

**TAKE A HIKE, KC** began as a 2021 Girl Scout Gold Award project, encouraging everyone to go outside & explore the beautiful Kansas City area.

Research shows that hiking is **GOOD FOR YOU**, with mental & physical benefits. In the KC area, we enjoy many **WONDERFUL FREE TRAILS**. Click on the name of each trail (if you are using this guide online) or visit **TAKEAHIKEKC.ORG** for online links. Follow @takeahikekc Facebook & Instagram!



Rock Island Trail in Jackson Co. MO

1. **ANGEL FALLS TRAIL** – 1 mile  
900 Ida St in Lansing, KS  
Paved. Park in church lot, bridges, waterfall, out/back.
2. **ANITA B. GORMAN CENTER TRAILS** – 2 miles  
4750 Troost in KCMO  
**NC P** Paved, dirt. Nature play, great programs in city.
3. **ANTIOCH PARK TRAILS** – 2 miles  
6501 Antioch Rd in Merriam, KS  
**P** Paved & boardwalks. Fun stepping stones in lake.
4. **BAKER WETLANDS TRAILS** – 11 miles  
1365 N. 1250 Rd in Lawrence, KS  
**NC** All surfaces. Room to explore, lots of wildlife.
5. **BIG BULL CREEK PARK TRAILS** – 9 miles  
20425 Sunflower Rd in Edgerton, KS  
**P** Paved, dirt. Huge park, longer trails, worth the trip.
6. **BLACK HOOF PARK TRAILS** – 5 miles  
9053 Monticello Rd in Lenexa, KS  
**P** All surfaces. Dam & spillway, lovely, RideKC bikes.
7. **BLUE BRANCH CREEK TRAIL** – 1 mile  
105 SW Rock Creek Ln in Grain Valley, MO  
Paved. Park at Dollar Gen, walk to TH. Hidden gnomes!
8. **BLUE RIVER GREENWAY TRAIL** – 5 miles  
Blue River Rd & 115th in KCMO  
Paved. Minor Park to Alex George Lake, old Red Bridge.

9. **BLUE RIVER PARKWAY TRAILS** – 27 miles  
Bannister Rd to 139th St, east of Blue River in KCMO  
Dirt. Scenic bluffs, stunning natural trails inside city limits.
10. **BRIARCLIFF GREENWAY TRAIL** – 1 mile  
343 NW 40th St in KCMO  
Paved. Boardwalks, huge trees, trail N/S from midpoint.
11. **BRIDGER CONSERVATION AREA TRAIL** – 1 mile  
Follow Wyatt Road west to parking lot, just off MO-7.  
Dirt. Secluded, pretty; seasonal waterfall, N along creek.
12. **BRUSH CREEK TRAIL** – 4 miles  
From MLK, Jr. Square to Country Club Plaza in KCMO  
**P** Paved. Gorgeous bridges, old stones, even a waterfall!
13. **BURR OAK WOODS TRAILS** – 1 mile  
1401 NW Park Rd in Blue Springs, MO  
**NC** Dirt. Great limestone outcroppings, forest, wildlife.
14. **CAVE SPRING PARK TRAILS** – 4 miles  
8701 E. Gregory Blvd in Raytown, MO  
**NC P** Dirt. History, small cave, easy trails, hidden gem.
15. **CEDAR NILES PARK TRAILS** – 8 miles  
12650 S. Clare Rd in Olathe, KS  
**P** Paved, dirt. Scenic long walks, challenging dirt trails.
16. **CLEVELAND LAKE TRAIL** – 1 mile  
502 S. Cleveland Ave in Belton, MO  
Paved. Peaceful, level walk, several docks, disc golf.
17. **COFFEE CREEK STREAMWAY TRAIL** – 3 miles  
Heritage Park in Olathe, to Verhaeghe Park in OPKS  
**P** Paved. Rolling wide trail at southern tip of metro.
18. **ERNE MILLER PARK TRAILS** – 3 miles  
909 K-7 Highway in Olathe, KS  
**NC** Paved, dirt. Events in NC, stone staircase, creek.
19. **FLEMING PARK'S LAKE JACOMO TRAILS** – 36 miles  
8401 Beach Rd in Blue Springs & Lee's Summit, MO  
**NC P** Dirt. Amazing ledges trails at Shelter 14; bison!
20. **GEORGE OWENS NATURE PARK TRAILS** – 3 miles  
1601 S. Speck Rd in Independence, MO  
**NC** All surfaces. Ponds, bridges, summer events.
21. **GREEN HILLS OF PLATTE TRAILS** – 1 mile  
4730 N. Green Hills Rd in Parkville, MO  
Dirt & gravel. Stepping stones across stream; so pretty!
22. **HARTMAN PARK & WINTERSET TRAIL** – 1 mile  
700 SW Pryor Rd in Lee's Summit, MO  
**P** Paved & dirt. Waterfall; park joins Rock Island Trail.

**NC**=Nature Center at this location. **P**= Playground at this location.  
All trail mileage approximate. Check trail websites for hours/updates.

