

**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:

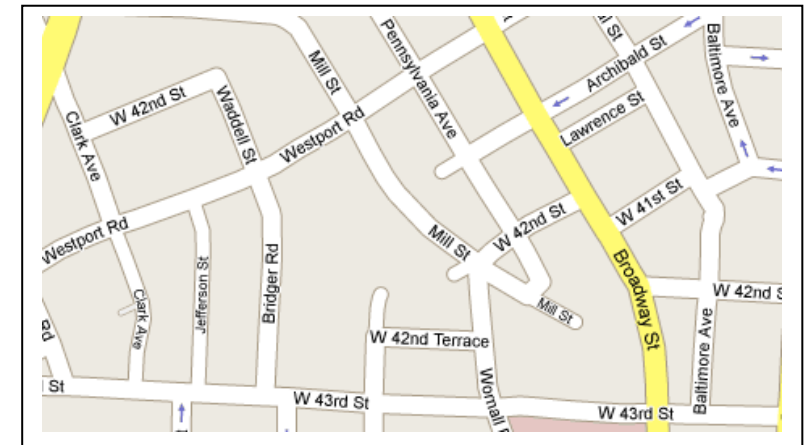
1. Westport Leaders Statue and Trails Map
2. Westport Branch, Kansas City Public Library
3. Prydes of Westport
4. Harris-Kearney House
5. “Nutterville”
6. Vietnam Veterans’ Memorial and Fountains
7. Kelley’s Tavern
8. Other Westport Area Businesses

Westport Health Walk

Kansas City, Kansas

Length of this Health Walk 1.3 miles
Estimated time to complete: 35 minutes
Walk difficulty:... Level 2

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



GETTING TO THE Westport Health Walk

WALK START: Westport Rd and Broadway

BY CAR:

Begin by driving to the northeast corner of Westport Road and Broadway in Kansas City, Missouri and parking along the street near the Trails marker and statue

BY BUS:

WB 11th and Main take the 58MAX/Plaza-Waldo. Exit at 39th and Main, go W on 39th, 4 blks to Broadway. Go S. on Broadway to Westport Rd.

Your Westport Health Walk

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

Three historic trails of the National Trail system (California, Oregon and Santa Fe) were all located here and made Westport an ideal location for outfitting the early pioneers before they made the journey west with everything they would need. Westport became rather prosperous by outfitting, which in turn drew people to the area. Eventually the two towns of Kansas and Westport grew into what is now Kansas City, Missouri. Today as a part of Kansas City, Westport still retains its own identity. Very little original frontier village is left, but the heritage and history of this community is part of what still makes Westport a unique part of the Kansas City area.

The Health Walk Start point is at Westport Road and Broadway, adjacent to the Westport Leaders Statue and Trails Map. Park along the triangular memorial located on the northwest corner of the intersection. It includes the sculptures of Alexander Majors, John Calvin McCoy and James Bridger at the northern end of the triangle and the Three Trails Map imbedded into the sidewalk at the southern end of the area.

You can literally step onto the trails map and walk along the routes of the three major trails to the West – the California, Santa Fe and Oregon trails with Westport serving as the start point for these trails.

Head east on Westport Road to 40th Street and veer to the right. You will be passing near two Westport landmarks, the Westport Library and Prydes of Westport. **Turn right onto Baltimore and proceed one block to Archibald.** You will be passing by the Harris-Kearney House, the current home of the Westport Historical Society. **Turn left on left on Central and proceed three blocks to 42nd. Street.** This takes you through the decorated homes referred to by area residents as “Nutter-Ville”. Westport Business Owner, James B. Nutter, not only has his headquarters here; he has purchased, renovated and painted many if the area residences and converted use for his business and other area businesses. The area homes are also beautifully landscaped with annual gardens throughout the growing season. You will also be passing by the Harris House on Central.

Up ahead as you reach 42nd St. you will approach Kansas City’s Vietnam Veterans’ Memorial and Fountains. Take the time to meander through the Memorial and read about how the fountains and pools illustrate the historical changes of Vietnam War and take a moment to experience the memorial. As you leave the memorial, head toward the **intersection of J. Nichols Parkway and 43rd Street. Cross to the west side of the intersection and proceed west 2 blocks along 43rd. St.** This will take you past the Embassy Suites Hotel and the northern end of the St. Luke’s Medical Center grounds. **Turn right on Broadway then dogleg left over to Pennsylvania Ave. Turn left onto Pennsylvania and traverse along the three blocks** of Westport shops, taverns and restaurants. The shops of Westport Square will be located on your right. At Westport Rd and Pennsylvania, you will find Kelley Tavern, Kansas City’s oldest tavern and landmark.

Turn left on Westport Rd. and proceed one block to Mill St. Dogleg left along Mill to enter into the Westport Shopping Center. As you approach the commercial strip, with the grocery store as its anchor business, **turn right, when passing the end of the strip of shops on your right.** After you turn right through the center’s parking lot, you should see the twin copper steeples of the Our Lady of Good Counsel Catholic Church to let you know that you are on target with this Health Walk. **Proceed one-half block and turn right back onto Pennsylvania St.**

Proceed along Pennsylvania St. past the commercial businesses and the Manor Square shopping center located there. **Turn left back onto Westport Road** and return back to Broadway and Westport Rd. to the Walk Start.