

# SLOW PATH ADVENTURES:

## Kansas City Hikes for the Rest of Us



A confident, joyful hiking guide for adults 55+  
who want the view—not the thrill

—K.Kay

*Slow Path Adventures*

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Trail information, distances, and conditions are subject to change. Always hike within your comfort level and follow posted trail guidelines.

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Slow Path Adventures



## A Note Before You Begin

This guide is designed to help you enjoy Kansas City–area hiking at a pace that feels safe, unhurried, and life-giving—whether you’re new to hiking or returning after time away.

*“You will go out in joy and be led forth in peace.”*

***Isaiah 55:12***



# How to Use This Guide

*(A Friendly Note Before You Lace Up)*

First things first: this guide does not require speed, spandex, or a fitness tracker that judges you. Use this guide the same way you'd use a good trail map—to get oriented, not bossed around. Start with a trail that fits how you feel today, not how you felt in 1998 or how your neighbor's step counter is doing.

Some days you'll feel great and go farther than planned. Other days, a short stroll, a bench, and a deep breath will be more than enough. Both count.

If you see a spider web across the trail, congratulations—you're officially in nature. Take a step around it, brush it off, or let the spider keep its hard work. No trail in this guide requires bravery awards or bug heroics.

Feel free to shorten any hike, turn around early, or call it a win after ten minutes. This guide is a companion, not a drill sergeant.

Take what serves you, skip what doesn't, and remember: slow paths are still good paths.

*If you're smiling at the end, you did it right*

**Disclaimer:** This guide does not provide medical or fitness advice.

# Trails by KC Metro Area





## Watkins Mill State Park

Managing Body / Jurisdiction

Missouri State Parks

Address

26600 Park Rd N, Lawson, MO  
64062

Estimated Length (mi)

3.8

Surface (est.)

Paved

Difficulty

Easy-peasey

Key Features / Notes

Lake loop, historic mill, very gentle

Why I Love This

Smooth, flat, shady, and wonderfully peaceful. You'll finish refreshed, not wrecked. Pair the walk with a visit to the historic mill, and you've got yourself a perfect low-effort, high-reward day trip.

*"My presence will go with you, and I will give you rest." – Exodus 33:14*



## Martha Lafite Thompson Nature Sanctuary

Managing Body / Jurisdiction	Private Nature Sanctuary / Conservancy
Address	407 N La Frenz Rd, Liberty, MO 64068
Estimated Length (mi)	1.0–4.0
Surface (est.)	Mixed
Difficulty	Easy-peasey
Key Features / Notes	Woodland, boardwalks, wildlife center
Why I Love This	A quiet nature hug in trail form. Woodland paths, boardwalks, and just enough variety to keep things interesting without feeling busy. Come for the walk, stay for the calm –and maybe a stroll through charming downtown Liberty afterward.

*"The Lord bless you and keep you." – Numbers 6:24*



## Parkville Nature Sanctuary

Managing Body / Jurisdiction	City of Parkville
Address	100 E 12 St, Parkville, MO 64152
Estimated Length (mi)	1.5–3.0
Surface (est.)	Mixed
Difficulty	Easy-peasey
Key Features / Notes	Waterfalls, woods, river access nearby
Why I Love This	Cozy woods, waterfall whispers, and river breezes—this trail is pure magic. If you're feeling adventurous, the ridge trail offers wildlife sightings and big payoff views. If not, the lower trails deliver beauty without the burn. One of my absolute favorites.

*"Those who dwell in the shelter of the Most High." – Psalm 91:1*



## Line Creek Trail

Managing Body / Jurisdiction	Platte County Parks
Address	2699 NW 60th St, Kansas City, MO 64151
Estimated Length (mi)	4.0–8.0
Surface (est.)	Paved
Difficulty	Easy-peasey
Key Features / Notes	Long paved greenway, gentle grades, shady
Why I Love This	Flat, friendly, and beautifully predictable—the perfect “no surprises” trail. Mostly paved and easygoing, with a fun historical detour if you’re in the mood to explore. Reliable, relaxing, and great for days when you just want to move.

