

# HIKE DESCRIPTIONS

(may copy and past into WordPress to post a hike)

## Al Foster Hike

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Parking lot closest to the trailhead by the miniature trains.

**Meeting time:**

**Time of Departure:**

**Description:** We will hike the Al Foster Trail which is a flat hike (around 4 miles) to Sherman Beach and back. Since this is an in and out hike, you can go further or return sooner.

### Directions:

- Take Highway 100 west to Highway 109.
- Go south 3.1 miles to a Old State Road.
- Left on Old State Road.
- Make an immediate right on Washington/Grand for 0.3+ miles.
- A paved parking lot is on the left before miniature train depot.

OR

- West on I-44 to Highway 109.
- North on 109 for 3 miles.
- Right on Old State.
- Make an immediate right on Washington/Grand for 0.3 miles.
- A paved parking lot is on the left before miniature train depot.

**Experience Level:** EASY Since this is a flat in and out hike, this hike is appropriate for all levels of ability.

**Stops:** Snack break at Sherman Beach

### Hazards:

**Other:** Toilets available at start of hike. You may want to wear hiking boots. Trail could be muddy.

**Hike Leader:** (Include cell phone number.)

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## **Al Foster Rock Hollow Hike**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Parking lot closest to the Al Foster Trailhead by the miniature trains.

**Meeting time:**

**Time of Departure:**

**Description:** We will hike the Al Foster Trail to Sherman Beach and back. Some will get onto the paved Rock Hollow Trail to see the bluebells and other wildflowers and return. 4+ miles. Since this is an in and out hike, you can go further or return sooner. Al Foster is a flat, natural trail along the Meramec River. Rock Hollow is all paved but is a very gradual uphill. Bring your own lunch for a picnic afterwards if interested or drive into Eureka. Many eating options a few of which are outdoors.

### **Directions:**

- From Manchester and 109, go south on 109 towards Eureka.
- Left on Old State Road (there is a traffic light.).
- 
- Make an immediate right on Washington/Grand for 0.3+ miles to paved parking lot which is at the end of the road on the left before miniature train depot.

### **OR**

- West on I-44 to Highway 109.
- North on 109 for 3 miles.
- Right on Old State.
- Make an immediate right on Washington/Grand for 0.3 miles.
- A paved parking lot is on the left before miniature train depot.

**Experience Level:** EASY Since this is a flat and then a gradual incline, this hike is appropriate for all levels of ability.

**Stops:** Snack break halfway through the hike.

### **Hazards:**

**Other:** Toilets available at start of hike. You may want to wear hiking boots for the Al Foster if there is rain before the hike.

**Hike Leader:** (Include cell phone number.)

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## **Babler Park Hike**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Dr. Edmund A. Babler Memorial State Park Visitors Center, Wildwood, MO

**Meeting time:**

**Time of Departure:**

**Directions:**

- I-40/64 west of 270 about 8 miles.
- Take Long Rd exit, crossing Chesterfield Airport Rd.
- Straight on Long Rd.
- Right on Wild Horse Creek Rd.
- Left on Hwy.109/Eatherton
- Right on BA/Babler Park Rd.
- Right into park.

**OR**

- West on Manchester Road to Mo Hwy 109
- North on 109 for 1.6 miles and then left on BA/Babler Park Rd. for 1.9 miles to park entrance.

**Description:** We will hike hilly trails through the park connecting the Virginia Day Trail, Woodbine Trail and Dogwood Trail for a 5-6 mile hike. An option is to take a spur trail to the famous Babler Spring and small cave.

**Experience Level:** Moderate to Difficult

See web sites below for more info.

**Park Map**

[https://mostateparks.com/sites/mostateparks/files/Babler\\_2.pdf](https://mostateparks.com/sites/mostateparks/files/Babler_2.pdf)

**Hiking Trails**

<https://mostateparks.com/page/89546/dr-edmund-babler-memorial-state-park-trails>

**Hazards:**

**Other:** Bring a snack and water. Hiking boots or shoes and hiking poles are recommended. Visitor Center is closed at this time. Heated restrooms are available. Dogs are welcome if on a leash.

