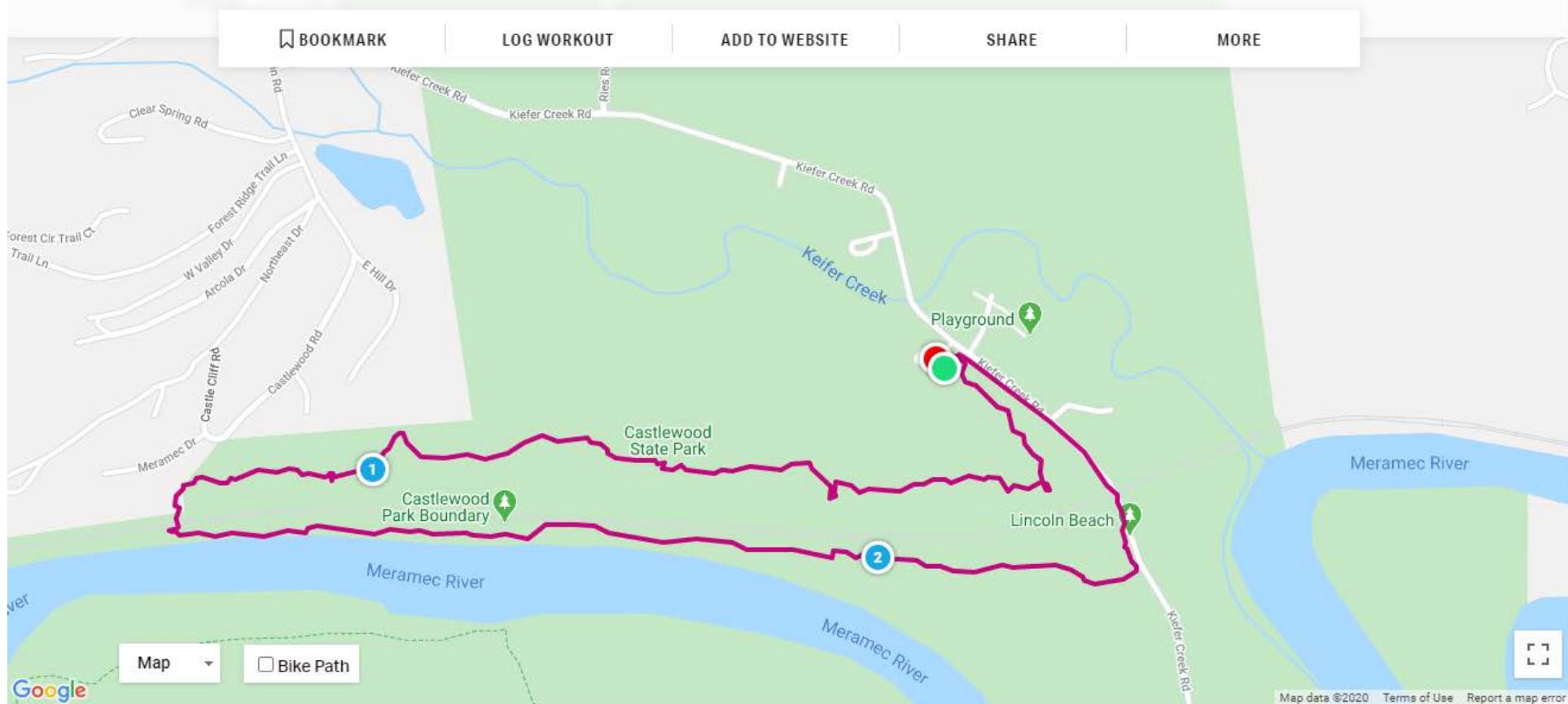


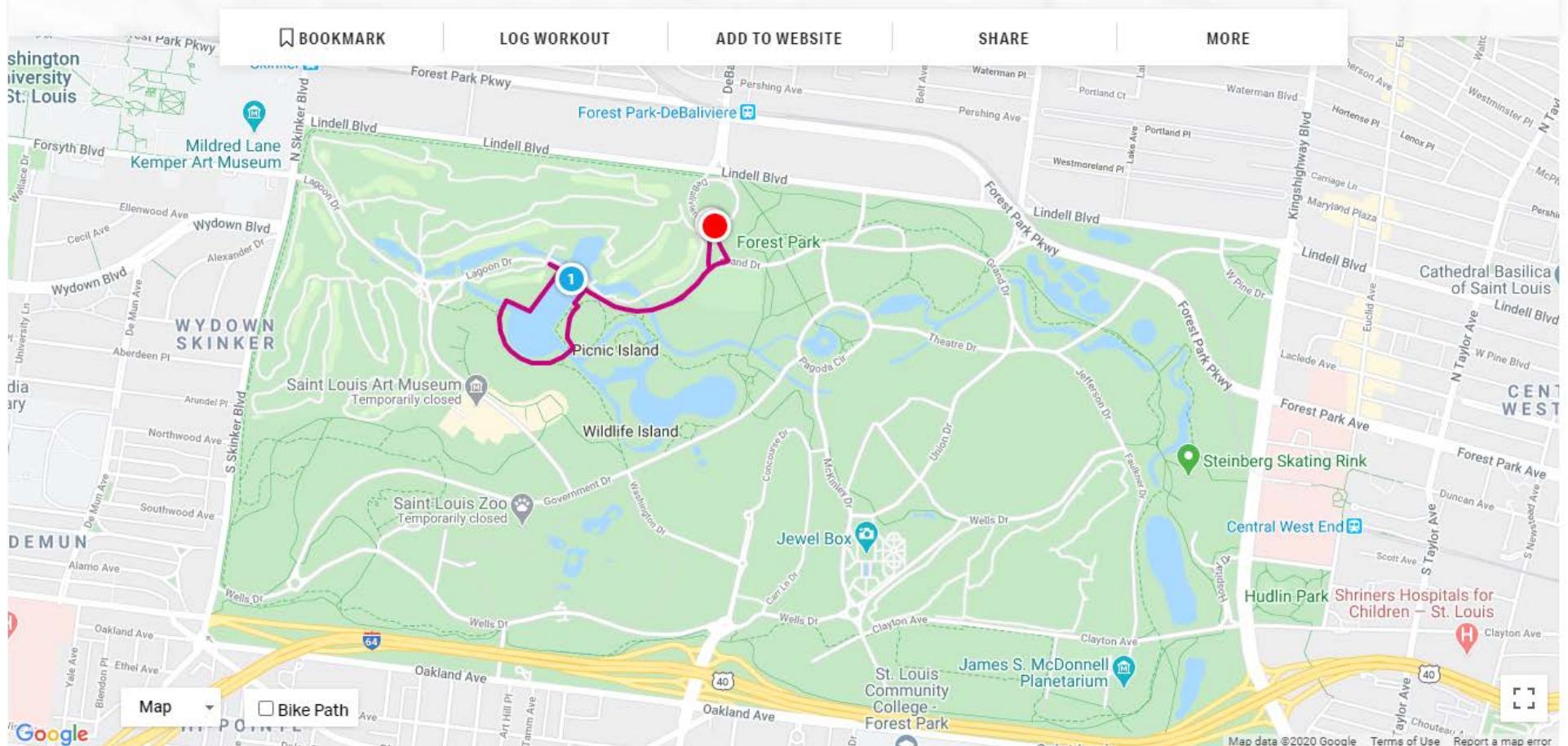
CASTLEWOOD STATE PARK RIVER SCENE TRAIL

2.58 miles