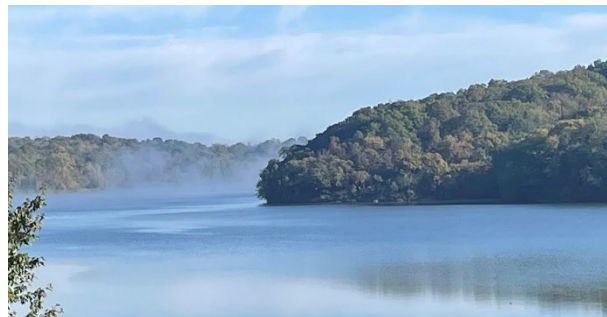
23. **HIDDEN VALLEY PARK TRAILS** – 4 miles  
4029 Bellaire Ave in KCMO  
**P** Paved, dirt. Natural area feels remote, deep valley.
24. **HILLSDALE LAKE HIDDEN SPRGS TRAIL** – 2 miles  
26000 W. 255th St in Paola, KS  
**P** Paved, dirt. Peaceful web of trails into the woods.
25. **HODGE PARK TRAILS** – 2 miles  
9598 NE Reinking Rd in KCMO  
**P** Paved, dirt. Bison, Shoal Creek Living History Museum.
26. **HOLLIS CENTER TRAILS** – 5 miles  
11414 Kansas Ave in KCK  
Dirt. Suspension bridge over creek, ridges, rocky views.
27. **INDIAN CREEK TRAIL** – 22 miles  
KCMO through Olathe, KS along the creek  
Paved. Watt's Mill, sizable waterfall at Founders Park.
28. **IRONWOODS PARK TRAILS** – 2 miles  
14701 Mission Rd in Leawood, KS  
**NC P** Paved & dirt. Challenge course, cabins, lodge.
29. **JAMES A. REED SHAWNEE TRACE TRAIL** – 2 miles  
12405 SE Ranson Rd in Lee's Summit, MO  
Dirt. 12 lakes, lots of wildlife, fun & easy hike for kids.
30. **JERRY SMITH PARK LOOP** – 2 miles  
139th St just east of Holmes in south KCMO  
Dirt. wildflowers, last bit of prairie in KCMO city limits.
31. **KAUFFMAN MEMORIAL GARDEN** – .5 mile  
4800 Rockhill Rd in KCMO  
Paved. Beautiful in every season, respite in the city.
32. **KAW POINT TRAILS** – 2 miles  
1403 Fairfax Trafficway in KCK  
Paved. See confluence of Kaw & MO Rivers; great views.
33. **KILL CREEK PARK TRAILS** – 12 miles  
11670 Homestead Lane in Olathe, KS  
**P** Paved & dirt. Marina, observation tower, swimming.
34. **LEXINGTON LAKE PARK TRAILS** – 11 miles  
9000 Sunflower Rd in De Soto, KS  
**P** Paved & dirt. Lake, stacked stone wall, rocky bluffs.