**Ride Leader:** (Include cell phone number.)

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**Bee Tree Park Hike**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Bee Tree Park first parking lot on right after entrance.

**Meeting time:**

**Time of Departure:**

**Description:** Hike 2 miles on gravel trail and 2 miles on neighboring streets.

**Directions:**

From north of South County.

- . Take I-270 past I-55 to I-255.
- . Exit south (right) onto Telegraph Rd (Hwy 231).
- . Follow Telegraph Rd south for 6.7 miles and turn left onto Becker Rd.
- . Follow Becker Rd 1.5 miles to left turn onto Finestown Ave.
- . Follow Finestown Ave into Bee Tree Park to first parking lot on right.

**Difficulty Level:** EASY with some hills

**Hazards:** Gravel trail with some hills

**Hike Leader:** (Include cell phone number.)

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## **Cahokia Mounds Hike**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Parking lot near the Interpretive Center

**Meeting Time:**

**Time of Departure:**

**Description:** Cahokia Mounds is one of only 24 UNESCO World Heritage Sites in the United States. It was the largest and most influential urban settlement beginning more than 1,000 years before European settlement of North America. We will hike the park's four-mile loop trail among the park's 80 mounds including Monk's Mound (the largest) and Woodhenge. If interpretive Center is closed, restrooms may not be available. Dogs on leash are allowed.

### **Directions:**

- East on I-55, I-70, I-44 and I-64 crossing the Mississippi River into Illinois
- After 2 miles keep left to continue on I-55N
- After 3.5 miles take Exit 6 toward Washington Park
- Keep right at the fork, follow signs for Washington Park/Fairmont City
- Merge onto IL Hwy 111 S for .2 miles
- Use left 2 lanes to turn left onto Collinsville Rd.
- After 1.9 miles turn right at park entrance to parking at Interpretative Center.

**Experience Level:** EASY flat trail on unpaved trail. About 4 miles. Climbing Monk's Mound is optional

**Hazards:**

**Other:**

**Hike Leader:** (Include cell phone number.)

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## **Castlewood State Park Hike**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Castlewood State Park, Shelter 1

**Meeting time:**

**Time of Departure:**

**Description:** We will hike the park's trails along the Meramec River as well as climbing to the park's bluffs. Paths are unpaved and steep in places. 3+ miles.

**Directions:**

- Take Manchester Road or Big Bend Road west of I-270
- Left or south on Ries Rd. to the end. (Ries Rd. is about 1.6 miles west of Hwy 141 on Manchester)
- Left on Kieffer Creek Road into the park.

**Experience Level:** MODERATE TO DIFFICULT    steep portions and stairs

**Stops:**

**Hazards:**

**Other:** Bring snacks and water. Hiking shoes or boots and hiking sticks are recommended.

**Hike Leader:** (Include cell phone number.)

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**Clark Trail Hike**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Lewis and Clark Trailhead, Weldon Springs, MO

**Meeting time:**

**Time of Departure:**

**Description:** Hike a moderately strenuous 5.3 mile hike in Weldon Springs, MO

**Directions:**

- West on Hwy 40/I-64 past the Missouri River
- Take Hwy 94 exit south about 2 1/4 miles to the trailhead on the left I (1.2 miles south of Hwy D.)

**Experience Level:** MODERATE      Moderately strenuous with some hills, 5.3 miles.

**Stops:** Overlook of Missouri River and Katy Trail

**Hazards:**

**Other:** Bring water and a snack. **No Restrooms.** Do not bring valuables in your car. Be sure to lock your vehicle. Leader expects the pace will be 1 - 2 miles per hour. Hiking boots or shoes and hiking poles advised as well as dressing in layers.

**Hike Leader:** (Include cell phone number.)

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**Cliff Cave Park Hike**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Cliff Cave Park, 806 Cliff Cave Rd, St. Louis, MO 63129

**Meeting time:**

**Time of Departure:**

**Description:** Hike about 5 miles +/- . Hike on paved trails with some big hills. Restrooms available and dogs on leash are welcome. Leaves should be colorful in the fall. No go if raining at start. Meet at the Trailhead on upper parking lot.