FOREST PARK - GRAND BASIN

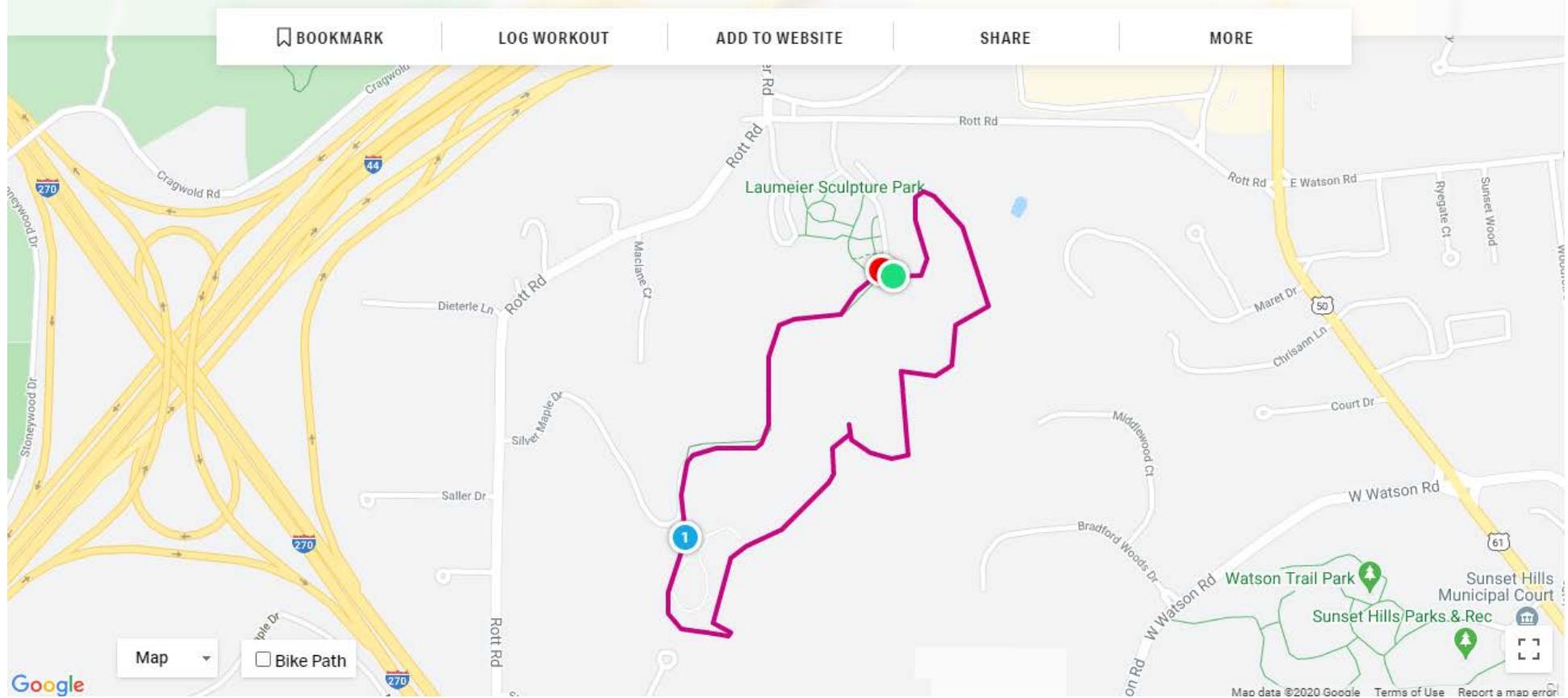
1.42 miles



LAUMEIER PARK 30/30 HIKE

1.36 miles

This is hike number 25 on the St. Louis County Parks 30/30 hike program. It's a pretty easy hike with little elevation. The entire trail is either gravel or paved.



