

**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:

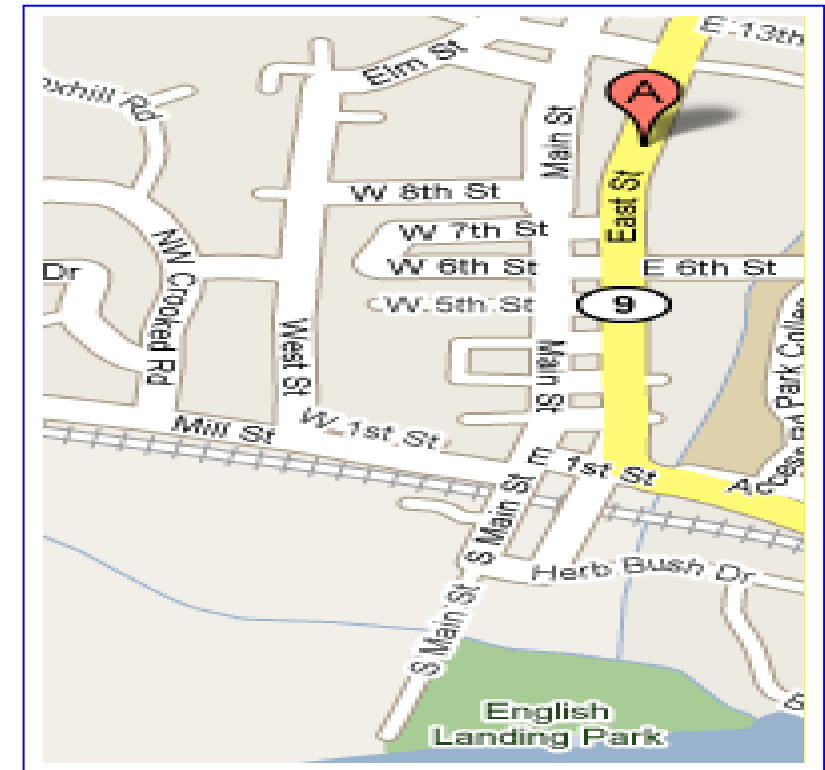
1. Farmers Market
2. Historical Marker and Rotary Clock
3. Park University's McKay Hall
4. Post Office
5. Main Street Shops and Homes
6. First Presbyterian Church
7. East Commercial Businesses
8. English Landing Park

Historic Downtown Parkville

Parkville, Missouri

Length of this Health Walk 1.3 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
Historic Downtown Parkville
Health Walk

WALK START: Start your Health Walk from the parking lot adjacent to the Farmers Market. As you enter Parkville, turn left on East St. and cross over the railroad tracks.

BY CAR: From Downtown Kansas City - Using either the Heart of America or Broadway Bridge, go North across the Missouri River. Then exit on Highway 9 North (Go West). Park University and Parkville are only a couple of miles down Highway 9 along the Missouri River. As you enter Parkville, turn left on

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

Your Parkville Health Walk

Both Parkville and Park University bear the name of Colonel George S. Park, veteran of the Texas War of Independence. Col. Park purchased the site of Parkville and a riverboat landing from the English brothers in 1838, filed the first plat of the town in 1844, and by 1850 he had built warehouses and a large stone hotel. In 1853 he established one of Platte County's earliest newspapers, *The Industrial Luminary*. Originally a thriving river port for hemp and other products, Parkville grew faster than Kansas City, ten miles southeast. In 1859 Park promoted the Parkville and Grand River Railroad to build the first bridge across the Missouri River. Park lost the battle to Kansas City when the **Hannibal Bridge** opened in 1869 making it the dominant city in the region. The Missouri River was much closer to town in those days, not far from the present railroad tracks. Indians, trappers, traders and farmers flocked to Parkville and filled its streets with the bustle of healthy commerce. The boom ended and Parkville suffered near economic collapse when the bitterness between pro-slavery forces and free soil advocates in both Missouri and the Kansas Territory escalated into warfare. The end of the Civil War had little effect on the political bitterness which enveloped the town, and significant commerce ceased.

Parkville's fortunes began to change in 1875 when Col. Park and Dr. John A. McAfee collaborated to establish Park College. Col. Park donated property and Dr. McAfee arrived with 17 students and a vision of providing education for any young man or woman willing to work. The old stone hotel became the first home of a college which rapidly expanded as more and more students took advantage of the school's unique work/study program. Literally built by students, Mackay Hall, completed in 1893, and the Scott Observatory, constructed in 1896, still overlook the campus and the town. The business of serving the students and faculty helped revive Parkville's economy, and the strong relationship between "town and gown" still exists today. Few of Parkville's earliest buildings remain. Notable among the historic homes are the Kahm house, circa 1860, located at Fourth and Main Streets, and Col. Park's original 1840 home on the college campus. Other historic buildings have been converted for various uses. The 1889 train depot served for years as the City Hall, and the 1918 Park College Power Plant on Main Street is renovated for commercial use.

The Walk Start is from the parking lot adjacent to the Farmers Market located off of East St. From the Farmers' Market area, proceed on East St. to First St. From this point you can see the impressive main building (McKay Hall) of Park University, with its clock tower located on the hill adjacent to downtown Parkville. **Turn left on First and proceed one block to Main St. Turn right on Main St.** Note the historical marker and Rotary Clock. **Walk past the Post Office then turn left on 2nd. St and then right on Main St. Proceed along Main St. on the right** as you take in the residential portions and shops located there. At 7th St. veer to the right. You will also be passing the First Presbyterian Church on your right. Continue walking **until you reach 12th St. At this point, turn back along Main St. walking back on the other side of the street** which will include a portion of the roadway that is elevated. **Walk back to the commercial center of town. Cross over the railroad tracks, then turn right on English Landing Drive.** Take the opportunity to walk along both sides of this new East Commercial area. **Then return back to the Farmers Market area and your Walk Start.** While in Parkville, you can also visit the adjacent English Landing Park and walk all or part of the park's walking/jogging trail providing great views of the adjacent to the Missouri River.