*“Let all that you do be done in love.” – 1 Corinthians 16:14*



## Amity Woods Nature Trail

Managing Body / Jurisdiction	Platte County Parks / Local Parks
Address	Near MO-152 & Amity Rd, Kansas City MO (see local park map)
Estimated Length (mi)	0.9 paved
Surface (est.)	Paved
Difficulty	Short easy walk, good for warm-up or gentle strolls
Why I Love This	Short, sweet, and easy as pie.

*"pray continually..." --1 Thessalonians 5:18*



## Mark L. McHenry Park Trails (Tiffany Springs / Northland)

Managing Body / Jurisdiction	Platte County Parks
Address	Start at Childress Rd & Old Tiffany Springs Rd, Kansas City, MO 64153
Estimated Length (mi)	~15.0 (all loops)
Surface (est.)	Mixed
Difficulty	Easy-peasey to easy-moderate
Key Features / Notes	Forest, ponds, meadows — big green space close to north suburbs
Why I Love This	A roomy outdoor playground of woods and meadows. But if you get back too far, it is fairly overgrown, so stay near the ballfields, unless you like tall grass seeds in your shoes! Be sure to spray with Sawyer the day before you go if you plan on hiking back to the lowlands and swampy area.

*"Where the Spirit of the Lord is, there is freedom." – 2 Corinthians 3:17*



## Interurban Trail (Riverside / Platte County)

Managing Body / Jurisdiction	Platte County Parks
Address	Access at NW Woodland Dr, near Riverside KOA / Woodland Dr, Riverside, MO
Estimated Length (mi)	0.5 paved
Surface (est.)	Paved
Difficulty	Easy-peasey
Key Features / Notes	Simple short paved connector – good for quick strolls or warm-up walks
Why I Love This	Short, simple, and perfect for leg- stretching.

*“Do not despise these small beginnings.” – Zechariah 4:10*

# North-NW





## Smithville Lake Trails - Smoke and Davey

Managing Body / Jurisdiction	USACE / Clay & Platte County Parks
Address	W Hwy Smithville Lake Dam Trailhead: 39.3807, -94.5944
Estimated Length (mi)	1-10
Surface (est.)	Mixed
Difficulty	Easy-peasey to easy-moderate
Key Features / Notes	Lake loops, fishing coves, scenic overlooks
Why I Love This	Choose your own adventure: lake views, forest paths, and just enough ups and downs to keep things interesting. Not flat-flat, but very doable. A great place to stretch your legs and your confidence.

*"He brought me out into a spacious place." – Psalm 18:19*



## Smithville Lake Trails - the Bonebender

Managing Body / Jurisdiction	USACE / Clay & Platte County Parks
Address	17201 Paradesian Smithville, MO 64089
Estimated Length (mi)	6-9
Surface (est.)	old blacktop paving
Difficulty	Easy-peasey
Key Features / Notes	Goes along the lake and super pretty!

### Why I Love This

This is a flat trail and you will encounter bicyclists along this trail. If you camp at Crows Creek campground, you can walk right down to this trail and hike as far as you want, and come out at any of the other campgrounds and hike back along the road directly back to your campground. Or, if you just want to hike it, you can park at the trailhead, go out as far as you like, and then turn around and walk back. It's flat and lovely. It can be a little windy at times since the wind blows off the lake. Not much shade as its along the lake.

