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TRAIL GUIDE

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BINGHAM-WAGGONER

313 W. Pacific Ave.
Trail = 1/4 mile

The walking trail is adjacent to the famous Bingham-Waggoner home. The home was built for John Lewis and in 1899, William H. Waggoner remodeled the house extensively. In 1864, the property was bought by George Caleb Bingham, a famous Missouri painter. One of Mr. Bingham's infamous paintings is "Order No. 11." The Santa Fe Trail originally ran along the east side of the property, later switching to the west side of the property. The walking trail is located behind the stately house. To access the trail, walk across the footbridge. The trail is a hard-surface trail with some mild inclines and is surrounded by the swales created by the wagon trains passing through the property in the 1830s. (Foerster, 1978, p. 99)



BUNDSCHU PARK TRAIL

11400 E. 9th St. S.
Trail = 1/5 mile

This park was named after the Bundschu family, who owned a store on the east side of the Independence Square. Mr. Bundschu once said, "It is pretty hard for you to visualize the difference between Independence and Kansas City after the Civil War. We looked down upon Kansas City as just a tough river town." The welfare office relied on Mr. Bundschu when funds were low. When asked "What would you like most to see accomplished for Independence?" He replied, "The building of the bridge at Courtney and completion of the roads and viaducts to make it effective." (Wilcox, 1979, p.71)



CENTERPOINT MEDICAL CENTER TRAIL

19600 E. 39th St.
Trail = 1/5 mile



CLOTHIER PARK

17203 E. 23rd St.
Walking Trail
Trail = 3 1/2 laps = 1 mile

Clothier Park was dedicated in 2010 in honor of Dr. Robert W. Clothier. "Dr. Bob," as he was affectionately known, was a noted pediatrician and community leader who impacted the lives of numerous children in the Independence community and believed in making a difference.