GRANT'S TRAIL

3.26 miles

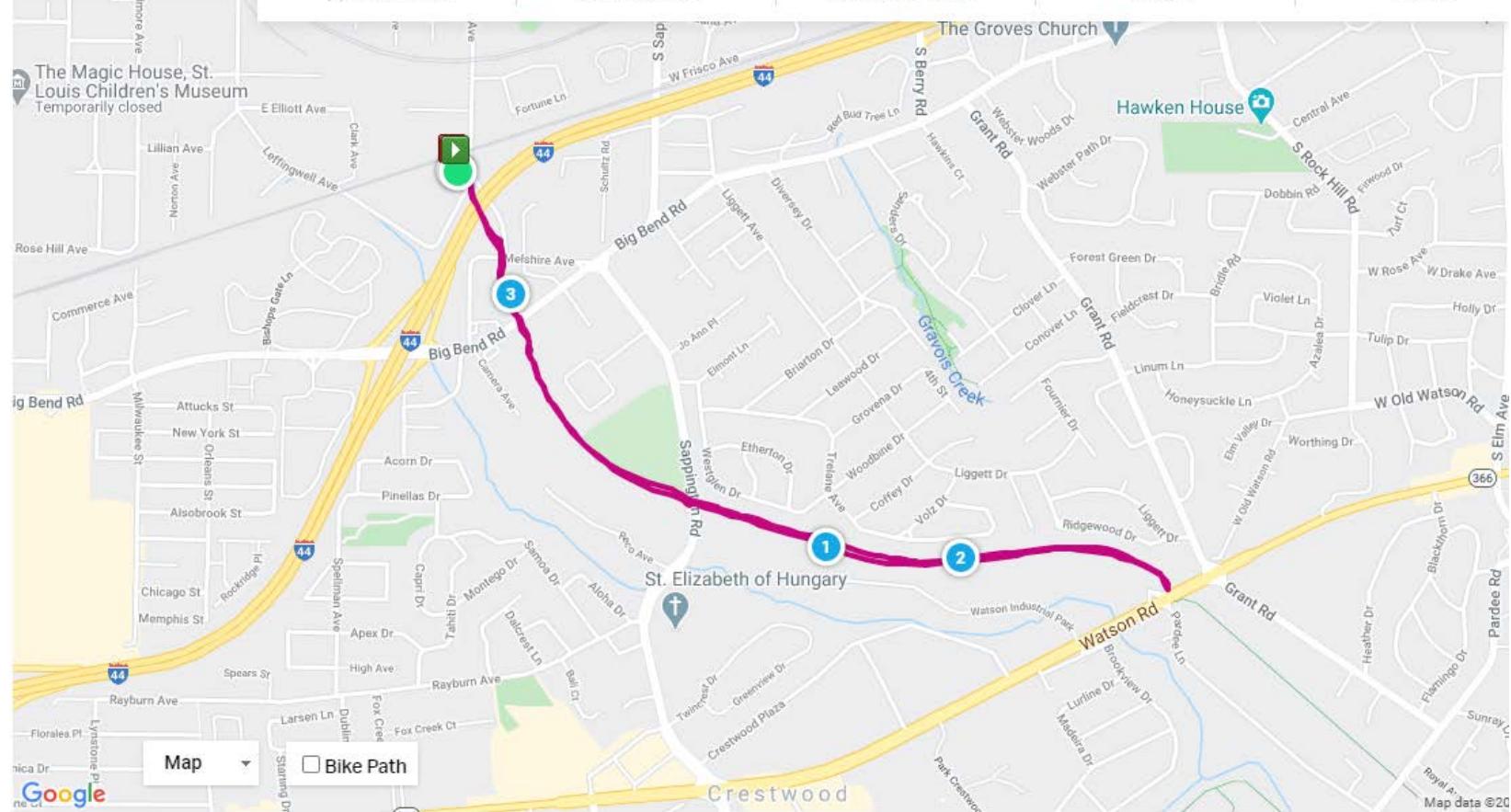
BOOKMARK

