

**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:

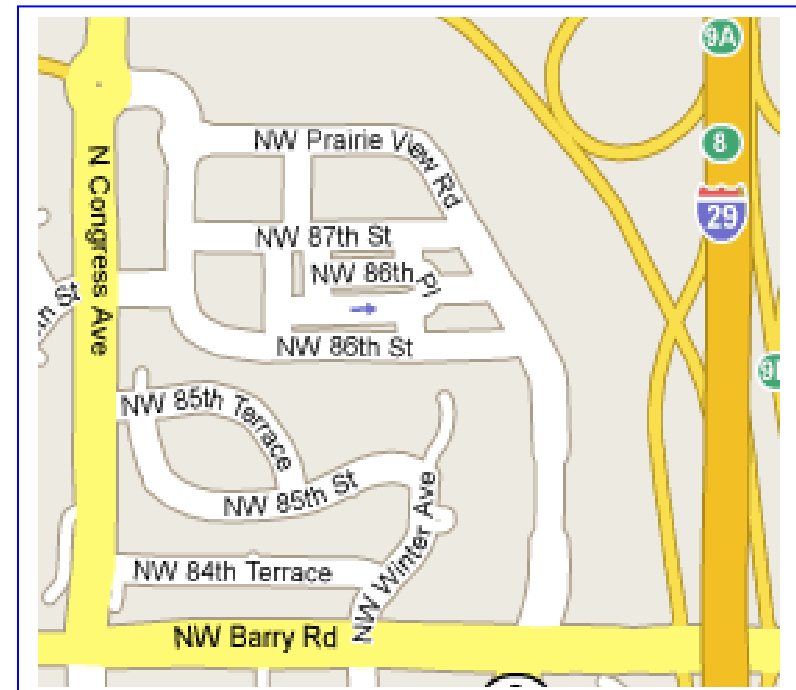
1. Smokehouse BBQ Pig
2. Neptuno at Abuelos
3. Children’s Park
4. Bayshore Apartments
5. Town Square and Children’s Fountain
5. Zona Rosa Community Room
6. Thistle Hill West Neighborhood

Zona Rosa

Kansas City, Missouri

Length of this Health Walk 1.3 miles
Estimated time to complete: 35 minutes
Walk difficulty:... Level 3

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



GETTING TO THE

Zona Rosa Health Walk

WALK START: Begin from the CVS Pharmacy located at 8421 Northwest Prairie View. This is just off the first driveway, within the complex as you enter from Barry Rd.

BY CAR: From Interstate 29 North (north of the river) take the Barry Road exit. Turn right (west) on NW Prairie View Dr. into Zona Rosa, then turn right at the first driveway toward the CVS Pharmacy

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

Your Zona Rosa Health Walk

Zona Rosa is located in the Northland at the Northwest corner of I-29 and Barry Rd., fifteen minutes north of Downtown and just a short drive from the Kansas City International Airport. There are two main parking garages and an Eastern and Southern parking lot. Both are free. Zona Rosa also offers street-side metered parking is located throughout the center in front of the retail stores. All net proceeds from the parking meters are donated to local charitable organizations through Zona Rosa's "Change for Charity" program. Zona Rosa includes the Bayshore Apartments that offers one, two and three bedroom apartment options from which to choose. Individuals and families living within the complex merely have to go downstairs from their apartments to experience the shops, restaurants and other amenities that Zona Rosa has to offer. Zona Rosa currently has 18 restaurants that offer visitors a wide range of ethnic culinary choices along with the best in American food offerings.

Many additional restaurant and service options can be found along NW Barry Rd. just south of Zona Rosa. Residents in the nearby Thistle Hill West neighborhood can follow the sidewalk links into Zona Rosa.

Zona Rosa has been designed to be a great place for kids as well. They've got two huge courtyards equipped with fountains for children to run around and blow off steam. The Town Square boasts a run through fountain that is great on hot summer days. They've also put a rubber "fruit" playground that's located in the food court that is below the Marshall's Department Store.

Start your Health Walk from the CVS Pharmacy located at 8421 Northwest Prairie View.

This is on your right and accessed from the first driveway off of NW Prairie View Dr. as you drive into Zona Rosa from Barry Rd. Park nearby, **Walk along the right side of the nearby restaurants.** Note the metal pig located outside Smokehouse BBQ. After another block of walking, you will encounter Neptuno, created for Abuelos Mexican Restaurant in 2004. Proceed further and as you approach Barnes &, Noble Booksellers, **turn left and proceed to NW Prairie View Dr. Turn right and walk one block to NW 86th Terr. then turn left. Proceed one block to N. Winter then turn right and then make an immediate left onto NW 86th Place.** The Bayshore Apartments will be on your right and the Children's Park will be on your left., Walk one block then **turn right on Stoddard Ave. and then left on NW 87th St..**

The Zona Rosa Town Square and Children's Fountain will be on your left and the second phase shops of Zona Rosa can be explored by walking down the street to your right. As you approach the Majestic Theatre on your right, be prepared **to turn left** as you approach the adjacent parking lot on your left. **Walk along the shops located there until you reach NW 85th St, then turn left.**

The Zona Rosa Community Room is located on your left in Suite 146. Walk for approximately four blocks and as you reach the fourth driveway entrance into the adjacent parking area, turn right and walk toward the stone wall and to the sidewalk heading up and into the adjacent residential neighborhood of Thistle Hill West. **You will be on Winter Ave. Follow Winter Ave. south to past NW 84th Terr. And to Barry Rd. Turn left on Barry Rd.** staying on the same side of the street and proceed back to NW Prairie View Dr. and back into Zona Rosa, turning right at the first driveway to the CVS Pharmacy.