

**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:

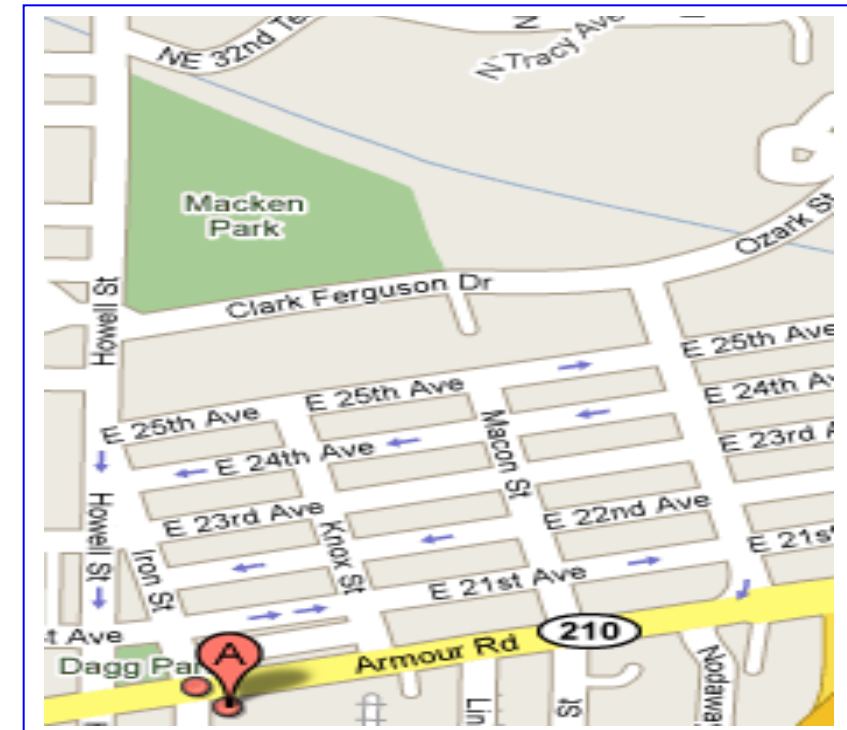
1. North Kansas City Community Center
2. Northland Lofts
3. Dagg Park
4. North Kansas City City Hall
5. First United Methodist Church
6. Public Library/North Kansas City High School Media Center
7. Memorial Park
8. North Kansas City High School
9. Northgate Village
10. “Northtown” shopping area

North Kansas City

Overland Park, Kansas

Length of this Health Walk 1.2 miles
Estimated time to complete: 25 minutes
Walk difficulty:... Level 1

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



GETTING TO THE North Kansas City Health Walk

WALK START: Start your Health Walk from the parking lot location behind the North Kansas City Community Center

BY BUS: Head east on E 10th St toward Walnut St. Depart On Walnut at 10th Northbound. **Bus** - 38 - Meadowbrook - Direction: 38 - Meadowbrook/Viv & Jack/No Ant Loop. Arrive On Swift at Armour Northbound. **Walk** to 1999 Iron St. (Head east on Armour Rd/MO-210 toward Erie St. Turn right at Iron St.)

BY CAR: Drive to North Kansas City and proceed to Armour. From US 29/35, exit at Armour Rd. West. From Burlington, turn right and proceed to 1999 Iron Street (at Armour and Iron)

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

Your North Kansas City Health Walk

North Kansas City is a densely developed city of about four square miles located directly north of downtown Kansas City, Missouri. Its geography has always served as the region's spring board to commerce. Starting in 1821 when François Chouteau established the first trading post within the current city limits. Later, the Hannibal Bridge, (still in use for rail traffic since 1869) was erected. This first bridge to span the Missouri River created the turning point to make Kansas City the regional hub. In the early 1900's, professionals from Chicago came to lay out the streets, utilities and subdivisions into one cohesive planned community; it is one of the nation's first comprehensively "planned" cities. Today, the city's quaint avenues of bungalows, for instance, are almost entirely original. Planners still come to the city to study the well designed, urban environment as a model for new urbanism projects. The area was first connected to the world through riverboats. Later the area became one of the nation's largest rail centers and then became the highway transportation hub for the region. The city has over 1,000 various businesses within three square miles. Today a city-owned fiber optic system provides Internet connectivity to all businesses and residents.

Begin your Walk Start in the south parking lot area of the North Kansas City Community Center, located at Armour and Iron Sts. The North Kansas City Community Center's 96,000 square foot facility offers visitors the chance to experience the best in sports, fitness, aquatic and recreational opportunities. **Walk to Armour.** You will be walking past the Northland Lofts located on your left. **Cross Armour to be on the north and walk to Macken Park. Facing the community Center, walk to the right along Armour to past Dagg Park.** Dagg Park – Located at 715 East 21st Avenue just east of North Kansas City City Hall. This five-acre park provides a setting for family gatherings and passive activities. The park contains a seasonal wading pool, a playground, two fountains with bench seating areas, a public restroom building and two picnic shelters.

Turn Right on Howell. The North Kansas City City Hall will be on your left. At 21st St. you will be passing the First United Methodist Church on your left and then the Public Library/North Kansas City High School Media Center on the right. **At 23rd Ave.** you will approach Memorial Park. The park is defined by a street meridian and contains several features commemorating the history of wars fought involving American citizens. A replica of the Statue of Liberty is located in Memorial Park. The North Kansas City High School will be on your left. **Continue walking along Iron St. to 26th Ave. Turn left on 26th Ave. and proceed through this residential area to Swift, then turn left.** At Swift, you will be facing a portion of the Northgate Village project. The city recently removed an obsolete garden apartment complex to make way for Northgate Village, an infill traditional neighborhood developed by Hunt Midwest Real Estate Development, Inc and the city. It consists of mixed residential, multi-family and neighborhood retail creating a sustainable, walkable neighborhood serving a number of lifestyles, incomes and living options. The traditional redevelopment is compatible with the prevailing neighborhood character and utilizes much of the historic street grid system.

Proceed on Swift back to Armour which will put you in the center of the city's downtown district. North Kansas City's Downtown was largely developed in the 1920's and 1930's and much of the original architecture remains to give the area a nostalgic character. There are commercial buildings scattered throughout the community on the National Register of Historic Places. This "Northtown" shopping area features nearly 100 retail oriented businesses within a short stroll of one another. The pedestrian friendly neighborhood with largely historic construction, also offers free parking to those driving to the area. **Turn left on Armour and continue back to your Walk Start at the Community Center.**