LOG WORKOUT

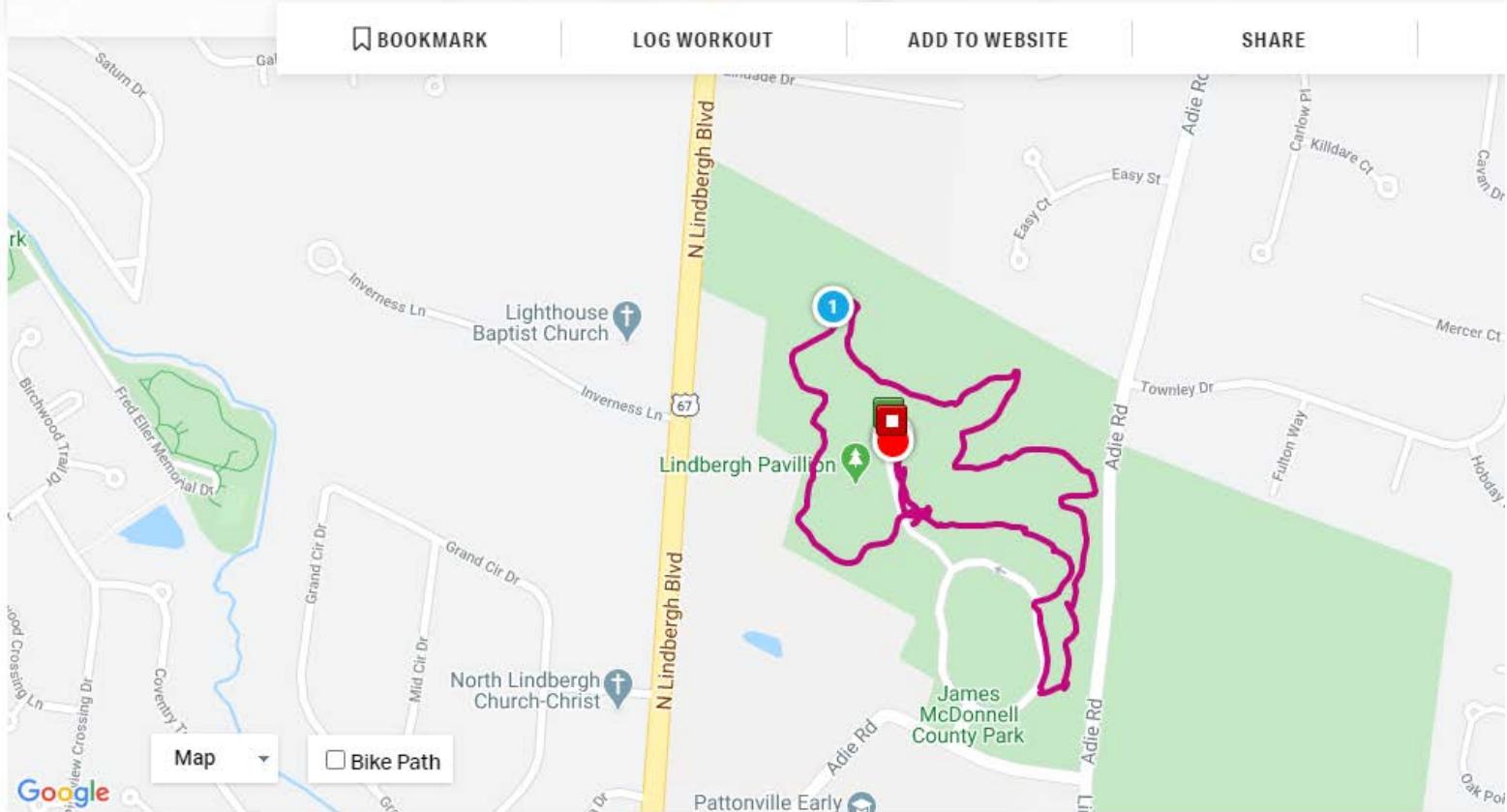
[ADD TO WEBSITE](#)