**Directions:**

- From I-255 exit #2, go right (south) 1.6 miles
- Left On Cliff Cave Road at Circle-K Station.
- Go 2.6 miles to Upper parking lot entrance on left across from England Town Rd.
- Park in parking area around rest room

**Experience Level:** EASY with some hills

**Stops:**

**Hazards:**

**Other:** Bring snack or lunch if you want. Restaurants (Bread Company, First Watch) nearby if you want to eat inside after hike.

**Special Considerations:**

- Social distancing of 6 ft.
- Bring mask to wear if requested
- Stay home if you feel ill or have been exposed to the Coronavirus

**Ride Leader:** (Include cell phone number.)

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**Creve Coeur Lake Hike**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Sailboat Cove at Creve Coeur Lake

**Meeting time:**

**Time of Departure:**

**Description:** Walk 4+ or - miles on mostly flat paved trail . See Creve Coeur Lake, Fee Fee Greenway trail, forests, marshes, bottom lands and Missouri River.

**Experience Level:** **EASY** going around the lake. **MEDIUM** if you add on the other trail up to Maryland Heights Community Center.

**Directions:**

- From I-270, exit at Dorsett Rd.
- West 1.5 miles to Marine Ave.
- Turn right (north) on Marine for about 1.3 miles to Sailboat Cove entrance.

**Experience Level:** EASY TO MEDIUM. Mostly flat around the lake and gentle uphill on the Fee Fee Greenway Trail.

**Stops:**

**Hazards:**

**Other:** Restrooms are available at the start of the ride. Bring water and a snack.

**Ride Leader:** (Include cell phone number.)

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**Cuivre River HIKE**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Cuivre River State Park in Troy Missouri

Parking lot on Hardy Road in Cuivre River State Park (see directions below)

**Meeting time:** Be early rather than late.

**Time of Departure:**

**Description:** This hike (near Troy, MO) goes through a wooded area and then around a pretty little lake and back through the woods again. There are forty miles of trails. We will be doing around 7 miles on the Old Schoolhouse and Lakeside Trails. These are fairly flat and easy. Maps will be provided.

**Directions:**

- (All four lane highway except for the last little bit.) **USE THESE DIRECTIONS AS THERE ARE MANY ENTRANCES INTO THE PARK.** This entrance is the closest to St. Louis.
- Starting at I-64 or I-70, drive to US-61.
- Take US-61 north for 18 miles.
- Exit MO-47 north and turn right for 3 miles.
- Turn left on MO-147. (Watch for the sign to enter the park on your left.
- Drive 1.8 miles or so into the park.
- Take the first right onto Hardy Road for .24 miles.
- Make the first left into a parking lot. (you cannot see the parking lot but the drive into it is obvious.)

**Experience Level:** MEDIUM

**Special Considerations at this time:**

- **Social distancing of 6 ft.**
- **Masks must be worn.**
- **Stay home if you feel ill or have been exposed to the Coronavirus.**

**Stops:**

**Hazards**

**Other:**

- No tricky climbing, or creeks to cross so you probably will not need hiking sticks. Hiking boots recommended. Packed dirt trail.
- Bring water and lunch to carry with you.

- Porta-potty available along trail but not at parking lot.

**RSVP:** Please notify (name, cell phone number, and email address) if you plan to attend so we don't start without you. If you change your mind and do not attend also, report to (name).

**Hike Leader:** (Include cell phone number.)

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### **Don Robinson Park HIKE**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Don Robinson State Park upper parking lot by bathrooms and old house

**Meeting time:**

**Time of Departure:**

**Description:** Sandstone Canyon hike in Don Robinson State Park. About four miles (may add more visiting wet weather waterfall in canyon) Trail is primarily dirt/rock with uphill leaving canyon. Interesting area donated by the inventor of OFF cleaning products. Picturesque canyon and surrounding hills.

