

The "30/Thirty" **Health Walks** Continued...

Walks in Zip Code 64124:  
 23 Kansas City Museum/Gladstone Blvd.  
 24 Samuel U. Rodgers Health Center and Memorial Area

Walk in Zip Code 64128:  
 25 Palestine Neighborhood and Central High School Track

Walks in Zip Code 64130:  
 26 Swope Parkway Health Center and Lake of the Enshriners  
 27 Town Fork Creek

Walk in Zip Code 64131:  
 28 The Landing\*

Walks in Zip Code 64132:  
 29 Meyer Boulevard Promenade  
 30 Starlight, Swope Park and the Zoo

\* Route is totally or partially enclosed or inside a climate controlled area

**TIPS FOR Health Walkers**

- n Bring water!
- n Walk with a companion.
- n Remember sunscreen in all weathers
- n In cold, layer clothing and watch footing for ice
- n In heat, walk early mornings.

**WALKING VIGOROUSLY?**

Be sure to **WARM UP/COOL DOWN**.  
 Use the "TALK TEST" — you should still have enough breath!  
**CELL PHONES** add safety.  
 Carry ID, or write it in your shoe.  
**Can you BE SEEN?**  
 Use reflective tapes or clothing  
**STAY ALERT!** Buy reaction time.

**Health Walks from the  
 Kansas City - Chronic Disease Coalition (KC-CDC)  
 to You...**

The **Health Walk** project is part of a multiple-year local campaign to promote and support fine health through moderate exercise. The campaign promotes fitness walking and more than 80 other "healthy habit" community changes.

When you choose to **Health Walk**, you encourage better health for:  
 YOURSELF, YOUR LOVED ONES, and YOUR COMMUNITY.  
**Congratulations!**

Each of these "30" different tours represents exercise times close to the recommended "Thirty" minute minimum for health benefits, minutes to do your body good at the same time you enjoy the rich civic diversity of the "30/Thirty" **Health Walks**.

The "30/Thirty" **Health Walks** Project

IS FUNDED BY:

The Centers for Disease Control and Prevention through its REACH 2010 initiative

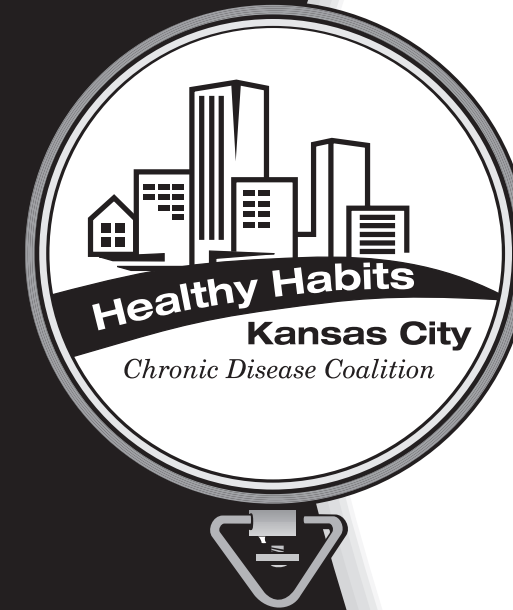
IN PARTNERSHIP WITH:

The Missouri Primary Care Association (MPCA),  
 The KC—CDC  
 and

The Bureau of Chronic Disease Control,  
 Missouri Department of Health and Senior Services (DHSS)



Walk Number 18 of the "30/Thirty" Health Walks



**THIS WALK OFFERS:**

Food \$, Drink \$, Phones  
 Public Restrooms, Water

**POINTS OF INTEREST:**

- 1 Ewing and Muriel Kauffman Memorial Garden
- 2 William Volker Memorial Fountain Sculpture
- 3 Fairmont Hotel and Waterfall
- 4 "Married Love" Statue

Country Club Plaza shops

**Health Walk**

TOUR OF THE

**Brush Creek Promenade**

Along The Country Club Plaza

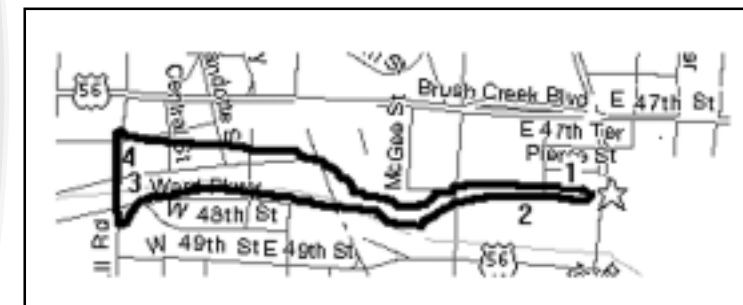
KANSAS CITY, MO

Length of this Health Walk: ..... 1.7 miles

Estimated time to complete: ..... 40 minutes

Walk Difficulty: ..... Level 2

(Walking Difficulty Range: "1" = level, smooth, simple; to "5" = hilly, irregular, complex)





GETTING TO THE

# Brush Creek Promenade

Along The Country Club Plaza

WALKSTART:

**Kauffman Memorial Garden, 4800 Rockhill Road**

BYCAR:

From the intersection of Troost Avenue and Cleaver II Drive (formerly 47<sup>th</sup> Street), drive west on Cleaver II (with Troost Avenue behind, facing the Plaza.) At the first traffic signal, Rockhill road, turn left (south) for one block, turn right into the driveway of the Memorial garden then park on the west side. (Note: there is a pay telephone here.)