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COUNTRY CLUB PARK

2930 S. Norton Ave.

Trail = 1/4 mile

19600 E. 39th St.

Trail = 1/5 mile

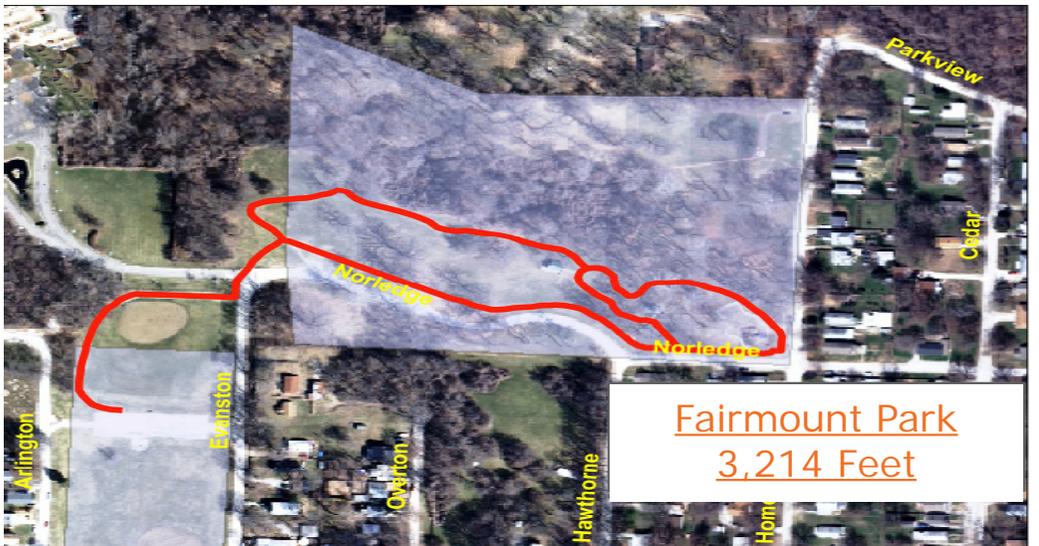


FAIRMOUNT PARK

300 N. Home Ave.

Trail = 1/4 mile

For 36 years, Fairmount Park was a place for summer fun and water sports. ("Many Parks," 1973) Canoes and boats were available for rental and a beach was available for sunbathers and swimmers. There was a two-story bathhouse and amusement park for the community to enjoy as well. Originally an eight-acre lake was located at the park; now Highway 24 is located there. According to the Kansas City Star, "The park was Arthur Stillwell's creation and was planned primarily to furnish trade for his air-line interurban line, which ran from 2nd and Grand in Kansas City to Independence. Records show that as many as \$15,000 in fares were collected in a single day. Between 1897 and 1901, a nine-hole golf course was maintained by the private Evanston Golf Club. In 1933, the park suffered a major fire. Between the fire, a problem with water pollution, and the great depression, the park closed. Fairmount Park is located east of this older park and has been named after it."



GEORGE OWENS NATURE PARK

1601 S. Speck Rd.
Trail = 4 miles

This section of Jackson County was settled in the 1820s. The property, which later became George Owens Nature Park, was acquired from the government by Thomas Stayton, a prominent pioneer in Jackson County. The majority of the park was at one time cleared and used for farming. During the past 100 years, various fields were abandoned, which allowed the natural process of ecological succession to occur. Today, most of the park is covered with trees, resembling the foliage-covered land the pioneers first discovered. (Independence Parks & Recreation Department. 2005).



GLENDALE PARK

Crackerneck and Lee's Summit Rd.
(Intersection of Lee's Summit Rd. and Crackerneck Rd.)
2930 S. Norton Ave.
Trail = 1/3 mile



HILL PARK

2201 S. Maywood Ave.
(Southeast corner of E. 23rd St. and Maywood Ave.)
Trail = 1/2 mile

In 1927 the Jackson County Court accepted a 12-acre gift as a memorial to William M. Hill, son of Adam Hill, an 1833 Jackson County Pioneer. The Hill Family Cemetery is located within the park and includes Rock Creek and limestone outcroppings. The once rundown park is now in a state of regeneration and has recently sprung back to life. In 2005, a skateboard facility was built for the youth and the young-at-heart. A hard-surface walking trail, a playground, and a shelter have been added. (Wilcox, 1979, p. 154)



INDEPENDENCE ATHLETIC COMPLEX

17800 E Salisbury Rd.
Trail = 1.5 miles

This 165-acre complex is one of the most unique in the country in that it sits atop the Space Center, Inc. warehouse, a 4.4 million square-foot subsurface complex of office, warehouse and light manufacturing space.



SCHOOL TRAILS

Benton Bingham	429 S. Leslie 1716 Speck Rd.	Track: 4 laps = 1 mile Bingham to Bridger = 1/4 mile paved sidewalk
Blackburn	17302 R.D. Mize Rd.	Sidewalk around park: 5 laps = 1 mile
Blue Hills Bridger	1911 N. Blue Mills Rd. 18200 E. M-78 Hwy.	4 laps around playground = 1 mile Bridger to Bingham = 1/4 mile paved sidewalk
Bryant	827 College	Track: 9 laps = 1 mile
Christian Ott	1525 N. Noland Rd.	Track: 6 laps = 1 mile
Cler-Mont	19009 Susquehanna Ridge	Trail: 4 laps = 1 mile
Fairmount	120 N. Cedar	9.4 laps = 1 mile
Fort Osage High	2101 N. Tywman Rd.	Track around football field
Glendale	2611 Lee's Summit Rd.	Track: 7 laps = 1 mile
Hanthorn	1511 S. Kings Highway	Children's bike trail
Luff Elementary	3700 S. Delaware	Track: 4 laps = 1 mile
Mill Creek	2601 N. Liberty	Track: 14 laps = 1 mile
Procter	1403 W. Linden	Track: 7 1/2 laps = 1 mile
Randall	509 Jennings	Track: 4 laps = 1 mile
Santa Fe	1301 S. Windsor	Track: 10 laps = 1 mile
Spring Branch	20404 E. Truman Rd.	Track: 7 1/2 laps = 1 mile
Sunny Vale	3830 S. R.D. Mize Rd.	4 laps = 1 mile
Sugar Creek	11424 Gill	4.9 laps = 1 mile
Sycamore Hills	15208 E. 39th St.	Track: 9 laps = 1 mile
Three Trails	11801 E. 32nd St.	6.1 laps = 1 mile
Truman High	3301 S. Noland Rd.	Track: 7.8 laps = 1 mile
Van Horn High	1109 Arlington	Track 4 laps = 1 mile
William Chrisman High	1223 N. Noland Rd.	Track: 4.6 laps = 1 mile
William Southern	4300 Phelps Rd.	Playground: 8.5 laps = 1 mile
William Yates	3600 S. Davidson	Disc golf course trail