#### **Directions:**

- From MO 141 and I 44
- Continue west on I 44
- Exit 264 to MO 109 South
- Right onto State Hwy FF
- Left onto State Hwy F
- Continue straight onto Lynch Rd
- Right on Byrnesville Rd
- Right into Park
- Approximately 20 Miles or 30 Minutes from MO 141 and I 44, according to Google Maps

**Experience Level:** Moderate to difficult

**Stops:**

**Hazards:**

**Other:** • Hiking boots or shoes and hiking poles are advised. Dogs on leash are welcome. Bring water and snacks.

**Hike Leader:** (Include cell phone number.)

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**Fenton Park HIKE**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Fenton City Park and Meramec Greenway

**Meeting time:**

**Time of Departure:**

**Description:** Flat hike on paved trail. Approximately 3 -5 +/- miles. Can easily be shortened.

**Directions:**

- I-44 West from I-270. Cross the Meramec River
- Take the immediate first exit for N. Hwy Dr./Soccer Park Rd. (Exit#275).
- Right onto Soccer Park Rd. for 0.4 mi.
- At the T, right on Yarnell Rd. for 1.3 mi
- Currently the Fenton Park Entrance is closed. Turn right on Larkin Williams after golf course and then left into a side park entrance.
- Take a first left to the large building with restrooms.
- Heated restrooms may be available at Fenton Park and portable toilets at George Winter Park and Mini Ha Ha Park at rest stops.

**Experience Level:** EASY

**Stops:**

**Hazards:**

**Other:**

**Hike Leader:** (Include cell phone number.)

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## **Forest Park Hike**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Forest Park Visitors Center, 5595 Grand Drive, St. Louis, MO

**Meeting time:**

**Time of Departure:**

**Description:** We will walk the park's 6+ mile perimeter path with some deviations to visit scenic, historic and lesser known sites within the park. Path is both paved and gravel, mostly flat with some gradual hills.

### **Directions:**

- The Visitor Center (Dennis and Judith Jones Visitor and Education Center) (yellow building with clock tower) is behind and to the east of the Missouri History Museum on Lindell Blvd. about halfway between Kingshighway Blvd. and Skinker Blvd.
- Park across from the Center.
- The address is 5595 Grand Drive.

**Experience Level:** EASY

**Hazards:**

**Stops:**

**Other:** Dogs on leash welcome. Bring water and snack to carry with you. Restrooms at Visitors Center

**Hike Leader:** (Include cell phone number.)

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## Greentree-Meramec Parkway Hike

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Greentree Park Public fishing access, 2202 Marshall Rd, Kirkwood, MO 63122

**Meeting time:** 9:30

**Time of Departure:** 10:00

**Description:** This is a flat, mostly paved walk along the Meramec Greenway in Kirkwood/Valley Park, 7 miles possible; people can shorten as desired- an out and back walk. Dogs are permitted on leash. Bring water and snacks if desired. Leader will walk in the rain unless it's a gully washer, feel free to call if conditions are questionable.

### Directions:

- Heading East on I-44
- Take Exit #272
- Left on Highway 141 for approximately 0.7 miles
- Right on Marshall Road for about 0.2 miles
- Veer Left on Beckett Memorial Drive about 0.1 miles (or a block)
- Right St. Louis Ave for about 1 mile then becomes Marshall
- Continue another 1.4-ish miles
- Right into Greentree Park Public fishing access parking area. (Restrooms, if open)

OR

- Heading West on I-44
- Take Exit #278
- West on Big Bend Blvd approximately 2 miles.
- Go left on Marshall approximately 1.2 miles
- Left into Greentree Park Public fishing access parking area. (Restrooms, if open)

OR

- Heading South on 270
- Exit #7
- Right on Big Bend for approximately 0.5 miles
- Go left on Marshall approximately 1.2 miles
- Left into Greentree Park Public fishing access parking area. (Restrooms, if open)

OR

- Heading North on 270, there is no exit for Big Bend, you pass it, then turn around.
- Take Exit #8
- L-Dougherty Ferry, cross over highway x 1 block
- Go North on 270 to Exit #7
- Right on Big Bend for approximately 0.5 miles
- Go left on Marshall approximately 1.2 miles
- Left into Greentree Park Public fishing access parking area. (Restrooms, if open)

**Hike Leader:** (Include cell phone number.)

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### **Horseshoe Lake/Walker Island Hike**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Horseshoe Lake State Park picnic/trailhead parking across causeway on Walker Island.

