

Forest Park to South St. Louis, Soulard and Tower Grove Park

L - Lagoon Dr
BR - Forsyth
L - Skinker
R - Wydown
X - Big Bend
L - Crestwood
X - Clayton
C - Boland
L - Wise
X - Big Bend
R - Bellevue
L - Southwest
R - McClausland
L - Arsenal
R - Jamieson
L - Fyler
X - Hampton
R - Brannon
L - Oleatha
X - Kingshighway
L - Morganford
R - Utah
X - Grand, Gravois & Jefferson
L - Lemp
Scenic stop at Pestalozzi
 (Venice café)
R - Pestalozzi
X - I-55
L - 13th St
R - Shenandoah
L - 9th St
Lunch stop at Russell
 (Hammerstones)

L - (west) on Russell
X - Jefferson
L - on Longfellow
L - on Compton
R - on Shenandoah
L - on Grand
R - at entrance to Tower Grove
 Park
Loop the Park, return to
Tower Grove Ave.
L - on Tower Grove Ave.
X - Vandeventer
X - Manchester
L - on Clayton Rd into Forest
 Park
L - on bike path going west
Rest stop at Visitors Center