CHOOSING WALKING SHOES

The most important factor in choosing good walking shoes is to select a good fit. Select shoes designed specifically for walking, thereby providing comfort and appropriate support. A walking shoe should have a low, rounded heel to allow a good rolling motion from the heel to the toe. The shoe should bend where your foot naturally does and not at the arch. The shoe should also have slight flexibility when you grab the heel and toe and give the shoe a twist. Walking shoes should be replaced about every 500 miles.

HEAT SURVIVAL TIPS

Drink two - four glasses of water each hour.
Drink plenty of non-alcoholic fluids. Do not wait until you are thirsty to drink. Thirst is your body's way of telling you that you're dehydrated.
Avoid very cold drinks, caffeine and high sugar drinks.
Sports beverages can replace the salt and minerals you lose in sweat.
Eat lightly. High protein foods will increase heat production and water loss, while fatty foods are harder to digest. Eat salads, fruit, jello and vegetables.
Try to rest often in the shade. Protect yourself from sunburn, it reduces the body's ability to cool itself.
Listen to your body, slow down and rest as needed.
Wear light-colored, light-textured and loose-fitting clothes.

COLD WEATHER WALKING TIPS

Start your walk INTO the wind, so you will finish with it at your back.
Drink plenty of fluids. You may not sweat, but breathing in cold air also depletes liquids.
Protect your eyes and skin: In winter the earth is closer to the sun than in summer. The sun's radiation as well as the wind can damage your skin and eyes. Wear sunscreen and sunglasses that screen out the UV rays. Sunlight reflecting off snow can do a lot of damage to your eyes if not screened.
Preventing slips: Select routes that are cleared of snow or ice or do not have standing puddles or mud slicks.

TAKING THE FIRST STEP

Walking correctly is very important.
Walk with your chin up and your shoulders held slightly back.
Walk so that the heel of your foot touches the ground first. Roll your weight forward.
Walk with your toes pointed forward.
Swing your arms as you walk.
If you walk less than three times per week, give yourself more than a week before increasing your pace and frequency.

CHOOSING A PEDOMETER

A pedometer can give you a more accurate picture of how active you are each day.

The pedometer step counter is a small battery operated device that tracks vertical movement of the hip. The pedometer is worn at your waist directly above the knee and records a step each time your hip moves up and down.

Wearing a pedometer can help you manage your activity and serve as a constant reminder to get up and move.

Your pedometer will measure all activities involving hip movement. To work, the pedometer has to stay upright and not tilt too much. When positioned on a body with a protruding stomach, the pedometer should be worn on the waistband directly below the armpit.

Choose a pedometer that is best for you. Basic models count only steps while other models can convert steps to miles and track calories burned.

Inexpensive models tend to be noisy, harder to use, not as accurate and will not last long. Buy a safety leash or strap to keep the pedometer from falling off.

Follow these steps:

Wear your pedometer for at least three days from morning until night to determine how many steps you normally take in a day.

Take the total number of steps walked during three days and divide by three for your baseline number of steps per day.

The target goal is 10,000 steps per day.