**Meeting time:**

**Time of Departure:**

**Description:** Easy, flat 4-mile loop trail through a variety of habitats (woods, prairie, marsh, swamp and fields) that make up Walker Island, the center of Horseshoe Lake State Park.

**Directons:**

- East crossing the Mississippi River on Interstates 64, 44, 70 and 55 entering Illinois.
- After 3.5 miles keep left to continue on I-55 North????Take Exit 6 (Ill Hwy. 111 ) toward Wood River/Pontoon Beach.
- After 3.2 miles turn Left into Horseshoe Lake State Park
- At “T” turn left continue across causeway to Picnic/Parking area and trailhead.

**Experience Level:** EASY

**Hazards:**

**Stops:**

**Other:**

**Hike Leader:** (Include cell phone number.)

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**Laumeier Sculpture Park Hike**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Laumeier Sculpture Park, Sunset Hills, MO

**Meeting time:** 9:15 am

**Time of Departure:** 9:30 am

**Description:** Hike a mostly flat, grassy paved trails with some natural, wooded sections with a couple of hills as well while enjoying sculpture along the way. Walk as short or long a hike as you want under 5 miles. If you don't get enough here, we can drive a short way to the Watson Trail, Russell Emmenegger Park, or Powder Valley.

**Directions:**

- From Hwy 44, take the Lindbergh Blvd. exit 277B going south for .5 miles
- Turn right on Rott Road (stoplight) for .5 miles.
- Left into first parking lot (12580 Rott Road, 63127).
- Park on this level. There are two more lots (upper and lower)

**Experience Level:** EASY

**Stops:**

**Hazards:**

**Other:**

**Hike Leader:** (Include cell phone number.)

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**Lewis and Clark Hike**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Lewis and Clark Trailhead, Weldon Springs, MO

**Meeting time:**

**Time of Departure:**

**Description:** Hike a moderately strenuous hike in Weldon Springs, MO of 5+ miles

**Directions:**

- West on Hwy 40/I-64 past the Missouri River
- Take Hwy 94 exit south about 2 1/4 miles to the trailhead on the left I (1.2 miles south of Hwy D.)

**Experience Level:** MODERATE to DIFFICULT    strenuous with some hills.

**Hazards:**

**Stops:** Overlook of Missouri River and Katy Trail

**Other:** Bring water and a snack. **No Restrooms.** Could use restrooms at the Weldon Spring Interpretive Center (by the mountain of Rock), 2 miles south of Hwy 94 and 40 on your right. This is where we start for the Hamburg Trail. Do not bring valuables in your car. Be sure to lock your vehicle. Hiking boots or shoes and hiking poles advised.

**Hike Leader:** (Include cell phone number.)

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## Lone Elk Park Hike

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Lone Elk Park, White Bison Trailhead near the Visitor Center

**Meeting time:**

**Time of Departure:**

**Description:** Hike is about 4 miles, Terrain is hilly and rough, earth and rock

### **Directions:**

- Take I-44 west of I-270
- Take Exit #272 towards Hwy 141
- Keep right, following signs for N Outer Road.
- At the 1st roundabout, take the 2<sup>nd</sup> exit onto the North Outer Service Road (the 1<sup>st</sup> exit is Buder Park)
- At the 2<sup>nd</sup> roundabout, take the 1<sup>st</sup> exit staying on the Outer Service Road going west.
- Continue to Lone Elk Park Road
- Right on Lone Elk Park Road passing the Wild Bird Sanctuary on your right.
- Left into the park (tower on your left, and cattle guard crossing)
- At the V, keep left, continuing counter clockwise, following the main road around the lake to the White Bison Trailhead by the Visitor Center.