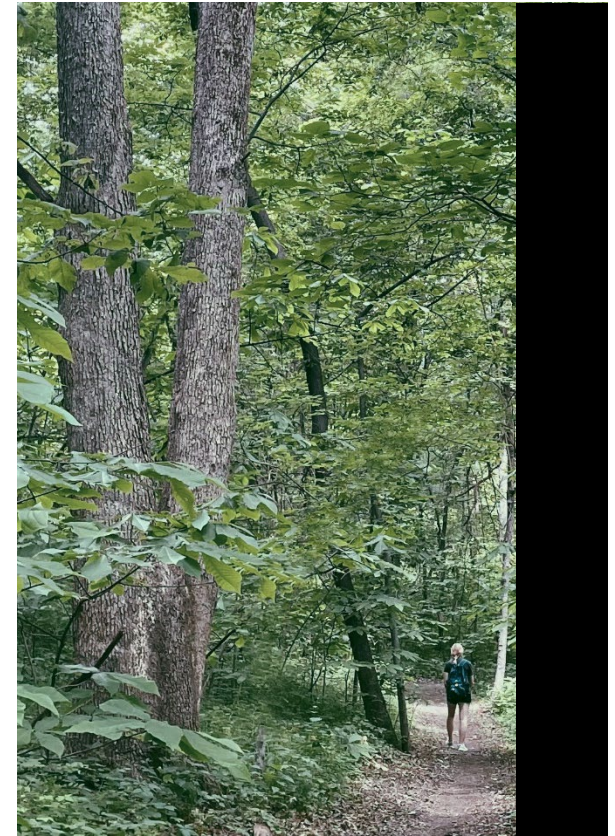
Bethany Falls Trail  
at Burr Oak Woods

- 35. LINE CREEK TRAIL – 8 miles**  
5940 NW Waukomis Dr in Riverside & KCMO  
Paved. Community center, waterfalls, miniature RR.
- 36. LITTLE BLUE TRACE TRAIL – 16 miles**  
Blue Mills Rd in Independence to Phelps Rd in KCMO  
Paved. Beautiful, multiple THs, see heart of Jackson Co.
- 37. LOOSE PARK LOOPS – 2 miles**  
5200 Wornall in KCMO  
**P** Paved. Classic city park, pond, historic rose garden.
- 38. MAPLE WOODS TRAILS – 2 miles**  
2609 NE 76th St in Gladstone, MO  
Dirt. Rugged & rocky, steep climb, colorful maples in fall.
- 39. NORTH TROOST TRAIL – 1 mile**  
NE Englewood & N Troost in KCMO  
Paved. Trail starts at park, S to Vivion. Mighty oaks!
- 40. OLATHE PRAIRIE CENTER LOOP – 3 miles**  
26235 W. 135th St in Olathe, KS  
Dirt & gravel. Solitude, lake, creek crossing, wildflowers.
- 41. OVERLAND PARK ARBORETUM – 6 miles**  
8909 W. 179th St in Overland Park, KS  
All surfaces. “Free admission” 1st Tues/month.
- 42. PARKVILLE NATURE SANCTUARY TRAILS – 3 miles**  
198 E. 12th St in Parkville, MO  
All surfaces. Woods, hills, waterfall, boardwalks, wildlife.
- 43. PLEASANT HILL MOPAC TRAILS – 6 miles**  
25720 E. 161st St in Pleasant Hill, MO  
**P** Dirt. Tranquil lake, woods, horseshoe pits, fishing.
- 44. POWELL GARDENS TRAILS – 6.5 miles**  
1609 NW US Hwy 50 in Kingsville, MO  
**P** All surfaces. Watch for free “Trail Days” in June, Sept.
- 45. PRAIRIE CREEK GREENWAY TRAIL – 7 miles**  
Route N & 126th St in Platte City, MO  
Paved. Picturesque west end, prairie restoration area.
- 46. RIVERFRONT HERITAGE TRAIL – 15 miles**  
1800 E. Front St in KCMO  
Paved. Don't miss this KC walk, near river & bridges.
- 47. ROANOKE PARK TRAILS – 3 miles**  
3601 Roanoke Rd in KCMO  
**P** Dirt. Midtown gem, ravines, bluffs, old cave, history.
- 48. ROCK ISLAND TRAIL – 14 miles**  
KCMO Truman Sports Complex - Jefferson, Lee's Summit MO  
Paved, gravel. Scenic old RR tunnel Bannister & Norfleet.
- 49. SHAWNEE MISSION PARK TRAILS – 16 miles**  
7900 Renner Rd in Shawnee, KS  
**P** Paved, dirt. Lake, Mill Creek loop, dirt trails/N side.

- 50. SMITHVILLE LAKE EAGLE'S VIEW TRAIL – 2 miles**  
Just north of 17201 Paradesian in Smithville, MO  
**NC P** Paved, gravel. Winter eagles, 37+ trail miles.
- 51. SOUTH OAK PARK – 1 mile**  
3601 Roanoke Rd in KCMO  
**P** Paved. Hidden gem, sandlot, connects to Trolley Tr.
- 52. STOCKSDALE & WALNUT WOODS TRAILS – 6 miles**  
901 S. La Frenz Rd in Liberty, MO  
**P** Dirt. Park is only access to woods/conservation area.
- 53. SWOPE PARK TRAILS – 12 miles**  
4701 E. Gregory, Oakwood Dr, 6900 Swope Mem in KCMO  
**NC P** Paved, dirt. Fox Hollow / Lakeside NC, Wudchuk Run / Oakwood Dr, Swope Mem / just N of golf course.
- 54. TOMAHAWK CREEK TRAIL – 10 miles**  
9001 W. 135th in OPKS & 3951 W. 119th Leawood, KS  
**P** Paved. Get-away-from-it-all trail through suburbia.
- 55. UNION CEMETERY WALKING TOUR – 1 mile**  
227 E. 28th Terr in KCMO  
Paved, grass. Walk back in time at urban KC treasure.
- 56. UNITY VILLAGE'S CARL L. CHINNERY TRAIL – 3 miles**  
1901 NW Blue Parkway in Unity Village, MO  
Gravel. Must-see natural bridge area, park near labyrinth.
- 57. WATERWORKS PARK TRAILS – 2 miles**  
Waterworks Park Dr & North Oak Trafficway in KCMO  
**P** Paved. Steep hills, city views, notable disc golf course.
- 58. WATKINS MILL STATE PARK TRAILS – 7 miles**  
26600 Park Rd North in Lawson, MO  
**P** Paved & gravel. Lake, mill, visitor center, schoolhouse.
- 59. WESTON BEND STATE PARK TRAILS – 7 miles**  
16600 MO-45 in Weston, MO  
**P** Paved & dirt. See Missouri River & hike high bluffs.
- 60. WYANDOTTE COUNTY LAKE PARK TRAILS – 10 miles**  
4051 West Dr in KCK  
**NC P** Dirt. Lovely bridle trail, lake, library, marina.



Wyandotte County Lake Park.



Hidden Valley Park Trail in KCMO.



**INSPIRATION FOR HITTING THE TRAILS  
IN THE KANSAS CITY AREA**

**2023**