Simply wearing a pedometer is not enough. You will also need to record your readings.

Once you have reached your goal, maintain that number for at least eight weeks. After that, you may then choose to increase your daily goal or add intensity to your program by walking further or by including more hills and stairs.



SAFETY TIPS

Keep safety in mind when you plan your route and the time of your walk.

If you walk at dawn, dusk, or night, wear a reflective vest or brightly colored clothing.

Walk in a group when possible. Notify your local police station of your group's walking time and route.

Do not wear jewelry or headphones.

WALKING FUN FACTS

Walk up and down the aisle of a discount store and around the outside aisle for 550 steps.

Walk from one end of Independence Commons to the other for about 825 steps.

Walk around a grocery store for approximately 800 steps.

The top level of Independence Center is approximately 1,050 steps and the bottom is about 994 steps.

2,000 steps = 1 mile.

Going for a walk is a great way to reduce stress and promote an overall sense of wellness. Regular walking can reduce feelings of depression and anxiety.

Walking burns approximately the same amount of calories per mile as does running.

Walking is the only exercise in which the rate of participation does not decline in the middle and later years. In a national survey, the highest percentage of regular walkers for any group (39.4%) was found among men 65 years of age and older.

Walking leads to lean, toned muscles, and keeps bones and joints in shape, minimizing the effects of osteoporosis and arthritis.

TRAIL ETIQUETTE

Stay on designated trails.

Bike riders yield to hikers.

Downhill yield to uphill.

Use common sense and courtesy.

Do not litter.

Please do not destroy or remove plants.

Keep your pets restrained.

Walk on the right.

Show courtesy to other trail users at all times.

Use the right side and always pass on the left.

Respect the rights of property owners.

Watch for other trail users.

Be especially alert when running.

Listen for audible signals and allow faster trail users (runners and bicyclists) to pass safely.

Group users allow ample room for others to pass.

Always look ahead and behind before passing.

Yield when entering and crossing trail.

Obey all traffic signals and stop signs.



MAPLE FOREST COMMUNITY PARK TRAIL

Lexington St. and Maple Ave.
Trail = 1/2 mile

This park was created in memory of Suzanne McGrath. Suzanne was a nurse at the former Independence Regional Health Center who while running was struck and killed by a car. Her dedication to exercise and fitness encouraged her friends to establish the park in her honor. The purpose of the park is to enrich people's bodies and minds in a safe environment. The park provides a place to spend quiet moments and a place to pursue a life of fitness and preventive health. An integral part of the park is a memory garden where supporters have purchased stones of varying sizes to be engraved with remembrances or the name of a lost loved one. The park has a playground, benches and lights. (Independence Regional Health Center, 2000)



Maple Forest Community Park
1,021 Feet

George Owens Nature Park

1601 S. Speck Rd., 64057
(North of intersection of E. 23rd St. and Speck Rd.)
(816) 325-7115

George Owens Nature Park has given families the opportunity to reconnect with their natural environment since 1977. The park is open year round and provides 86 acres of beautiful forest, lakes, hiking trails and wildlife. Explore the rustic nature center and find new seasonal exhibits. Get up close to a beaver, touch antlers, or count the rings on a tree. Experience the beauty of a 150-gallon freshwater aquarium full of Missouri fish or peer into a 75-gallon turtle enclosure. The possibilities for adventure are endless.



Park Amenities

Five Hiking Trails (One Paved)
Two Fishing Lakes
Organized Group Campground
ADA Accessible Dock
Family Picnic Area
Nature Center
Rain Gardens
Pavilion
www.georgeowenspark.org

McCOY PARK TRAIL

800 N. Bess Truman Pkwy.
(Southeast corner of N. Delaware St. and U.S. Hwy. 24)
Trail = 1/4 mile

This park is named after William McCoy, who originally came from Ohio and later became the first mayor of Independence in 1849. "He was a banker and Indian trader and lived there until his death in 1900." (Foerster, 1978, p. 43) The McCoy home is located on Farmer Street, not too far from McCoy Park. William McCoy and his brother John flipped a coin to see if they would stay in Independence or settle in St. Joseph. Needless to say, Independence won. (Henley, 1986, p. 46)



INDEPENDENCE
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DEPARTMENT



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"The department ensures the public's health through activities that protect the public from environmental hazards, prevent injury and disease, and promote healthy behaviors and lifestyles."