**Experience Level:** DIFFICULT

**Stops:** As needed to regroup and/or rest.

**Hazards:** Keep your distance from the elk. Vere off path if necessary.

**Other:** Hiking boots and sticks are advised. Restrooms open at Visitor Center.

**Hike Leader** (Include cell phone number.)

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**Park 66 Hike from Eureka**

Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.

**Starting Location:** Old Towne Eureka across from the Circle K.

**Meeting time:** 9:45 am

**Time of Departure:** 10:00 am

**Description:** Walk 4 or more miles on flat trails from Old Town Eureka into Park 66 and return. All paved. There is an unpaved path in the park along the Meramec River you might like to try. In the past we have started at the park. By starting by the Circle K gas station, we will have warm drinks and restrooms at the start and the end. You might like to order carry outs in Eureka before you leave for home. Sarah's has added to their menu. I'm told it's fantastic.

**Directions:**

- West on I-44 to the Eureka exit (Exit #264).
- Left or south on Hwy 109 (Hwy W).
- Cross under highway continuing south for .7 miles.
- Turn right onto S. Central (traffic light).
- Park at the pull in parking spots on Central across from the Circle K.

**Experience Level:** EASY Flat and paved unless you want to walk the gravel section of the park near the Meramec River.

**Hazards:**

**Stops:**

**Other:** Restrooms are available at the start and end of the hike . Bring water and a snack. Porta Potty available halfway into the hike at Park 66. Many eating options if you are interested in getting carry outs after hike.

**Hike Leader:** (Include cell phone number.)

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## **Park 66 HIKE**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location: Park 66**

**Meeting time:**

**Time of Departure:**

**Description:** Hike two different loops, paved and unpaved through Park 66 for about 4 miles. If we want more miles we can continue into Old Town Eureka and even hike through 3 nearby parks (Lions Park, Legion Park, and Drewel Park before returning to Park 66.

**Directions:** to the park

- West on I-44 to the Eureka exit (Exit #264).
- Left or south onto HWY 109 (hwy W).
- Cross under I-44 and immediately turn left onto the entrance ramp for eastbound I-44.
- Once you're on eastbound I-44, take the very next exit for Williams Rd. (exit # 265).
- Then take an immediate left on the south outer road.
- Follow the outer road east then turn left and cross under the two Meramec River bridges.
- Continue until the T intersection with the main park road, turn right and go a short distance (0.2 mi) to the parking lot with restrooms.

**Experience Level:** EASY

**Stops:**

**Hazards:**

**Other:**

**LEADER:** (Include cell phone number.)

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**Powder Valley Hike**

Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.

- **Starting Location:** Meet at the Powder Valley Conservation Nature Center Visitor Center Parking Lot.
- **Meeting time:**
- **Time of Departure:**
- **Description:** Flat and hilly hike on 3 paved trails. 2.3 miles total. Hilly on two trails.
- **Directions:**
  - From the intersection of Interstates 44 & 270, go east on 44. (Watson is currently closed between 270 and Geyer)
  - Exit onto Lindbergh.
  - Right on Lindbergh
  - Take Watson Rd. (Mo 366) exit
  - Right on Watson
  - Right on Geyer for 220 yds.
  - Left on Cragwold Rd. for 1 mi. to nature center entrance on right.
  - Meet at the Powder Valley Visitor Center Parking Lot.

**Experience Level:** EASY TO MEDIUM

**Stops:**

**Hazards:**

**Other:** Outdoor Restrooms at beginning of hike nearest the Visitor Center door and also in the Center.

**Ride Leader:** (Include cell phone number.)

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## Salt Lick Spring Hike

Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.

**Starting Location:** Salt Lick Trailhead near of underground office park near Old Valmeyer, IL

**Meeting time:** 9:45 am

**Time of Departure:** 10:00 am

**Description:** We will hike a rocky, and hilly trail with one steep hill that can be avoided and several stream crossings where you balance from rock to rock. One to two miles are flat. These are very scenic trails in the Old Valmeyer, IL area. 5 Miles if all trails are hiked. Boots and sticks are recommended. **The wildflowers should be in bloom in early April! Bring a picnic lunch to eat in a nearby park afterwards.**

### Directions:

- Take I-270/255 South East across JB Bridge
- Exit 6, Columbia/Hwy 3 driving 2 miles passing Marketplace.
- Right on Valmeyer Road for 1 mile.
- Left onto Bluff Rd for about 13 miles
- Go Left on Limestone Road at a large sign "Rock City. " There is also a small Salt Lick sign.
- Take an immediate left into the parking lot. If you pass Margraphics at the park or reach 156 you've gone too far.

