

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

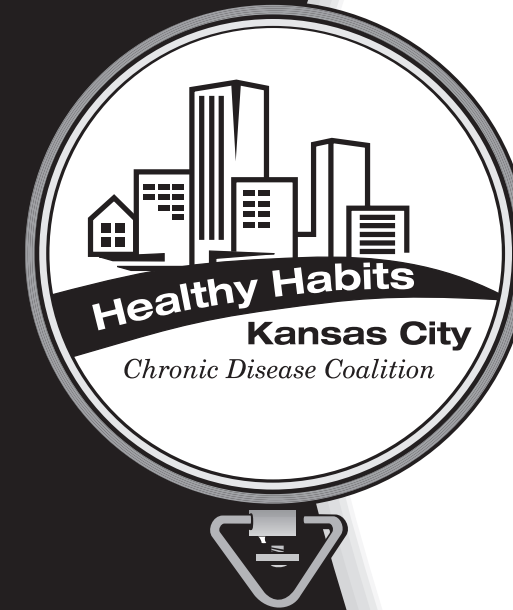
IN PARTNERSHIP WITH:

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 8 of the "30/Thirty" Health Walks



This is an indoor route, sheltered from the weather.

THIS WALK OFFERS:

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

POINTS OF INTEREST:

- 1 Halls Crown Center
- 2 Crown Center Hotel
- 3 The Link
- 4 Union Station and Science City
- 5 The Hyatt Hotel
- 6 Crown Center fountains and ice rink (seen from the central atrium)

Health Walk

TOUR OF

Crown Center, Union Station & The Link

KANSAS CITY, MO

Length of this Health Walk: 2.27 miles

Estimated time to complete: 50 minutes

Walk Difficulty: Level 1

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





GETTING TO THE Crown Center, Union Station & Link Area

WALKSTART:

**Crown Center Parking, Level 3, Off Grand Avenue,
One-half block south of Pershing Boulevard**

BYCAR:

Drive south on Grand, cross Pershing and look to your right (west) for the Crown Center parking. The turn-in is just south of the overpass linking Hallmark and Crown Center. Park your car as near to Level 3 as possible, and **MARK THIS SPACE with your location:** Level _____ Entrance _____ Car Location _____; **Take your parking ticket** to be validated at any Crown Center Shop for up to three hours of free parking!

BYBUS:

The #57 South Oak stops directly at Crown Center. For connection information call KCATA the Metro at 221-0660.

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

Your Health Walk at Crown Center, Union Station & the Link

Enter the complex, **turn right out of the parking area** (west side) doors and walk **to the end of the corridor**. **Turn left and walk** (skirting the escalators) **to** the end of that corridor and the entrance of **Halls** Crown Center Department Store (#1). This is the far end of the Crown Center compound, allowing the longest walking route.

From the entrance to Halls, turn around and walk back through the corridors of the Crown Center Shops to the first set of escalators. **Take the escalator down to the Center's Second Level.**

Step off, right, from the escalators and walk the corridor with shops on each side, past the glass three-story atrium. **Go through the door** at the end of the corridor **into the Westin Crown Center Hotel (#2).**

Once **inside the hotel, turn left and walk** past the convention rooms and beyond the glass elevator **to the indoor waterfall**. *Before this three-story waterfall was constructed with the elegant hotel around it, this cliff face was known as "Signboard Hill". The many advertisements posted against it made it an eyesore and an ongoing management problem in the corridor between downtown and the Plaza. Now, it is one of the premier attractions in the city.* Go down the escalator, turn right and **walk the loop overlooking the hotel lobby**. Go **into** the entrance to **"The Link" (#3)** to Union Station. Note: The Link signs are not consistent—they are gold, white or black.

Walk the Link and go into Union Station entering on the second floor level. **Take the stairs down one floor** to the main concourse of the Union Station/Science City area (#4).

Walk the terminal and Grand Hall, (perhaps pausing under the famous meeting clock, and stepping—perfectly dry—through the magic waters of the Science City fountain), then **walk the Theater District area** in the west end of the terminal, directly across from your entrance.

Walk down the stairs and around the lower level, climb the same stairs, then cross back to the eastern end of the terminal to **re-enter The Link**. **Return to the Westin Crown Center Hotel**, go through the hotel to the waterfall, up the escalator and right (east) down the hall to **pick up the eastern section of The Link to the Hyatt Hotel**.

Walk to the Hyatt (#5), noting the names of signature Kansas City skyline buildings in the silhouette displays. **Take the stairs down** one level **to the** main floor **lobby**.

Walk the Hyatt lobby perimeter, then **return** up the stairs, back to the second floor level that re-connects **to the Link**. **Follow** The Link **back to the Crown Center Shops**.

When you pass the Atrium look east through the wall of windows to the fountains and ice rink across the street (#6). Return to Level 3 **and 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 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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