**Independence Health Department
515 S. Liberty
Independence, MO 64050**

**Administrative Offices
Phone: (816) 325-7182
Fax: (816) 325-7898**

**Environmental Public Health
Phone: (816) 325-7883**

**Health Promotion
Phone: (816) 325-7185**

**Animal Services
875 Vista Drive
Independence, MO 64056
Phone: (816) 325-7285**

McCOY PARK TO MILL CREEK PARK TRAIL

Connecting Trail
Tennis Courts on Jones St. to
U.S. Hwy. 24 and Bess Truman Pkwy.
Trail = 1/2 mile



MILL CREEK PARK TRAIL

1717 N. River Blvd.
Trail = 1/4 mile



MISSOURI MORMON WALKING TRAIL

West of River Blvd. on Walnut St.
Trail = 1 mile

The Mormon Walking Trail is a joint project of the City of Independence and the Missouri Mormon Frontier Foundation (MMFF). MMFF is a non-sectarian, not-for-profit group dedicated to the promotion and understanding of local history. There are 14 plaques along the trail that depict key early Mormon sites. (Independence Parks & Recreation Department, 2005).



ROTARY PARK TRAIL

10615 E. 24th St. S.
(South of E. 23rd St. and just of south of Westport Rd.)
Trail = 1/4 mile

Rotary Park is located in one of the most interesting and historical areas in Independence. Many historians interested in the James Gang (Frank and Jesse James) are aware that this was a popular hangout spot for Frank James, a Santa Fe merchant. He fell in love with Annie Ralston, the daughter of Samuel Ralston, and lived in the large 1850s mansion at 21st Street and Sterling Avenue. Ralston was a teacher at Rock Creek School, a one-room school at the top of the hill, just west of the park. Ralston's father was opposed to this marriage and the school board refused to void her contract to allow them to get married. That night the schoolhouse burned to the ground, thereby leaving James and Ralston free to marry. The two are buried side by side in the small family cemetery on the north side of Hill Park. James is buried under the alias F. Alexander James to avoid his marker from being vandalized like Jesse James' marker in Kearney. A Civil War Battle was fought on the hill to the west of the park and the Independence Fair was also located at this spot. (B. Curtis, personal communication, March 2006)



PHIL ROBERTS PARK TRAIL

3250 S. Blue Ridge Blvd.
(Blue Ridge Cutoff and 40 Hwy.)
Asphalt Walking Trail = 1/3 mile
Nature Trail = 1/4 mile

Next to the parking lot of Phil Roberts Park is the old Pitcher Cemetery. The cemetery dates back to the early 1830s. Ledstone Noland, who served in the Revolutionary War, is buried at this cemetery along with Civil War soldiers and the Pitcher Family. The last known burial at this cemetery is believed to have been in 1812.

The park was recently renovated and offers a place of solitude amidst the city traffic. The asphalt trail is level except for the slight incline at the northwest corner. The Chinook Oak tree (with bluebird houses mounted on it) provides shade for the walker. Adjacent to the trail is a 1/4-mile nature trail through a wooded area for a more adventurous walk.



INDEPENDENCE EVENTS ★ CENTER COMMUNITY ICE RINK

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INDEPENDENCE EVENTS CENTER COMMUNITY ICE RINK

Destined to be one of the finest ice skating facilities in the Midwest, the Independence Events Center Community Ice Rink offers a wide variety of programs including public skating, learn-to-skate classes, figure skating, hockey, special events, birthday parties and private rentals. The facility also hosts a full service concession stand, skate sharpening services and a Pro Skate Shop for all your skating equipment, gear and apparel needs.

