

**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:

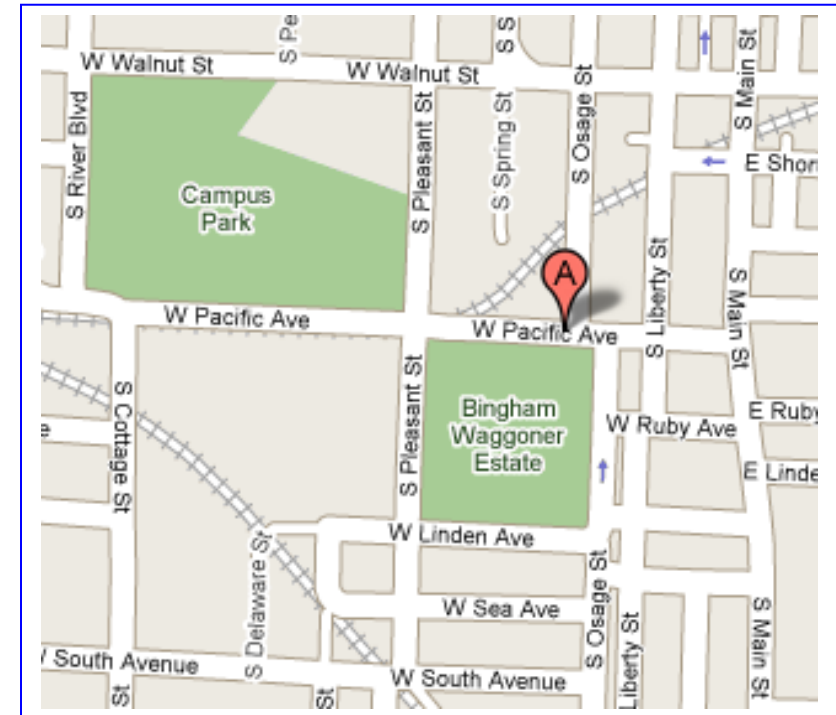
1. National Frontier Trails Museum
2. Chicago and Alton 1879 Railroad Depot
3. Bingham-Waggoner Estate
4. Independence Health Department
5. Messiah Lutheran Church
6. Bryant House
7. Hughes House
8. Birthplace Home of Bess Truman

Trails West Museum and Bingham-Waggoner Estate

Independence, Missouri

Length of this Health Walk 1.2 miles
Estimated time to complete: 25 minutes
Walk difficulty:... Level 3

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



GETTING TO THE
**Trails West Museum and Bingham-
Waggoner Estate**
Health Walk

WALK START: Begin your Health Walk by parking on the grounds of the National Frontier Trails Museum (318 W. Pacific) in Independence, MO.

BY CAR:

BY BUS: NB Grand and 10th take the 24/Independence. Exit at Lexington St and S. Pleasant St. go S. to Pacific then east to 318.

Your Health Walk

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

In the mid 1800s, more than a quarter of a million people headed west to find their dreams in the "promised lands" of Mexico, California and the Oregon Territory. For most of these immigrants, traders and fortune-seekers, Independence, Missouri, known as "Queen City of the Trails," was the starting point. Independence is the only city in the nation that served as the launching point for the Santa Fe, Oregon and California Trails.

Begin your Health Walk by parking on the grounds of the National Frontier Trails Museum. Take a moment to walk the grounds, visiting the outdoor sculpture of Jim Bridger, the Chicago and Alton 1879 Railroad Depot and adjacent railroad tracks. The National Frontier Trails Museum (NFTM) is a museum, interpretive center, and research library dedicated to telling the rich history of America's principle western trails. It presents the history of the Santa Fe, California and Oregon Trails and the personal trials and adventures of the pioneers who opened the West. An award-winning film takes visitors from Independence to Oregon. The NFTM includes interpretive exhibits and artifacts.

Its Merrill J. Mattes Research Library is recognized as the largest collection of books, documents and manuscripts on the Westward Expansion. In 1879, the depot was made of wood and landscaped with flower beds. It began to fall into disrepair after the last train ran on April 14, 1960 through Independence on the C & A line. In June 1994, Friends of the Chicago and Alton Depot was established to preserve the structure and it was moved to the National Frontier Trails Museum in 1996.

Walk across the street to the parking area of the Bingham – Waggoner Estate and walk the grounds to get a feel for how the estate might have looked and functioned when it was used as a residence. The Bingham-Waggoner Estate is located at 313 W. Pacific, next to Campus Park in the heart of Independence. It was built in 1855 along 1846 alignment of Santa Fe Trail, the home was once owned by George C. Bingham, famed Civil War artist. It was also home to the Waggoner family from 1879-1978, founders of Waggoner Gates Mill. The Bingham-Waggoner Estate is now a preserved historic home and local history museum. Tours of the house highlight the antique furnishings and accessories within the building, as well as its visually appealing architectural elements. On the south side of the Bingham-Waggoner Estate are depressions in the ground believed to be made by wagons of the Santa Fe Trail pioneer caravans in the 1830s. A pedestrian bridge and walking trail loops around these trail features. An informational brochure is available at the National Frontier Trails Museum and the Bingham-Waggoner Estate to assist you in your explorations.

Return to Pacific and proceed on Pacific until you reach S. Main St. Along Pacific you will pass the grounds of the Independence Health Department on your left and Messiah Lutheran Church on your right.

Take a moment to walk to the Bryant House and the historic plaque located in front of the home. The Bryant House is located across the street and just to your left. Turn back and continue walking south on N. Main St. to take in the residences located in the historic South Main District. This neighborhood area, located just south of the Independence Square, includes many early homes as people settled within walking distance of the historic square. The Hughes House, located at 519 S. Main has an historic plaque located in front of the home. Proceed to S. Main and walk back 2 blocks to W. Ruby and turn left. On your left you will approach the birthplace home of Bess (Wallace) Truman. Proceed to S. Osage and turn right. Walk the road pathway which is adjacent to the Bingham – Waggoner Estate. Turn left back onto Pacific taking a moment to read the historic plaque found in front of the Lewis Bingham – Waggoner Estate. Return to the parking lot of the National Frontier Trails Museum And your Walk Start.