SHARE

MORE

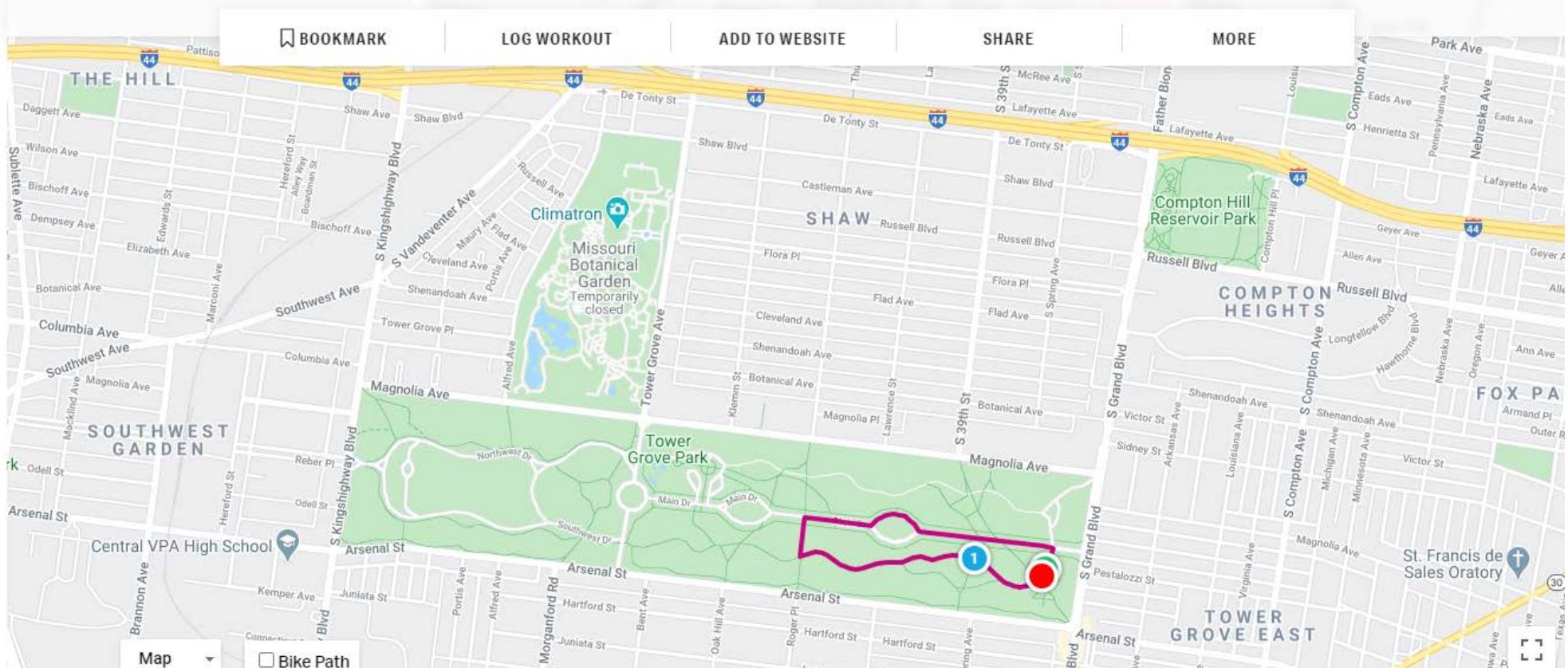


1.47 MI RUN ON 6/9/2013MINERVA30/30@MCDONNELL PARK



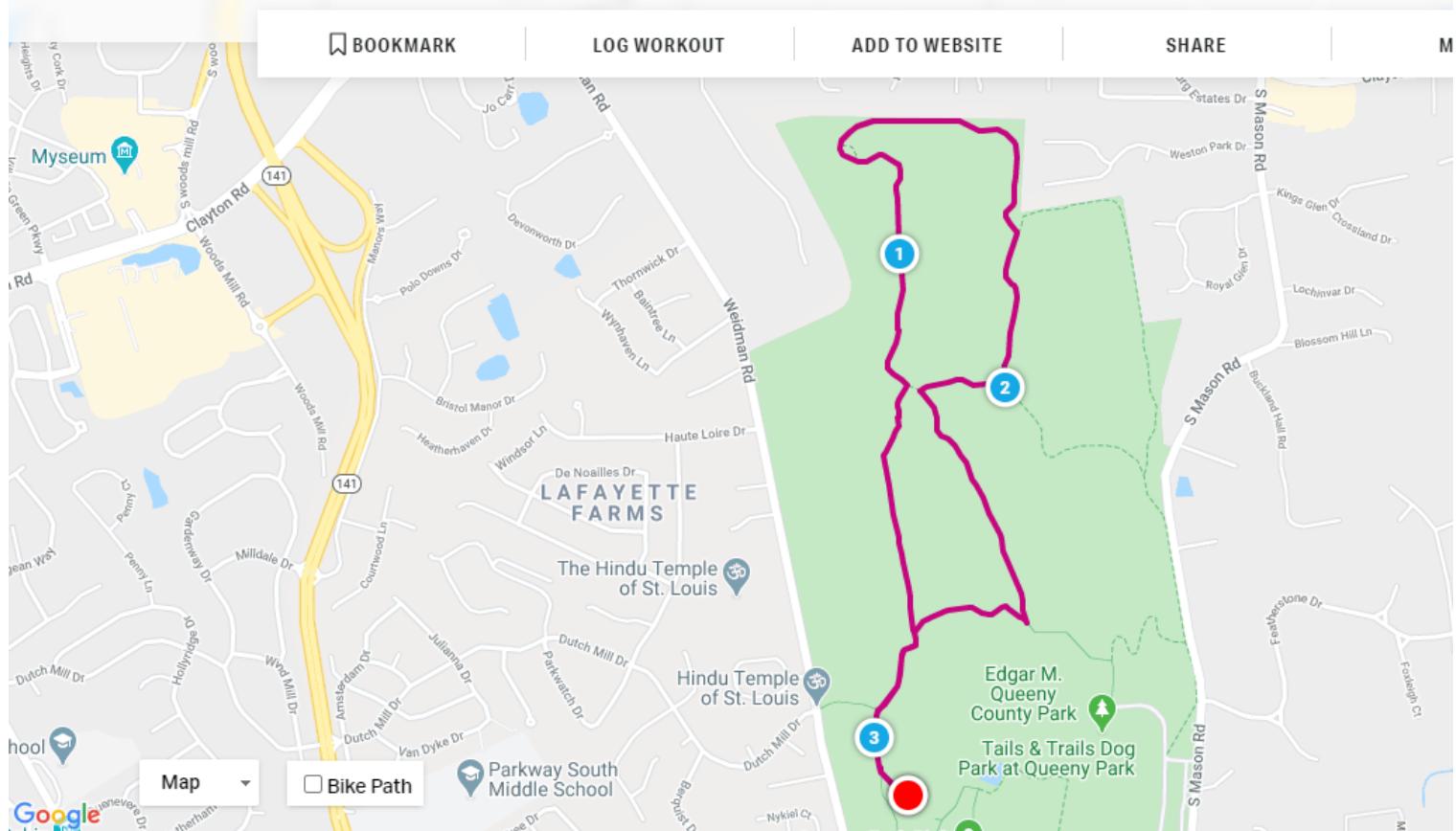
TOWER GROVE- 5K INTERVAL ROUTE

1.51 miles



QUEENY PARK 5K 3.12 miles

• A tour through the nothern pathes of Queeny Park. A smooth and quick course until later in the race when the trails get rougher and steeper.



VETERANS LOOP

1.25 miles

