

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

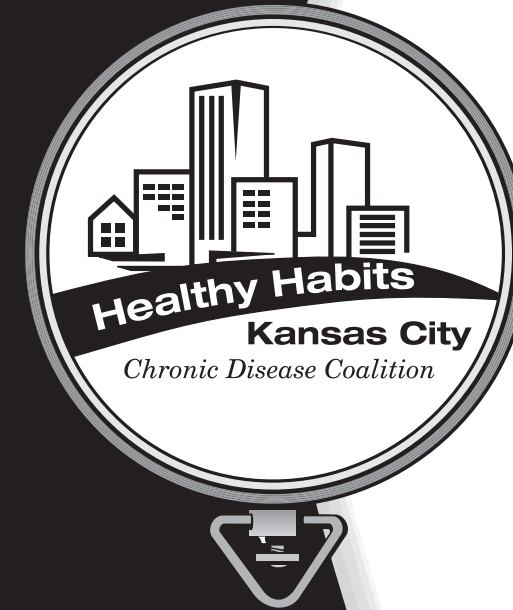
**IN PARTNERSHIP WITH:**

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 19 of the "30/Thirty" Health Walks



**THIS WALK OFFERS:**

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

**POINTS OF INTEREST:**

- 1 Brush Creek Scenic Byway
- 2 St. Luke's School of Nursing
- 3 Mill Creek Park
- 4 The Jessie Clyde Nichols Memorial Fountain
- 5 Plaza Tennis Center
- 6 The Richard and Ann Block Cancer Survivors Park
- 7 Out to Lunch Bronze Statue
- 8 The Wild Boar of Florence Sculpture
- 9 Fountain of Neptune sculpture

**Health Walk**

TOUR AT

**The Country Club Plaza**

Perimeter and Plaza Center

KANSAS CITY, MO

**Length of this Health Walk:**

Perimeter Walk ..... 2.3 miles  
 Interior Walk ..... 2.6 miles

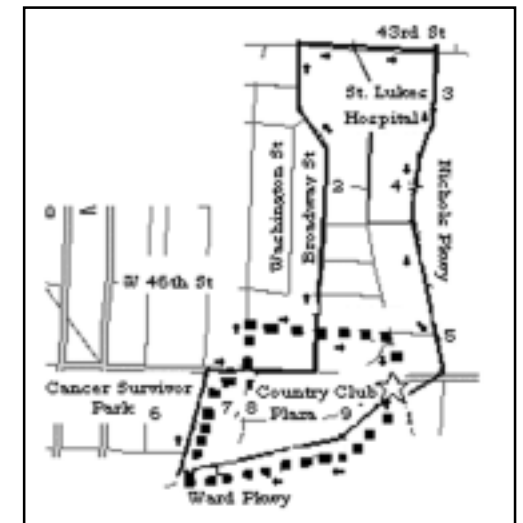
**Estimated time to complete:**

Perimeter Walk ..... 35 minutes  
 Interior Walk ..... 35 minutes

**Walk Difficulty:**

Perimeter Walk ..... Level 3  
 Interior Walk ..... Level 1

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





# GETTING TO THE Country Club Plaza Perimeter & Interior

## WALKSTART:

**The Halls Store parking garage, 4700 block of Wyandotte Street (West side, middle of the block)**

## BYCAR:

Travel south on 47<sup>th</sup> (cross J.C. Nichols Parkway) continue one more block, turn left (south) on Wyandotte, pass Nichols Road and continue one half-block to the "Free Plaza Parking" (see sign) on the right.

## BYBUS:

The #57 south Oak, #39 Plaza, #51 Ward Parkway and The JO, Route H all stop at 47<sup>th</sup> Street and Wyandotte. For connections call KCATA The Metro at 221-0660.

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

## Your Country Club Plaza Health Walk

*The Plaza, designed in 1922 as the nation's first suburban shopping center, is an outdoor museum of romantic Spanish architecture and European art. People live and work every day amid its beauty. This open-air public art gallery continually adds to its collections with fountains, sculptures and murals.*

## PERIMETER TOUR

**Leave Halls parking garage** facing Wyandotte Street. **On Wyandotte turn right** (south). You will soon see the Ward Parkway street sign on the left (east) and be facing the *Brush Creek Scenic Walkway* (#1). **Turn right** (west) and walk **on** the south side of Ward Parkway along Scenic Brush Creek. All street signs can be seen from your right (north)

Walk four blocks to **Jefferson Street, turn right** and walk on the right (east) side of the street, with residential apartments on your left (west). **Turn right** (east) **on 47<sup>th</sup>**, walk to **Broadway Street, turn left** (north) then **walk to 43<sup>rd</sup> Street**. You will pass *St. Lukes College of Nursing* (#2) on the right along the way.

**Turn right** (east) **on 43<sup>rd</sup>**, cross over Wornall Street and continue another block to Broadway/J.C. Nichols Parkway.

Cross over **J.C. Nichols Pkwy** to the east side (ATA –bus seating area) and **turn right** (south). Your Mill Creek Park walk (#3) begins here on the asphalt walking path. Head south until you see the *Clyde Nichols Memorial Fountain* (#4). *The fountain's statuary, including its four horsemen representing the rivers of the world, were sculpted in Paris in 1910.*

**Walk south**, crossing 47<sup>th</sup> Street with the *Plaza Tennis Center* (5) on your left. Go one block, turn right on Ward Pkwy, cross Wyandotte **to the Plaza Parking Garage** entrance and decide whether to continue...

## I N T E R I O R T O U R

**Leave from the Halls parking garage** facing Wyandotte Street.

**Turn right** (south) on **Wyandotte**, walk to Ward Parkway, **turn right** (west) **on Ward Pkwy**, walk five blocks, **turn right** (north) **on Roanoke**, walk one block to **48<sup>th</sup> Street** and **turn right** (east). On your left is the *Richard and Ann Bloch Cancer Survivors Park* (#6), a first-of-its-kind park and information center which is dedicated to cancer survivors.

*Stately residential apartments* are on both sides as you continue. Cross Jefferson to **Pennsylvania** and **turn left** (north) one block to J.C. Nichols Road. **Turn right**, walk east two blocks, **turn left** (north) at Wyandotte, **cross J.C. Nichols Rd.** then cross the street and **go back to Jefferson**, note the "Out to Lunch" statue (#7), a life-size bronze depicting a young man sitting on a rock, reading a book and holding an all-American hamburger in front of McDonalds. **At 47<sup>th</sup> Street, cross** to the **north** side.

**Walk east to Wornall**, passing shops and many works of art including the *Wild Boar of Florence* statue (#8), first cast in 1857. It is one of three reproductions by Marinelli Studios of Florence. *The Fountain of Neptune* statuary (#9); purchased for scrap, was originally from Bromgrove Guild, Worchester, England (1911). Veer left (north), **cross Wornall and return** (south) **to 47<sup>th</sup> Street**. **Turn left** (east) and continue to the Clyde Nichols Memorial Fountain. **Cross 47<sup>th</sup> Street, walk** one block (east) **to Ward Parkway**. **Turn right** (west), walk 1/2 block **to Wyandotte, cross, turn right** (north) and you will **see Halls parking garage**, your 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 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

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