*"He brought me out into a spacious place." – Psalm 18:19*

SW





## Black Hoof Park / Lake Lenexa

Managing Body / Jurisdiction	City of Lenexa Parks & Rec
Address	9053 Monticello Rd, Lenexa, KS 66220
Estimated Length (mi)	2.5 w/cutoffs to shorten
Surface (est.)	Paved+gravel
Difficulty	Easy-peasey
Key Features / Notes	Lake loop, dam views, wetlands, great photo ops
Why I Love This	A trail that feels like strolling through a postcard. Peaceful water, breezy boardwalks, and just enough incline to say “yes, I exercised” without regretting it later. Easy to shorten, easy to love, and perfect for calm days when serenity matters more than steps.

*“He leads me beside still waters; He restores my soul.” – Psalm 23:2-3*



## Kill Creek Park / Kill Creek Streamway

Managing Body / Jurisdiction	Johnson County Parks & Rec
Address	11670 Homestead Ln, Olathe, KS 66061
Estimated Length (mi)	7, but several different trail lengths
Surface (est.)	Paved/even
Difficulty	Easy-moderate
Key Features / Notes	Lake, streamway, shaded stretches
Why I Love This	Wide, gentle, and wonderfully quiet –this trail is the hiking equivalent of a deep exhale. Creek views, soft curves, and plenty of shade make it ideal for “I want nature, not drama” days. Bonus: you can choose your distance and be done when you’re ready.

*“Be still, and know that I am God.” – Psalm 46:10*



## Ernie Miller Park & Nature Center

Managing Body / Jurisdiction	Johnson County Parks
Address	909 N Hwy 7, Olathe, KS 66061
Estimated Length (mi)	1.5-5
Surface (est.)	Mixed
Difficulty	Easy-peasey
Key Features / Notes	Short loops, shaded, nature center
Why I Love This	A friendly, forested escape with gentle loops and nature moments around every bend.

*"The Lord is good to all; He has compassion on all He has made." – Psalm 145:9*



## Shawnee Mission Park – Lake & Mill Creek Trails

Managing Body / Jurisdiction	Johnson County Parks & Rec
Address	7900 Renner Rd, Shawnee, KS 66219
Estimated Length (mi)	Variable ( paved lake loop + ~7.4 mi Mill Creek Streamway )
Surface (est.)	Paved/natural
Difficulty	Easy-peasey to easy-moderate
Key Features / Notes	Lake, woods, waterfalls, paved & nature-trail mix
Why I Love This	A choose-your-own-adventure of scenery and pace.

*"The steps of a good person are ordered by the Lord." – Psalm 37:23*



## Tomahawk Ridge / Tomahawk Valley Park access point

Managing Body / Jurisdiction	City of Overland Park
Address	Park address 13901 Quivira Rd, Overland Park, KS 66221 (Tomahawk Valley Park) – trail connects to larger Tomahawk Ridge/Creek Trail network
Estimated Length (mi)	~3.0-5.0
Surface (est.)	Paved/easy-peasey
Difficulty	Easy-peasey
Key Features / Notes	Suburban greenway, gentle, good for easy strolls or warm-up walk before longer hikes
Why I Love This	Green, gentle, and gracefully suburban.

*"Let us run with endurance the race set before us." – Hebrews 12:1*



## Mill Creek Streamway / Shawnee Mission Park Loop

Managing Body / Jurisdiction	Johnson County Parks & Rec
Address	7900 Renner Rd, Shawnee, KS 66219
Estimated Length (mi)	7.4
Surface (est.)	Paved
Difficulty	Easy-peasey to easy-moderate
Key Features / Notes	Long shaded streamway, lake + creek + mixed scenery
Why I Love This	Shady, meandering, and perfect for reflection.

*"He makes me walk in paths of righteousness for His name's sake." – Psalm 23:3*



## Overland Park Arboretum & Botanical Gardens (main entrance)

Managing Body / Jurisdiction	City of Overland Park
Address	8909 W 179th St, Overland Park, KS 66013
Estimated Length (mi)	~6.0
Surface (est.)	Paved + nature paths
Difficulty	Easy-peasey
Key Features / Notes	Gardens, woods, creek areas, calm & pretty
Why I Love This	A living postcard of gardens and woods. Heavily traveled!!