- Public Skate
- Adult & Youth Hockey
- School Groups
- Skating/Group Lessons
- Private Lessons
- Groups/Corporate Outings
- Birthday Parties
- Open Hockey/Stick & Puck Sessions
- Broomball

SANTA FE TRAIL PARK TRAIL

2731 S. Santa Fe Rd.
Trail = 1/2 mile

There are immigrant pioneer wagon wheel ruts running the length of the property.



SYCAMORE HILLS PARK TRAIL

15208 E. 39th St. S.
Trail = 1/5 mile



THE HOOF-N-HOUND TRAIL

875 Vista Ave.
Trail = 3/4 mile

The Hoof-N-Hound is a walking program sponsored by the Independence Animal Shelter. Gym membership can cost more than \$50 a month, but this weight-loss program is free-n-furry. Why not consider providing yourself some daily exercise by walking or jogging with a shelter dog? You will receive a membership card and a certificate after completing 10 miles of hoof-n-exercise. All participants must check in with their club membership photo I.D. prior to the walk. This is for the protection of the animals as well as yourself (Independence Animal Shelter)



DISTANCE CALCULATOR

- 1/16 mile = 330 feet
- 1/8 mile = 660 feet
- 1/6 mile = 880 feet
- 1/5 mile = 1,056 feet
- 1/4 mile = 1,320 feet
- 1/3 mile = 1,760 feet
- 2/5 mile = 2,112 feet
- 1/2 mile = 2,640 feet
- 3/5 mile = 3,168 feet
- 3/4 mile = 3,960 feet
- 2/3 mile = 3,520 feet
- 1 mile = 5,280 feet



PEDOMETER EQUIVALENTS

- 1 mile = 2,000 average steps (range 1,900 - 2,400)
- 1 block = 200 average steps



The Building a Healthier Independence Grant funded a portion of the printing cost for the Independence Trail Guide with funding from The Missouri Foundation for Health.

The City of Independence is an equal opportunity/affirmative action employer. Services provided on a nondiscriminatory basis. Material partially funded by the Missouri Foundation for Health.

TRUMAN HISTORIC WALKING TRAIL

223 N. Main St.
Trail = 2 7/10 miles

The City of Independence started developing plans for this historic walk in the early 1990s. President Harry Truman, America's 33rd president, enjoyed walking and history. To honor his love of walking, the City organized the Truman Historic Walking Trail. There are 43 memorable sites along the way that are marked by descriptive plaques. It is said that "no one liked a good walk better than Independence's own Harry Truman." Take time to enjoy the sights. (Independence Parks & Recreation Department, 2005)



WATERFALL PARK TRAIL

4501 S. Bass Pro Dr.
I-70 and M-291 Hwy.
Hiking trail = 1.25 miles
Asphalt paved trail = 1.25 miles

This picturesque trail brings you up close to a beautiful lake, waterfalls and a playground complete with a climbing wall. The trail winds along natural grass fields and through a quiet tree-lined path offering a quiet place to relax and unwind while enjoying the beauty of nature.



WATERFALL PARK TO LITTLE BLUE TRACE TRAIL

4501 S. Bass Pro Dr.
I-70 and U.S. Hwy. 40



A FUN WAY TO SPEND YOUR DAY.

From 700 exhilarating feet of water slides to a peaceful 900-foot lazy river, **THERE'S SO MUCH TO DO AT ADVENTURE OASIS.** Conquer a poolside climbing wall. Splash and play in the interactive family pool. Take a refreshing dip in the lap pool and diving area. Or visit the Oasis Grill and take it easy on the spacious sun deck. However you spend the day, it all adds up to **THE PERFECT WATER PARK EXPERIENCE.**



2100 S. Hub Dr.
Independence, MO
64050
816 325-SWIM

YOUNG PARK TRAIL

300 N. Hocker
Trail = 1/8 mile



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