

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

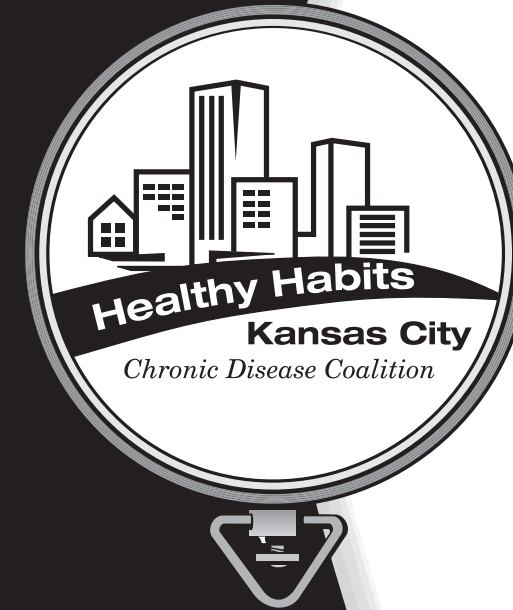
**IN PARTNERSHIP WITH:**

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 11 of the "30/Thirty" Health Walks



**THIS WALK OFFERS:**

Access to Public Restrooms,  
 Food, Water, Phones

**POINTS OF INTEREST:**

- 1 Union Hill Neighborhood
- 2 KCPT, Channel 19
- 3 The houses of DeGroff Way
- 4 Common space of the Union Hill redevelopment community
- 5 Union Cemetery
- 6 Row Housing on 29<sup>th</sup> Street
- 7 Residence Inn
- 8 Veterans' Center on Union Hill
- 9 KCTV-5 Tower

**Health Walk**

TOUR OF

**Union Hill**

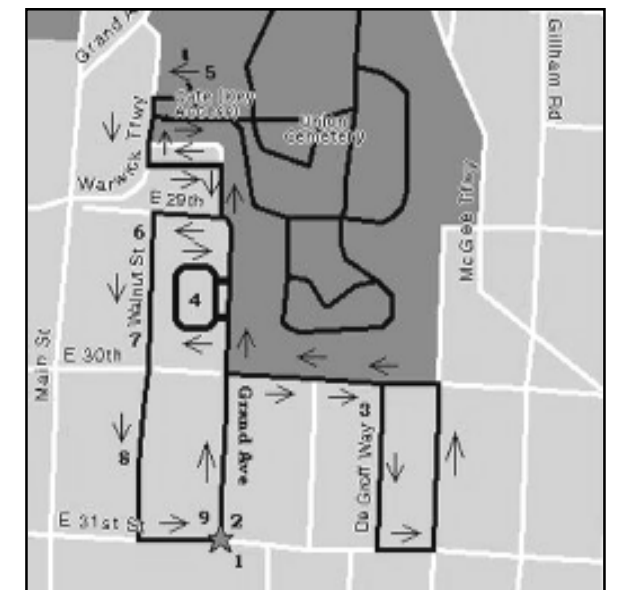
KANSAS CITY, MO

Length of this Health Walk: ..... 1.9 miles

Estimated time to complete: ..... 45 minutes

Walk Difficulty: ..... Level 3

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





# GETTING TO Union Hill

## WALKSTART:

**Channel 19 Parking Lot, 31<sup>st</sup> and Grand Ave.**  
Just north of the station's 31<sup>st</sup> Street facade

## BYCAR:

Go to the intersection of 31<sup>st</sup> Street and Grand Avenue, just southwest of Crown Center.

## BYBUS:

Both 31<sup>st</sup> Street and Main Street busses serve the area. For connections call KCATA The Metro, 221-0660.

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

## Your Union Hill Health Walk

The Union Hill neighborhood area (#1) represents one of the most successful urban core redevelopment projects in the city. It includes many restored homes built in the 1880-90's, new homes designed to blend in with the area's older homes, old and new apartment complexes and two hotels. Many of the residences are adjacent to Union Cemetery, a tranquil green oasis in Kansas City's urban core.

Leave the Kansas City Public Television, Channel 19 (#2) Parking Lot by **turning right** (north) **onto Grand** Avenue. Take note of the many restored Victorian-Queen Anne-style homes on this block of Grand. **Walk to 30<sup>th</sup> Street** and **turn right**, continuing to De Groff Way. Many newly-built homes are located on the north side of 31<sup>st</sup> Street.

**Turn right** (south) **on DeGroff Way** and walk to 31<sup>st</sup> Street. The single-family homes of DeGroff Way (#3) were built by former *Kansas City Star* editor William Rockhill Nelson, as residences for his employees. The original design had large residences on both ends of the street (the ones at 30<sup>th</sup> street remain, while the ones built at 31<sup>st</sup> Street no longer exist). The unique homes in the middle of the block, were each built on double lots and turned "sideways" so that each home's porch faced into the extra lot of yard space. This one-block street is named after Mr. Nelson's father Isaac DeGroff Nelson. **Turn left** (east) **on 31<sup>st</sup>** and walk one block. **Turn left** (north) **on Oak** and walk back to 30<sup>th</sup>. **Turn left** (west) **on 30<sup>th</sup>** and walk all the way back to Grand. **Turn right** (north)

**on Grand**, walk down the **left side** of the street, **turn into the first driveway** on the left and enter the residential common space.

**Walk to the end** of the driveway (#4). Step **onto the brick path** and **turn** toward the **right** (north), following the path to **cross over by the gazebo**. Take a moment to admire the development and the vistas of the city from this vantage point. Notice the many rooftop gardens/decks as well as the second and third floor porches facing toward the downtown area – the views from these elevated living spaces are simply dramatic. A number of the new homes in Union Hill have their bedrooms on the first floor of the residences, with kitchen and living room areas above, to take advantage of the views from this higher level.

**Follow the path** to the **right, and walk back** toward Grand. Notice how the residences on your right offer courtyard-type spaces for the privacy of those living there, particularly those in proximity to Union Cemetery. **Turn left** (north) **on Grand** and walk down the hill, pass 29<sup>th</sup> Street, follow Grand as it slopes to the left, **turning left along the apartment complex** and walking **to the Union Hill entry markers**.

At the markers, **turn** to your **right** and go a short distance toward Crown Center, until you see the entrance **to Union Cemetery** (#5). The main entrance is usually open during the day until approximately 3:30 p.m. Take a copy of the Union Cemetery Walking Guide from the box along the path, before approaching the cemetery's Sexton's Cottage.

When you leave the cemetery, **turn left** (south,) **the way you came**, past the Union Hill entry markers, and back up the hill **to 29<sup>th</sup> and Grand**. Notice the renovated row houses (#6) just west on Walnut at 29<sup>th</sup>.

**Turn right** (west) **on 29<sup>th</sup>** and walk one block **to Walnut Street**. **Turn left** (south) onto Walnut and walk two blocks **to 31<sup>st</sup> and your Walk Start**. On the way, take note of the Residence Inn (7) on your right; which was designed with its structures on the perimeter of the grounds and parking in the center of the complex so that the buildings allow for a streetscape that matches the homes on the left side of Walnut. As you approach the Walnut entrance to the Channel 19 parking lot and pass the current location of the Veterans' Center on Union Hill (#8), gaze (way) up at the KCTV-5 tower (#9), adjacent to the Channel 19 property. This free-standing tower is just 50 feet shorter than the Eiffel Tower in Paris.

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