*"See, I am doing a new thing!" – Isaiah 43:19*



## Cedar Niles Park / Single-Track Trails (Johnson County KS)

Managing Body / Jurisdiction	Johnson County Parks & Rec
Address	12650 S. Clare Road, Olathe, KS 66061
Estimated Length (mi)	Varies (1-4 mi loops)
Surface (est.)	Natural/easy-moderate
Difficulty	Easy-moderate
Key Features / Notes	Nature-center adjacent, mixed terrain, gentle forest walking
Why I Love This	Woodsy, gentle, and wonderfully natural.

*"How precious is your unfailing love, O God." – Psalm 36:7*



## Lexington Lake Park Trails (Johnson County KS)

Managing Body / Jurisdiction	Johnson County Parks & Rec
Address	8850 Sunflower Road De Soto KS 66018
Estimated Length (mi)	Varies (2-6 mi)
Surface (est.)	Mixed
Difficulty	Easy-peasey to easy-moderate
Key Features / Notes	Lake views, flat mixed terrain, good for water + nature lovers
Why I Love This	Calm lake, lovely breeze, easy walking.

*"You will go out in joy and be led forth in peace." – Isaiah 55:12*

SE





## Longview Lake – Main Trailhead

Managing Body / Jurisdiction	Jackson County Parks
Address	9898 Longview Rd, Kansas City, MO 64134
Estimated Length (mi)	6.5
Surface (est.)	Paved
Difficulty	Easy-moderate
Key Features / Notes	Lake shoreline, marina, rolling scenery
Why I Love This	Longview shows off at every angle. Gentle paved paths, pretty coves, and a breeze that always seems to arrive right on time. It's a longer trail, but with multiple access points, you get to decide how far "enough" is today.

*"The heavens declare the glory of God." – Psalm 19:1*



## Fleming Park / Lake Jacomo (Rock Ledges) et al

Managing Body / Jurisdiction	Jackson County Parks
Address	9200 Beach Rd, Blue Springs, MO 64015
Estimated Length (mi)	2.0–9.5
Surface (est.)	Mixed
Difficulty	Easy-peasey to moderate
Key Features / Notes	Limestone ledges, woods, bluff views
Why I Love This	Gorgeous views and happy knees—yes, you can have both. Woods, limestone ledges, and lake sparkle make this area worth lingering. Think of it as a sampler platter of trails, with plenty of options to match your energy level.

*“There is a time for everything.” – Ecclesiastes 3:1*



## Burr Oak Woods Conservation Area

Managing Body / Jurisdiction	Missouri Dept. of Conservation
Address	1401 NW Park Rd, Blue Springs, MO 64015
Estimated Length (mi)	2-6
Surface (est.)	Natural
Difficulty	Easy-moderate
Key Features / Notes	Oak woods, prairie, beautiful interpretive center
Why I Love This	If you love trees, this place rolls out the red carpet. Oak forests, gentle hills, and well-traveled paths make it beautiful and engaging. There's a bit more incline here—just enough to feel accomplished.

*"The righteous flourish like a tree." – Psalm 92:12*



## Little Blue Trace Trail (Lee's Summit / Jackson County MO)

Managing Body / Jurisdiction	Jackson County Parks & Rec
Address	Start access at 13498 E 87th St, Lee's Summit, MO 64064 (Blue Mills Rd / trailhead)
Estimated Length (mi)	15.5 paved/gravel
Surface (est.)	Paved /gravel
Difficulty	Easy-moderate
Key Features / Notes	Riverside trail along Little Blue River, long stretch for walking or biking
Why I Love This	A long, lovely riverside path.