**Experience Level: MODERATE TO DIFFICULT**

**Stops:** Snack break near New Valmeyer halfway into hike.

**Hazards:** Rocks may be slippery when crossing the stream.

**Other:** Hiking boots or shoes and hiking poles are advised.

**Hike Leader:** (Include cell phone number.)

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## Shaw Nature Reserve Hike

Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.

**Starting Location:** Visitors' Center at Entrance to Shaw Nature Reserve, Gray Summit, MO

**Meeting time:**

**Time of Departure:**

**Description:** We will hike some of the Reserve's 17-mile trail system through a variety of habitats including prairie, glades, and woodlands along gravel roads and dirt paths down to the Meramec River and back for approximately 4 miles. Rest rooms available.

**Directions:**

- I-44 west of I-270, Hwy-100/Gray Summit Exit #253
- Left on Hwy 100 over bridge
- Right on South Outer Rd / Old Hwy 100
- Left into Reserve.

**Experience Level:** EASY TO MODERATE with some steep portions

**Stops:**

**Hazards:**

**Other:**

- Hiking boots or shoes and hiking poles are advised.
- Please bring a lunch and water in a day pack as we will stop to eat in route. \$3 entrance fee for Seniors. Garden members admitted free. Bring your membership card.
- No dogs

**Hike Leader:** (Include cell phone number.)

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**Lewis and Clark Hike**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Lewis and Clark Trailhead, Weldon Springs, MO

**Meeting time:**

**Time of Departure:**

**Description:** Hike a moderately strenuous hike in Weldon Springs, MO 5.2 miles for the short version. 7.5 miles for the long version.

**Directions:**

- West on Hwy 40/I-64 past the Missouri River
- Take Hwy 94 exit south about 2 1/4 miles to the trailhead on the left I (1.2 miles south of Hwy D.)

**Experience Level:** MODERATE TO DIFFICULT strenuous with some hills.

**Stops:** Overlook of Missouri River and Katy Trail

**Hazards:**

**Other:** Bring water and a snack. **No Restrooms.** Could use restrooms at the Weldon Spring Interpretive Center (by the mountain of Rock), 2 miles south of Hwy 94 and 40 on your right. This is where we start for the Hamburg Trail. Do not bring valuables in your car. Be sure to lock your vehicle.

**Hike Leader:** (Include cell phone number.)

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**St Genevieve Hike**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Pickle Springs Natural Area, St. Genevieve, MO 1st parking lot after entering park.

**Meeting time:** Better to be early than late.

**Time of Departure:**

**Description:** We will hike 3.5 miles in Pickle Springs, then drive to Hickory Canyons for 3 more miles. This a moderately hilly hike.

**Directions:**

- Take I-55 south from 270/255.
- Take exit 154 for Missouri O toward St. Genevieve for .3 miles.
- Turn right onto State Rd O/State Rte O for 6 miles.
- Turn right onto MO-32 W for 10 miles
- Turn left onto State Highway AA for 1.6 miles.
- Turn left onto Dorlac Road. for .4 miles where you will arrive at Pickle Springs Natural Area. MEET AT THE FIRST PARKING LOT.

**Experience Level:** MODERATE

**Stops:**

**Hazards:**

**Other:**

- **RSVP to (name, cell phone number, email address) if you plan to attend.** If you change your mind, please report this to (name).
- PortaPotty available at start of hike
- Bring water and lunch to carry with you.
- Hiking boots and poles suggested. Moderately hilly.

