

SOUTHWEST LOOP (~26 miles-Dalton's Cell 650-9520)

Leave Forest Park Visitor Center	X	Watson
Parking Lot West on Grand Drive	X	Rock Hill
L Skinker	R	Gravois CAUTION
R Wydown	L	Grants Trail
L DeMun Walk Thru to cont.		Exit Trail at Northeast end
R Alamo	L	Hoffmeister
L Seminary		Hard Right onto Union CAUTION:
x Clayton-cont on Bellview	X	Bayless -Cont. on
X Manchester and Southwest		Morganford
Cut thru Schafly's lot	L	Heidelberg (6 blocks)
R Sarah	R	Gravois & Syberg's
L Marshall (short)	R	Gravois
R Marietta	R	River Des Peres Biketrail
L Sutton		(South side of bridge & boulevard)
R Greenwood	LX	Pedestrian Bridge.
Merge with Big Bend (short)		Cont. North on River Des Peres
R Oxford-Deer Creek Trail		Greenways Trail
(behind McDonald's)	X	Holly Hills-Cont. on Christy
Restroom in park	X	Gravois-Cont. on Christy
Exit West end of bike trail on	R	Kingshighway (one block)
Pacific 1/2 block	L	Nottingham
L Summit-Right at Y	R	Brannon
L Lockwood/Big Bend	L	Arsenal
**** Option for less hills	R	Macklind
(R Lockwood/L Holmes/Trail)	R	Oakland
R Murdoch CAUTION	L	Tunnel under HW 44
R Leclède Station CAUTION	R	Forest Park Trail to Parking