*"The righteous flourish like a tree." – Psalm 92:12*



## Blue River Greenway – Alex George Wetlands to Minor Park

Managing Body / Jurisdiction	Kansas City Parks & Rec
Address	Parking lot 10831 Blue River Rd, Kansas City MO
Estimated Length (mi)	~5.0
Surface (est.)	Paved
Difficulty	Easy-peasey
Key Features / Notes	River/wetland views, urban-edge paved trail, good for easy walks
Why I Love This	Wetlands + river views = effortless beauty.

*“Let justice roll on like a river.” – Amos 5:24*

# Inner City /Urban





## Swope Park (easy loops)

Managing Body / Jurisdiction	Kansas City Parks
Address	6600 Swope Pkwy, Kansas City, MO 64130
Estimated Length (mi)	1-4
Surface (est.)	Mixed
Difficulty	Easy-peasey to easy-moderate
Key Features / Notes	Forest loops, nature center, wide trails
Why I Love This	Forested, shady, and surprisingly peaceful for an inner-city gem. Stick to the gentler loops and enjoy feeling outdoorsy without anything wild. Best enjoyed on busier days when the park feels lively and welcoming.

*"God is our refuge and strength." – Psalm 46:1*

East / SE





## Blue Springs Lake & Trails (East Side, Jackson County MO)

Managing Body / Jurisdiction	Jackson County Parks
Address	1700 NE Bowlin Road, Lee's Summit, MO 64064
Estimated Length (mi)	Varies (2-6 mi loops)
Surface (est.)	Mixed
Difficulty	Easy-peasey to easy-moderate
Key Features / Notes	Lake, woods, water views, calm & gentle nature walks
Why I Love This	A little lakeside magic with breezy views.

*"Those who hope in the Lord will renew their strength." – Isaiah 40:31*

# NW/ Weston





## Weston Bluffs Trail / Weston Bend area

Managing Body / Jurisdiction	Platte County Parks / MO Parks
Address	16600 MO-45, Weston, Missouri
Estimated Length (mi)	2-6 (various loops)
Surface (est.)	Mixed natural/easy-moderate
Difficulty	Easy-peasey to easy-moderate
Key Features / Notes	River bluff views over Missouri River, calm nature escape

### Why I Love This

River views that make you whisper “wow.” You can start at the ridge and walk along the river bluff for a long ways and not too steep. The rest of the trail goes down a ways and then climbs back out, so be watching. About an hour and a half. The bluff is fairly level and has several in and outs to see the Missouri River below and listen for the train. That said, if you veer off and head down into the rest of the trail, it is steeper and heads down, down, down. This part I would call "medium", so be aware of that. It is one of the more beautiful trails in the metro, and I highly recommend it if you can swing it.

*“How majestic is your name in all the earth!” – Psalm 8:1*



## Prairie Creek Greenway (near Platte City)

Managing Body / Jurisdiction	Platte County Parks
Address	134TH St, Platte City, MO 64079
Estimated Length (mi)	~4.0 paved
Surface (est.)	Paved
Difficulty	Easy-peasey
Key Features / Notes	Quiet greenway, good for easy walks or gentle rides
Why I Love This	Peaceful, gentle, and perfect for quiet walks. This trail winds in and out of the neighborhoods and is mostly paved.

*"The Lord is near to all who call on Him." – Psalm 145:18*



## Route 152 Trail (Western Platte County)

Managing Body / Jurisdiction	Platte County Parks
Address	Start near 88th & Madison Rd, Platte County MO
Estimated Length (mi)	~3.0 paved
Surface (est.)	Paved
Difficulty	Easy-peasey
Key Features / Notes	Suburban paved trail, good for walking or biking without hills
Why I Love This	A smooth, no-surprises paved walk that runs along M-152, so it can get loud with traffic at certain times, but a super nice hike.