BYBUS:

The #47 Roanoke and the #55 Rockhill both stop at 47<sup>th</sup> and Rockhill. For connections, call KCATA The Metro at 221-0660.

Prefer **SHORT DIRECTIONS?**  
Follow the **BOLD TYPE & UNDERLINING.**

## Your Brush Creek Promenade Health Walk

For thirty-five years the editor of the city's most popular paper, William Rockhill Nelson, crusaded for civic improvement. On his own property in the Brush Creek Valley, he practiced what he preached, building quality houses on land edged with low limestone rubble walls, laying out streets on contour courses and planting rambler roses and row and rows of trees. Today the Nelson-Atkins Museum of Art and the University of Missouri Kansas City owe their lovely settings to Nelson's powerful attachment to the land and to 19<sup>th</sup> century ideas of urban beauty.

Recently, planners developed a huge combination flood control and beautification project in this same valley. As they laid out the spaces that form much of this walk, they honored Nelson's choices and harmonized new features with the character of his existing elements. Notice how the stone, wrought iron and lights on all the bridges enhance and extend the beauty that had already been established. This \$86 M project has made the bridges higher and wider and has re-created the flood plain through establishment of the grounds of the Kauffman Foundation and Gardens and the Missouri Department of Conservation Discovery Center.

**Step** to the **right** (south) **out of the** Kauffman Garden (#1) **parking lot** entrance, **onto Rockhill Road**. Walk a few feet, then **take the concrete path leading down to Brush Creek**. **Stay** on the **left** side (south).

Walk along the Creek. **While still on your side of the fountain, take the path** that leads **up** to The Frank A. Theis Memorial Mall. *Take in the sculpture and fountain honoring William Volker, an original trustee of the Nelson Art Gallery, Mr. Volker's quiet leadership in 14 crucial years on the school board meant the start of vocational education and important health strategies for children. He was a very generous philanthropist, characterized by anonymity and for this reason the Swedish sculptor chose to emphasize St. Martin of Tours, a figure who was essentially the Medieval Good Samaritan. The bronze figures retell a story of human respect, pity and humility. Witnesses to the Saint splitting his cloak with the beggar are a fluting angel and a bewildered faun. Your close inspection will see the artist's humor—a wristwatch on the seated angel...*

**Continue walking west**, crossing Oak Street. **Take the next concrete path down to Brush Creek**.

Continue **walking on the left side** (south) along the Creek, crossing under the Main Street bridge and the J.C. Nichols Parkway, **then look for the steps leading up to Wornall Road**.

After a few feet **take the path up** by bearing left **to Wornall Road and Ward Parkway**. The Fairmont Hotel (#3) is on the southwest corner. The "Married Love" sculpture of a seated couple modeled on British WWII leader Sir Winston (and Lady) Churchill, is on the northwest corner (#4).

*Enjoy the sounds and sights of the waterfall on the southwest corner at the Fairmont. Look across the stream, then across the street, to take in the shops lining the south edge of the Country Club Plaza (#5).*

**Turn left** (north) **on Wornall**, cross the bridge, then look to your right to **find steps**, once again, that take you **down to Brush Creek**.

Go down the stairs, **turn left** (east), **and go back**. Walk past apartments and Volker Park, then take the path leading up to Kauffman Garden.

The "30/Thirty" **Health Walks** in Kansas City's Urban Core: "30" different city tours, each about "Thirty" minutes of healthful brisk walking.

Walks In Zip Code 64105:

- 1 Bartle Hall and Convention Center\*
- 2 Quality Hill and Lewis & Clark Point

Walks In Zip Code 64106:

- 3 Berkley Riverfront Park
- 4 City Market
- 5 Columbus Park
- 6 Downtown Government Area
- 7 Downtown Skywalks\*

Walks in Zip Code 64108:

- 8 Crown Center/Union Station/The Link\*
- 9 Hospital Hill
- 10 18<sup>th</sup> & Vine and Parade Park
- 11 Union Hill
- 12 The Westside

Walks in Zip Code 64109:

- 13 Center City Boulevards
- 14 Ivanhoe Neighborhood
- 15 Spring Valley Park and Troost Lake

Walks in Zip Code 64110:

- 16 Kauffman Legacy Park and Stowers Research Institute
- 17 Rockhurst and UMKC
- 18 Brush Creek Promenade along the Country Club Plaza

Walks in Zip Code 64112:

- 19 The Country Club Plaza
- 20 Loose Park

Walks in Zip Code 64124:

- 21 Blue Valley Park
- 22 Budd Park

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