where farmers lived. The J. C. Nichols "Mission Hills" development changed the image of living in Johnson County, forever.

By 1913 when lots were ready for sale, this development came to be called "Mission Hills". When Mission Hills lots were offered to the public, they surrounded a country club golf course intended to convey affluence. Nichols decided that the only way to get away from the idea that Johnson County was a place for farmers was to attract precisely the opposite type of resident. He intended Mission Hills as an upscale residential enclave borrowing its exclusivity from adjacent sections Nichols developed in Kansas City, Missouri.

As the first planned community in Johnson County, much of the effect desired by the Nichols Company and delivered by its landscape architect, Herbert Hare centered on the creation of a rural village pattern. For example, sidewalks were largely omitted. Streets proved to be narrow along winding routes that followed the rough contours of the land. Houses were generally set back significant distances from the streets. The site contained major tree growth throughout on the hillsides and in the ravines cut by Brush Creek and its tiny tributaries. The design called for leaving as many trees intact as possible. A second pattern of street naming emerged in the newer section of Mission Hills, the Indian Hills subdivision. There the practice of using names of Indian tribes or terms with Indian connotations became the norm. Partly because Mission Hills and Indian Hills were among the earlier subdivisions in the northern corner of the county, many of these street names continue on north-south roadways into other areas of Johnson County, Kansas.

Begin your Health Walk in the back parking lot of the Mission Hills City Hall, located at State Line Rd. and 63<sup>rd</sup>. St. From this Walk Start, **proceed north on Mission Dr. which is the street behind the City Hall Parking Lot, one block west of Stateline Rd. Turn right on Mission Dr. Past 61<sup>st</sup> Terrace, veer left.** Take a moment to walk the grounds on the area's six Verona Columns and fountain. **Veer right to stay on Mission Rd.**

As you walk through the gates at the end of Mission Dr. you will be approaching the edge of the Mission Hills Country Club. **Turn left onto Indian Lane. You will be walking along Indian Lane with the Golf Course on your right and the banks of Indian Creek on your left. Turn left at 63<sup>rd</sup> St. and proceed three blocks to Berlinger Ave, Stroll the two blocks** along this tree lined promenade and then **walk around the circle, located at Tomahawk Dr.** As you complete your **walk around the circle, turn left onto the other side of Tomahawk Dr. and proceed one block toward the pond up ahead.**

**As you reach the pond you will be back to 63<sup>rd</sup>. St. Turn right** and proceed back to your Walk Start.