*"Make level paths for your feet." – Hebrews 12:13*

# SE / Outskirts





## Rock Island Trail State Park – Pleasant Hill to KC segment

Managing Body / Jurisdiction	MO State Parks + local jurisdictions
Address	308 W Commerical Street, Pleasant Hill, MO
Estimated Length (mi)	13.5 mi (one common segment from Lee's Summit to KC)
Surface (est.)	Paved/crushed-stone rail-trail
Difficulty	Easy-moderate (gentle former rail- bed)

### Key Features / Notes

Rail-trail corridor converting old rail line into recreational path – mix of suburban, wooded and open-field scenery; good for walking or biking on easy grade

### Why I Love This

A gorgeous rails-to-trails path with wide-open scenery. If you like the Katy Trail, you'll love this. Oh, and there are some fun surprises along this trail. It is flat, flat, flat, but very cool...it used to be a railway!

*“Stand at the crossroads and look; ask for the ancient paths.” – Jeremiah 6:16*

# N / Northland





## Little Platte North Trail (Smithville / Platte County)

Managing Body / Jurisdiction	Platte County Parks / USACE / Clay-Platte county collaboration
Address	East end of 188th Street near Smithville Lake, Smithville, MO 64089
Estimated Length (mi)	~2.5 mi loop (2.4–2.5)
Surface (est.)	Paved/natural mixed
Difficulty	Easy-peasey
Key Features / Notes	Gentle ridge trail along west side of Smithville Lake — good low-impact, scenic loop + restrooms + bike rack + fix-it station at trailhead (as per park info)
Why I Love This	A pretty, easygoing loop with lake peeks.

*“He tends His flock like a shepherd.” – Isaiah 40:11*

# NW / Northland / West-edge of metro





## Brush Creek Trail (Platte County – suburban-rural link)

Managing Body / Jurisdiction	Platte County Parks & Recreation
Address	15500 NW River Rd, Parkville, MO 64152
Estimated Length (mi)	~2.0 mi (short walk / easy loop)
Surface (est.)	Paved
Difficulty	Easy-peasey
Key Features / Notes	Short easy trail; good for quick outing, warm-up, or quick nature fix – a nice “just enough fresh air” option for busy days
Why I Love This	A breezy, easy walk for “just enough fresh air.” Paved and very pretty.

*“Seek the peace of the city.” – Jeremiah 29:7*

# NW/ Northland Near Inner City





## English Landing Park -- downtown Parkville, Missouri

Managing Body / Jurisdiction	City of Parkville, Missouri
Address	8701 McAfee St., Parkville, Missouri
Estimated Length (mi)	3 mi
Surface (est.)	Crushed rock
Difficulty	Easy-peasey

### Key Features / Notes

Runs along the Missouri River North and west of downtown Kansas City. Very pretty and flat. There are a couple of places to turn around if you don't want to do the whole 3 miles. Takes about 45-50 minutes for the whole thing.

### Why I Love This

Flat, pretty, and conveniently close to coffee—what's not to love? Missouri River views, passing trains, and postcard-worthy scenery make this an everyday favorite. Don't forget to wave at the conductor.

*"This is the day the Lord has made; let us rejoice." – Psalm 118:24*

# NW/ Northland Outskirts





## Platte Falls Conservation Area

Managing Body / Jurisdiction                      Missouri Dept of Conservation

### Address

South side: Take Route HH (Platte City exit) east 0.60 mile. North side: Take the Highway 371 exit off I-29, travel northeast on Elm Grove Road about 1.50 miles, then east on Sharps Station Road 1.60 miles, and south on Settle Station Road 0.50 mile.

Estimated Length (mi)                                      2.5 mi

Surface (est.)    Dirt and grass

Difficulty    Easy-peasey

### Key Features / Notes

This is an out-and-back trail near Platte City, Missouri. This trail is great for hiking, running, and walking, and it's unlikely you'll encounter many other people while exploring. Very rural. The trail is open year-round and is beautiful to visit anytime. Dogs are welcome, but must be on a leash.

