

**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.

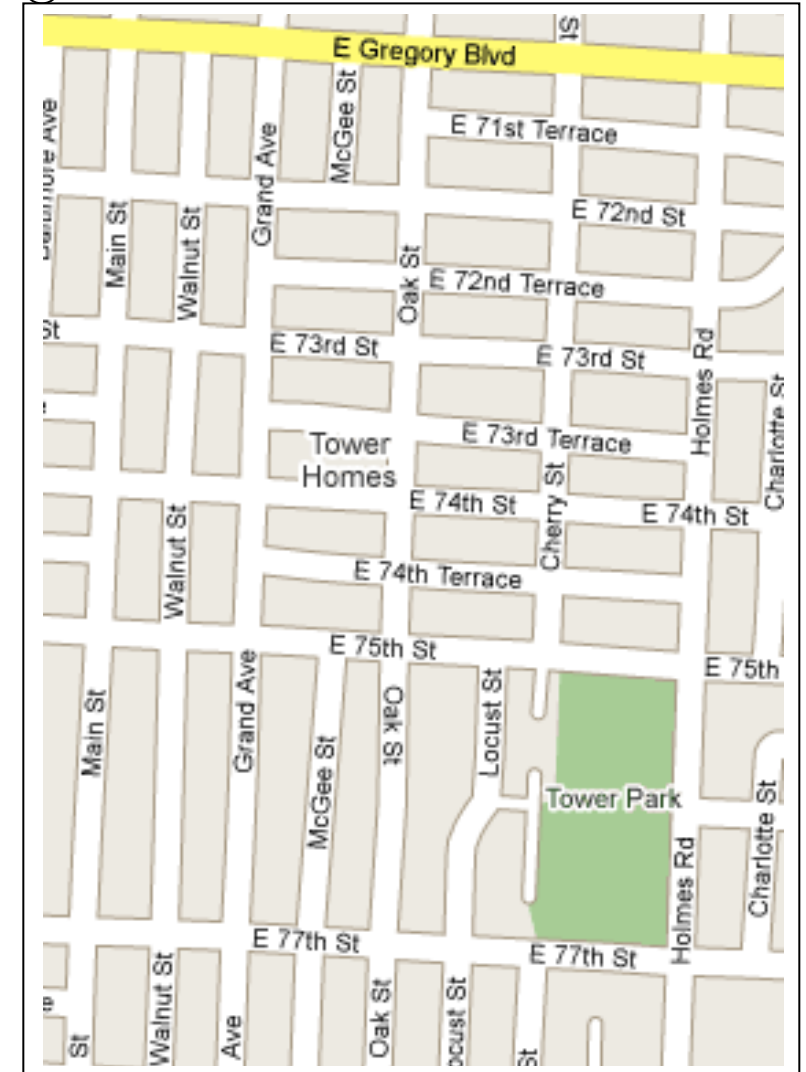
Bring water, cell phone, a walking companion (if possible) and sunscreen (even when cloudy).

Think safety!

POINTS OF INTEREST:

1. Waldo Marker and Fountain
2. Harry Wiggins Trolley Track Trail
3. Tower Park
4. Waldo Branch, Kansas City Public Library
5. St. Elizabeth’s Catholic Church
6. Waldo Area Businesses

Waldo Health Walk Kansas City, Kansas



GETTING TO THE
Waldo Health Walk

WALK START: Southeast portion of 75th and Wornall

BY CAR:

Proceed to the southeast portion of the 75th and Wornall Intersection and park your vehicle.

BY BUS:

WB 11th and Main take the 58MAX/Plaza-Waldo. Exit Broadway at 74th Terr WB. Go South on Broadway one block to 75th.

Length of this Health Walk 1.4 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.)

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

Your Waldo Health Walk

Historical Background on Waldo

In 1841, Dr. David Waldo bought a 1000-acre tract of land that to this day bears his name. This land included from what is now 75th Street to 59th Street, Wornall Road to Troost. He maintained a farm on part of the land, and improved it by planting a large walnut grove at 63rd and Walnut. By the time of his death in 1878, Dr. Waldo had increased his holdings in the Waldo area to 2,400 acres. During this same period of time, the land west of Wornall Road and from 75th to 85th was owned by Alexander Majors. In 1848, Majors and his wife lived on a small farm at what is now 75th and Wornall.

In 1860, a rail line between Westport and Dodson was established with a main stop at Waldo. As business grew, Waldo became known as a main traffic artery south of Kansas City.

By the late 1880's Waldo had also emerged as an entertainment mecca, with a racetrack and an assortment of bars, dance halls and honky-tonks. Houses on Wornall Road south to 75th Street made way for business expansion in the 1930's. As transportation requirements changed, the rail line began to carry street cars, and the County Club car line was the major source of transportation for people in the Waldo area. More and more people began visiting and moving into the growing Waldo community. It was a retreat from the urban area and soon had more than its share of businesses and place of entertainment. Waldo was annexed by Kansas City in 1909 and the city limits leaped from 49th Street to 77th Street, then stretched out again in 1947 to 85th Street. By 1963, the city limits were to the Cass County line. The trail is named after the late Senator Wiggins who throughout his 28 years of representing Missouri's 10th district. It is six miles long, from Volker to 85th & Prospect. The streetcar right of way is seven miles, from Westport Road to 85th Street. The trail surface is compacted, crushed limestone. However, the surface south of 85th Street is asphalt, as are some other short sections in areas subject to brief flooding in heavy rain.

Begin the Health Walk from the Waldo marker located at the southeast portion of the 75th and Wornall Intersection. From the marker, **proceed north on the Harry Wiggins Trolley Track Trail and walk the trail until you arrive at Gregory Blvd.** This Trolley Track Trail pathway, which was once the land used for the old Country Club Trolley route, is now dedicated for pedestrian and bike use. The route extends to the north from Brush Creek Blvd. all the way south to 85th Street and then turns eastward to Prospect Avenue.

At Gregory Blvd. turn right and proceed 9 blocks until you get to Holmes St. You will be passing through the Rockhill Gardens residential neighborhood, noted by its corner markers on the street entrances.

Turn right on Holmes and proceed to 75th St. Cross the street and walk the internal route located within Tower Park. Upon completing this walk through the park, **turn left back on 75th St. heading West.** Along your walk on 75th St., you will be passing by the following facilities, the Waldo Branch of the Kansas City Public Library, the buildings of St. Elizabeth's Catholic Church. **Proceed 8 blocks to Wyandotte and turn left. Proceed 2 blocks to 77th and turn right. Get back on the trolley track trail turn right and proceed back to your Walk Start at the 75th and Wornall Waldo Marker.**