**Hike Leader:** (Include cell phone number.)

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**Stacy Park Loop Hike**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Stacy Park Olivette, MO

**Meeting time:**

**Time of Departure:**

**Description:** 4-mile loop hike beginning in Olivette’s Stacy Park. We will hike the park’s half mile paved trail with optional side jaunt to the park’s Nature Trail. From Stacy we walk thru Olivette’s shady neighborhoods including its paved bike trail looping back to Stacy Park.

**Directions:**

- From I-64 north on I-170
- Take Exit 3 for MO-340W.
- Left onto MO-340W/Olive Blvd. for 1.5 miles
- Left onto Old Bonhomme Rd.
- Right into Stacy Park.

**Experience Level:** EASY Mostly level, paved trail and/or sidewalks, Leisure walkl.

**Stops:**

**Hazards:**

**Other:** Bring water and snacks. Restrooms in park

**Hike Leader:** (Include cell phone number.)

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**Queeny Park Hike**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Queeny Recreational Complex parking area.

**Meeting Time:**

**Time of Departure:**

**Directions:**

- From the intersection of I-270 and Manchester Road, go west on Manchester for 2.4 miles
- Right turn north on Weidman Rd for 0.7 miles to the park entrance.
- Meet at the parking lot across from the Queeny Recreation al Complex.
- **Description:** We will hike the park’s well-marked trails through a variety of habitats: woodlands, grasslands. Some hills, gravel as well as dirt trails.
- **Description:** We will hike the park’s well-marked trails through a variety of habitats: woodlands, grasslands. Some hills, gravel as well as dirt trails.

**Experience Level:** EASY TO MODERATE 4 - 5 miles. Opportunities to shorten distance if needed. Some hills.

**Stops:** Occasional stops to regroup.

**Hazards:**

**Other:** Restrooms available at Recreational Complex. Dogs on leash are okay. Bring snack, water bottle. Hiking boots or shoes and hiking poles are an option.

**Ride Leader:** (Include cell phone number.)

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**Tower Grove Park and Beyond Hike**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** Southeast corner of Flag Circle at Main Drive at the large red-&-white gazebo (Turkish Pavilion). Plenty of curbside parking on Main Drive.

**Meeting time:**

**Time of Departure:**

**Description:** Henry Shaw's legacy in St Louis City will be explored in this very easy hike of 3 - 5 miles (or more). A complete loop of Tower Grove Park can be followed by the perimeter of Missouri Botanical Garden and/or a walk in the Southwest Garden neighborhood. Restrooms may not be available.

**Experience Level:** EASY

**Directions:**

- From I-64 or I-44 exit Kingshighway south.
- Turn left at the light on Magnolia. The park will now be on your right.
- Drive east .5 mi. then turn right on Center Cross Drive into the park. Flag Circle will be straight ahead.
- Enter the circle then turn east into Main Drive. The gazebo will now be on your right.

**Experience Level:** EASY Paved Paths

**Stops:**

**Hazards:**

**Other:**

**Ride Leader:** (Include cell phone number.)

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**West Tyson County Hike**

**Participation in STLRC Rides & Hikes is at your own risk. STLRC assumes no liability.**

**Starting Location:** West Tyson County Park. From the north end of parking area follow the paved trail to the Flint Quarry Trail trailhead.

**Meeting time:**

**Time of Departure:**

**Description:** The dirt and rock Flint Quarry Trail ascends a forested ridge for 1.5 miles where it joins the Chubb Trail to loop back to the parking area. Total miles: 2.6 miles with option for more.

**Directions:**

- From the intersection of I-44 and I-270, head west on I-44 for about 9.5 miles to the Lewis Rd exit (Exit # 266)
- At top of exit ramp, turn right then bear left on old Hwy 66 for 0.1 miles to park entrance on your right.
- Follow the paved road for 0.1 mi then right at the fork (sign for Roth Lodge & Group Campsite) for 0.2 mi. to the parking lot near the restrooms.

**Experience Level:** MODERATE

**Stops:**

**Hazards:**

**Other:** Dogs on leash permitted. Trail is easy to moderate. May be muddy. Hiking boots or shoes and hiking poles are advised. Restrooms available.

**Ride Leader:** (Include cell phone number.)

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