Why I Love This    Very rural, but just a beautiful easy walk

*"Come away and rest a while." – Mark 6:31*

# Central /Urban





## Brush Creek Trail-Plaza (KC urban river-walk path)

Managing Body / Jurisdiction	Kansas City / Local City Parks
Address	Access point: Country Club Plaza entrance or near Theis Park, Kansas City MO (multiple access points)
Estimated Length (mi)	~4.0 paved
Surface (est.)	Paved
Difficulty	Easy-peasey
Key Features / Notes	Urban trail, bridges over creek, stroll-friendly, good for easy outings or combined with city stops
Why I Love This	City energy + creekside calm. Yep! It is on the side end of the Plaza, but still lovely.

*“Refresh yourself in the Lord.” – Psalm 37:7  
(adapted phrasing is okay in reflection sections)*

# West-SW Outskirts





## Big Bull Creek Park Trails (Edgerton KS)

Managing Body / Jurisdiction	Johnson County Parks & Rec
Address	20425 Sunflower Rd, Edgerton, KS 66021
Estimated Length (mi)	Varies (several loops)
Surface (est.)	Mixed
Difficulty	Easy-peasey to easy-moderate
Key Features / Notes	Rural-suburban park, quiet woods & meadows, good for beginner to moderate hikes
Why I Love This	Quiet, open, peaceful, and beautifully rural.

*"The earth is the Lord's, and everything in it." – Psalm 24:1*

# Urban /The Plaza South





## Loose Park Perimeter Loop

Managing Body / Jurisdiction	KC Parks & Rec
Address	West 51st & Wornall, Kansas City, MO
Estimated Length (mi)	1.04 mi
Surface (est.)	Paved
Difficulty	Easy-peasey
Key Features / Notes	Very urban. Winds along pond and around the park. Lovely and well-manicured.
Why I Love This	Just a lovely day in the City. Since it is south of the Plaza, a major shopping area, you can go take a nice long walk, have a wonderful lunch and enjoy some afternoon shopping.

*"Let your gentleness be evident to all." – Philippians 4:5*

# About Me



Hi! I'm K.Kay, the voice behind Slow Path Adventures—and I'm really glad you're here.

I've spent the last 12 years wandering Missouri's trails and state parks, exploring 88 parks (and counting), and discovering all kinds of peaceful, overlooked places that don't require cliff edges, tight switchbacks, or nerves of steel. Along the way, I've also hiked in several other states—everything from desert trails in places like Sedona to wooded paths closer to home—but Missouri is where I've logged the most miles, learned the most lessons, and built the deepest familiarity.

Every photo you see in this guide? I took it.

Every tip? Learned from experience—sometimes the hard way, occasionally involving mud, unexpected hills, or a spider web I didn't see coming.

Slow Path Adventures was born from a simple idea: you shouldn't have to feel stressed, rushed, or intimidated to enjoy the outdoors. Hiking doesn't have to be extreme to be meaningful. You don't need fancy gear, superhuman knees, or a competitive mindset. You just need a good trail, a little confidence, and permission to go at your own pace.

That's why everything I create—guides, trail tips, photos, and yes, even the fun shirts and hoodies—comes from real experience, real places, and real people who want the joy of being outside without the drama.

If you're someone who wants the view, not the thrill...  
If you believe fresh air is better than a treadmill...  
And if you're quietly proud of staying active on your own terms...

You're exactly who this was made for.

Thanks for walking a bit of the path with me. I hope this guide helps you step outside, breathe deeper, and enjoy the journey—one unhurried mile at a time.

—K.Kay

*Slow Path Adventures*

*kkay@slowpathadventures - Would love to hear from you!*

# A Final Word

Thank you for letting me walk alongside you, even in this small way.

My hope is that these trails help you step outside, breathe a little deeper, and notice the quiet gifts waiting along the path—fresh air, steady ground, and moments of peace.

However far you go, may you return home feeling refreshed, encouraged, and gently proud of yourself for showing up.

*May you go out in joy and be led forth in peace.*

