

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

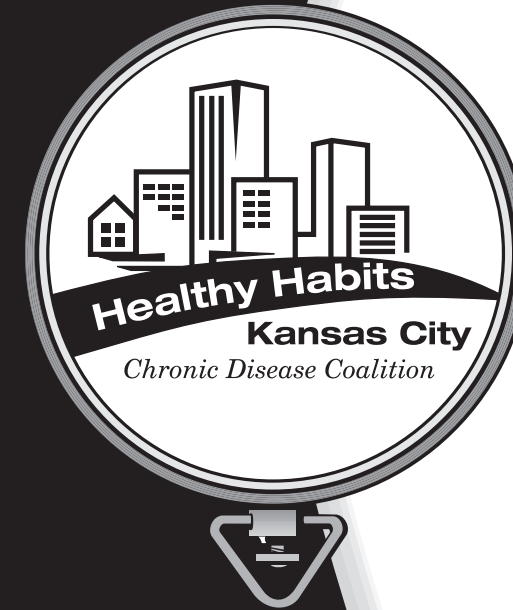
IN PARTNERSHIP WITH:

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 4 of the "30/Thirty" Health Walks



THIS WALK OFFERS:

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

POINTS OF INTEREST:

- 1 Planter's Seed Company
- 2 The Steamboat Arabia Museum
- 3 Pedestrian Bridge to the Missouri River
- 4 All Nations Flag Company
- 5 The Pacific House
- 6 The City Market
- 7 The Gillis Opera House
- 8 Hung Vuong Market

Health Walk

TOUR AT

The City Market

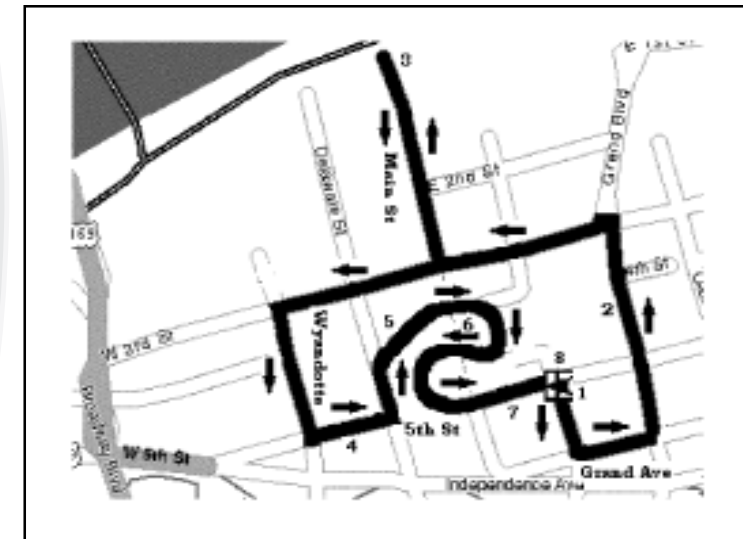
KANSAS CITY, MO

Length of this Health Walk: 1.4 miles

Estimated time to complete: 35 minutes

Walk Difficulty: Level 2

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





GETTING TO THE City Market

WALKSTART:

520 Walnut Street

The parking lot across from Planters Seed Company

BYCAR:

Take Grand Boulevard north from downtown, toward the river. Turn left on Missouri Ave., right on Walnut Street and left into Planter's lot.

BYBUS:

The #111 Downtown runs all the way to 3rd and Delaware. Call KCATA The Metro at 221-0660 for connections.

Prefer **SHORT DIRECTIONS?**

Follow the **BOLD TYPE & UNDERLINING.**

Your City Market Health Walk

The site of your walk today (#1) was purchased in the early 1820's by the Town Company and named the Town of Kansas. In 1857 the City Council granted a lease to local businessmen to manage a public market on the town square. It soon became the site of horse trading, farm produce sales, political rallies, religious revival meetings, medicine shows and circuses. The public square was the seat of county government from 1857 to 1938, with the first city hall standing at the corner of 4th and Main. As time went on, hotels and businesses crowded around the edges of the square, and the steep hills that rose abruptly from the riverbanks were covered with ramshackle houses, dead trees, saloons and plenty of mud.

In 1888 the old market stalls were torn down. The present Market structures were built in 1940, then renovated in 1990 to house 160,000 square feet of restaurants, food-related shops, retail venues and museum exhibit space. The City Market is open seven days a week year-round so that people can continue to participate in it as a living example of Kansas City history.

From the Walk Start lot, **face** Planters Seed Company on **Walnut** (#1), a nostalgic general store with original wood floors and seed drawers. **Turn right** (south) and **walk to** the corner, **Missouri** Boulevard. **Turn right**, walk one block **to Grand** Avenue, **turn left** and walk three blocks. On your left is the eastern perimeter of the City Market and one of the entrances leading to the Steamboat

Arabia Museum (#2). This historic vessel, called the "King Tut's Tomb of the Missouri River" awaits your inspection. It was a lifeline to the frontier, bringing new supplies from the east to settlements along the river. The Arabia's sinking in 1856 began a treasure hunt lasting more than a century, and its recovery in 1988 yielded the world's largest collection of preserved frontier supplies. **Turn left on Third** and **walk** two blocks **to Main** Street. **Turn right and walk down to the pedestrian bridge** that takes you **to the Missouri River outlook** (#3). **Walk to the river's edge, then back** to the market **and turn right on Third**. As you leave the bridge, note the uphill grade: from the river, to the higher City Market ground, to the much higher ground beyond the Interstate of the Central Business District. You are looking at three generations of development as the city government center grew, each moving to higher ground to escape the river's floods. The risks to property and development from flooding are now managed by levies.

Walk on **Third**, and **turn left on Wyandotte and left on 5th St** passing the long-established All Nation's Flag Company (#4). **Turn left** (north) **on** historic **Delaware** Street and walk the left side. Pause at Pacific House (#5), opened in the spring of 1850 as the very stylish Pacific House Hotel. Read the description of events that link the hotel and the controversial "General Order #11" of August 25, 1867, which was issued from here when the building was partially taken over by Union military authorities. This decree, forcing southern sympathizers across the river and seizing their property, is regarded by historians as one of the harshest measures ever taken by the United States against its own citizens.

Along the north side of the Pacific House building, **enter the** bricked **pathway to Market Park**, one of the city's "pocket parks." **Walk the perimeter** of the park, **then enter** into the actual **City-Market-encircled grounds, walk the perimeter, then walk** up and down **the three covered stalls** in the center (#6). The food and cultures of every continent can be found at The City Market. From April through November a major feature is the classic farmer's market, the largest in the region, held every weekend rain or shine. All year a world of flavor comes from the many ethnic groceries and the specialty restaurants. Check the shops for ceramics, flowers and gifts.

Leave the market by the exit **on the southwest side**, adjacent to Winslow's Kansas City-Style Barbecue. **Turn left** (northeast) **on Fifth** and walk to Walnut. You are passing the historic Gillis Opera House (#7), current site of The Brewery. Diagonally north, across from the Brewery, is Hung Vuong Market (#8), an example of the astonishing variety of ethnic foods available throughout this area. **Turn right** (southeast) **on Walnut** and return **to the Walk Start**.

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 18th & 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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