

**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!

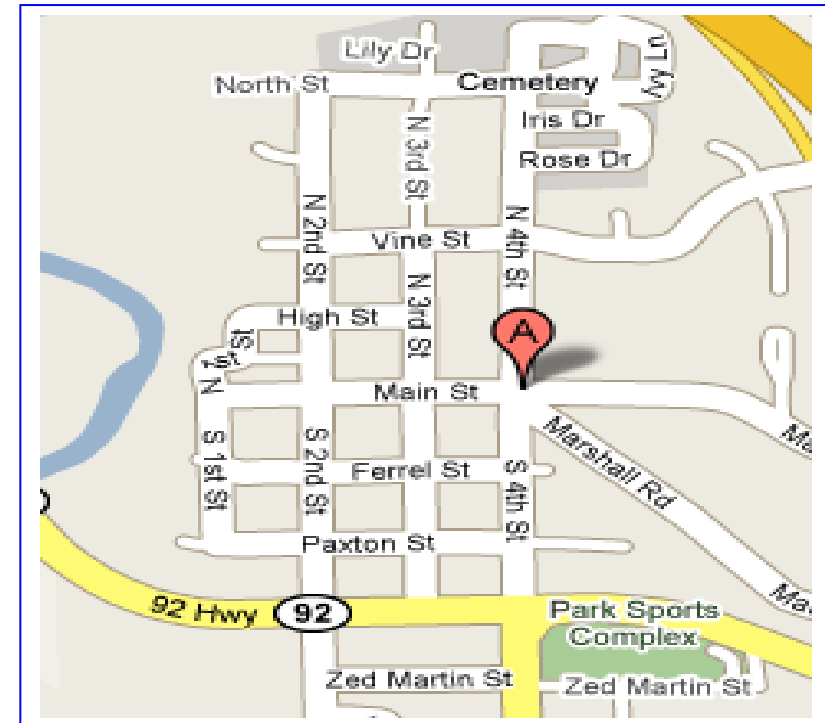
POINTS OF INTEREST:

Platte City

Platte City, Missouri

Length of this Health Walk 1.2 miles
Estimated time to complete: 30 minutes
Walk difficulty:... Level 2

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



GETTING TO THE
Platte City
Health Walk

WALK START: Start your walk at the City Hall parking lot for Platte City, located at 400 Main St. in the heart of Platte City

BY CAR: Take I-29 N to the Platte City Exit

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

Your Platte City Health Walk

Platte City was incorporated as a city in September 1843. It was named after: the nearby Platte River. A charter was obtained from the Legislature in 1845 for Platte City. At this time Main Street was graded and sidewalks laid. In September 1864 the court made the first appropriation of \$40,000 to begin a new courthouse. They accepted the plans of Peter McDuff and awarded the building contract to JA McGonigle for \$88,500. McDuff, born in 1813, emigrated from Scotland. He had designed courthouses for Clinton County in 1858 and Clay County in 1859. He identified himself as a carpenter in the 1850 census. For this new courthouse, the court bought the lot where the Platte County courthouse still stands. It is a fine and rare example of Missouri architecture from the 1860s and has been listed on the National Register of Historic Places.

Some interesting historical trivia about Platte City includes the following - First church built in 1849. First Platte county fair held in 1858. First opera house built in 1885. First daily mail service instituted in 1870. The First electric light system constructed in 1900.

Park at the City Hall parking lot for Platte City, located at 400 Main St. Then walk over to the Platte County Courthouse across the street (415 3rd St.). **From the County Courthouse, turn left on 4th St, and proceed two blocks to North St.** Cornerstone ceremonies took place on June 20, 1866 and by May 1867 the two-story, soft red brick building was completed. It originally measured 80' x 100'. The building faces south and features a triple-arched entry in the center pavilion. The north addition to the courthouse was completed in 1979. The Platte County Administration Building was opened in 1989. The most recent addition is the Tom Thomas Law Enforcement Center, which opened in 1998. Bonnie and Clyde gang member Blanche Barrow was tried and convicted here in 1933. Note the “Lest We Forget Memorial adjacent to the courthouse. You will be passing the city park and your right after a block and in the next block you will be approaching the cemetery on your right and along North St. Turn left on North St. walking along the cemetery (you may also take some time to walk through the cemetery while here, but this would be extra walking that is not included in the 1.1 mile length of this Health Walk). You will be passing the Platte County Lion’s Club on your left. **Walk two blocks to 2nd St. and turn left. Walk down and up the hill on 2nd St. until you reach Main St. Turn right on Main St. and walk over to 1st St.** Take a moment to read the Historical Marker about William McCune Paxton.

From there, back track on Main St. taking in the flavor of Platte City’s core commercial area. Historic Square District features antique and craft shops, restaurants, all surrounding the Platte County Courthouse You will be passing the Central Platte Fire District – 2002 building on your right. **Turn Right on 3rd St and walk one block to the Ben Ferrel Platte County Museum, located at 220 Ferrel St.** 1882 replica of the Governor's mansion in Jefferson City, MO, features rare architecture and furnishings. Listed on the National Register of Historic Places. Also houses Platte County Historical Society archives. Also note the home of the Zerubabel Masonic Lodge building across the street, in the old 1867 Methodist Church and the First Baptist Church located nearby. Walk back to Main St. and your Walk Start.