

**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!

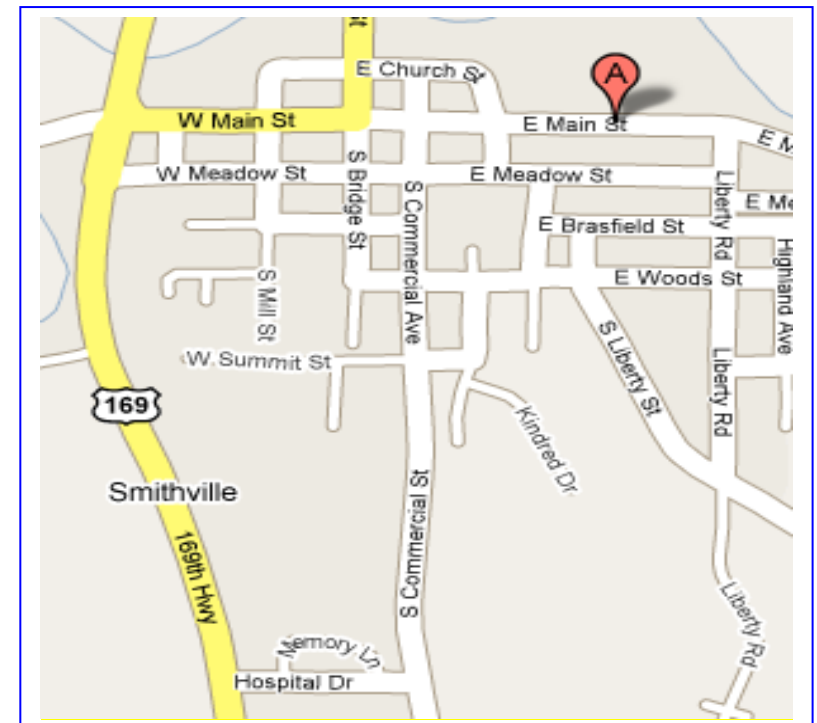
POINTS OF INTEREST:

Smithville

Smithville, Missouri

Length of this Health Walk 1.2 miles
Estimated time to complete: 25 minutes
Walk difficulty:... Level 2

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



GETTING TO THE
Smithville
Health Walk

WALK START: Start your walk from the parking area in Heritage Park, three blocks east of the center of downtown Smithville (320 East Main St.)

BY CAR: Drive north on 169 Highway in Clay County to DD Hwy. Turn east on DD Hwy, or (Main Street) to get to Smithville. Once in town, drive three blocks past N. Bridge St. to Heritage Park, which will be on your left and park in the parking lot.

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

Your Smithville Health Walk

Prior to the first white settlement, the Smith Fork region of the Platte River country was largely inhabited by the Missouri Indian Tribe. Once one of the most power-full Indian tribes in the region, it was this tribe that lent its name to the Missouri River.

One of the first settlers in the Little Platte Valley was Humphrey Smith, Humphrey and Nancy Smith who came west with their six sons and daughter from New York State in 1822 to find land and build a home. Smith found a suitable fall in a creek along the Little Platte River and built a water-powered mill, the first flour mill in Clay County. A town eventually grew up around the mill and the village became known as Smith's Mill. The site later became present day Smithville.

In 1867, the town of Smithville was incorporated. Through the years, floods and fires changed the landscape of the city. In October 1979, the U.S. Army Corps of Engineers began impounding Smithville Lake, creating what is today a 7,200 acre lake with 175 miles of shoreline. Smithville Lake provides flood damage reduction, recreation opportunities, water supply and storage capabilities, as well as fish and wildlife management.

The intersection of Bridge and Main Street is in the heart of the downtown Heritage District. The wide selection of unique items you'll find in Smithville's Heritage District is matched only by the pleasant, personal service you'll receive in the shops here. Take a leisurely stroll through Smithville's Downtown Heritage District. Browse through the shops and one block you will be passing the Apollo House on your right, located at 206 Main St. Take a moment to read the plaque located in front of this home: The statue of Apollo- Greek God of Healing was bought at the 1904 St. Louis World's Fair for \$ 125.00 and placed on the home's turret. **Continue walking down Main St. past the town shops and stores until you reach Mill St.**

You will pass Courtyard Park, located in the center of Smithville's Downtown Heritage District on Main Street. The enjoy the selection of unique gifts and dining.

Your Health Walk starts from Heritage Park, three blocks east of the center of downtown Smithville (320 East Main St.). From Heritage Park and facing Main St. turn right on Main Street and walk over four blocks to Mill St. After walking about park's amenities include the Ali Kemp Memorial Stage, shade trees, picnic tables and park benches. **When you reach Mill St. turn around and walk back along Main St. to N. Bridge St.** You will pass the Smithville City Hall and the Church of Christ on your right. The Smithville Area Chamber of Commerce is located at 105 W. Main St.

Turn left at N. Bridge St. and walk one block to E. Church St. This takes you by the other main commercial section of Smithville. **Turn right on E. Church St and walk toward N. Smith St. then veer left toward the park. Cross over the old railroad bridge to enter Heritage Park.** The park's amenities include: three lighted baseball fields, four soccer fields, shelter, playground, picnic tables, tennis courts, a half-mile paved walking trail and restrooms **Once in the park, walk the 0.54 mile lap around the perimeter of the park.** Note the Caboose located on the right side of the park near Main St. **After completing the lap around the park, walk back to the front of the park to your Walk Start.**