



## CMT Spring 2017 Ten Toe Express Walking Schedule

**NOTE: Please RSVP for SPECIAL WALKS by following the instructions provided. RSVPs not required for weekly walks unless requested by the walk leaders. In addition, you must be registered in the Ten Toe Express Spring 2017 program in order to participate in any walks.**

**ALL WALKS ARE SUBJECT TO CHANGE THROUGHOUT THE SESSION.**

### **Additional information to keep in mind:**

- Please be sure to read the walk leader's instructions for each walking group, as each have a different process for participating.
- CMT's Ten Toe website and Facebook page will always have the most current information on any changes to the walk schedules
  - CMT Facebook page - <https://www.facebook.com/STL.CMT>
  - Ten Toe Express website - <http://tentoes.cmt-stl.org/>
- In the case of inclement weather, walks may be cancelled. If there is any question about the walk, contact your walk leader to discuss.
- Many walks are vigorous, please plan accordingly and take any health conditions into consideration.

### **Spring 2017 Special Ten Toe Walks** (check online for updates):

RESERVATIONS MUST BE MADE IN ADVANCE at [tentoes.cmt-stl.org](http://tentoes.cmt-stl.org).

#### **April 6, 8:35 am – Spring 2017 Kick Off Walk! “A Grand view of Grand Center: Behind the Scenes Tour of the Grand Center Arts & Culture District”**

CMT kicks off the Spring 2017 Session of the Ten Toe Express with a special walk in Grand Center Arts District.

Explore what Grand Center has to offer as we roam from Strauss Park at Washington and Grand to the Locust Business District to the Contemporary Art Museum and the Pulitzer. We'll check out Robert Bullivant's Gallery, the new .ZACK Theatre space, and Arts Academy Plaza, as well.

Walking tour will be led by Matthew Kerns, Director of Community Engagement and Programming at Grand Center.

**RSVP Required.**



**When:** Thursday, April 6, 2017

**Meeting time:** 8:35 a.m.

**Where to meet CMT:** Grand MetroLink Station

**Length of Walk:** 2 miles, approximately 2 hours long

**Walk Capacity:** 25 people

CMT kicks off the Spring 2017 Session of the Ten Toe Express with a special walk in Grand Center Arts District. We'll catch the #70 MetroBus from the Grand MetroLink Station to Strauss Park. From Strauss Park at Washington and Grand, we'll walk east on Washington to Compton with a stop at Robert Bullivant's Gallery to see the current exhibit. Then we'll head to Locust and walk east up Locust through the Locust Business District, and check out the new .ZACK Theatre space and the MOTO Museum. We'll also walk past the Nine Network Public Media Commons, follow the art walk to CAM & the Pulitzer, pass the Arts Academy Plaza, and return to Strauss Park.

For those who are interested, some of us will be sticking around for the **Laurence Hobgood Trio** performance at 11:00 am that morning at Jazz at the Bistro — just adjacent to Strauss Park. This performance is part of the Thursday Morning Coffee Concert series. **Buy tickets to see the Laurence Hobgood Trio at Jazz at the Bistro:** Call the box office at 314.571.6000 or email [boxoffice@jazzstl.org](mailto:boxoffice@jazzstl.org).

**This walk has limited capacity.**

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## **April 25, 1:15 pm – NEW WALKING GROUP Kick Off Walk from DELMAR STATION! Tour of Downtown St. Louis with Landmarks Association**

Join Ten Toe Express's newest walking group on a tour of historic Downtown St. Louis sponsored and led by the Landmarks Association!

As we kick off the new Ten Toe Walking Group, we'll depart from the Delmar MetroLink station at 1:30 pm and meet our tour guide, Rick, in front of Union Station. From there, we'll depart on a two hour long tour of Downtown West. Highlights include: Union Station, Peabody Opera House, City Hall, Soldiers Memorial, Central Library, Campbell House Museum.

**RSVP Required.**

**When:** Tuesday, April 25, 2017

**Meeting time:** 1:15 p.m.

**Where to meet CMT:** Delmar MetroLink Station

**Length of Walk:** 2 miles, approximately 2 hours long

**Walk Capacity:** 15 people

**This walk has limited capacity.**

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## May 4, 10:00 am – Tour the Washington University Medical Center Campus

Join CMT and AARP for the Ten Toe Express Special Walk: May 4 Tour of the Washington University Medical Center Campus

**When:** Thursday, May 4, 2017

**Where to meet CMT:** Central West End MetroLink Station, top of the stairs

**Time:** 10:00 am

**Length of Walk:** around 1.25 miles

**Walk Capacity:** 15 people



### RSVP Required

4th year MD/PhD student and CMT member Mr. Umber Dube will lead us on a tour of the Washington University Medical Center where we'll get to see elements of architectural design across the campus, as well as different facilities, including the Becker Medical Library, Shell Café and Nobel Laureate Hall of Fame, BJH Cafeteria, Children's Hospital, Center of Advance Medicine, Eric P Newman Education Center, and the Farrell Learning and Teaching Center.

**This walk has limited capacity.**

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## JUNE date TBA – “Test Out” the Loop Trolley before its Grand Opening

**When:** TBA

**Where to Meet CMT:** Forest Park MetroLink Station

**Time:** TBA

**Length of Walk:** around 1 mile

**Walk Capacity:** 25 people



Stay tuned for more info!

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# AARP St. Louis Breakfast Bunch



## Saturday morning AARP Breakfast Bunch walks:

Explore new areas of St. Louis, get in some exercise, and have a good meal with the AARP St. Louis Breakfast Bunch. On select Saturdays this spring, AARP volunteer-led groups of Ten Toe participants will ride the MetroLink then walk to one of our many great St. Louis area restaurants to enjoy a yummy breakfast with great company.

AARP St. Louis is proud to be serving as the presenting sponsor of this great program which promotes healthy behaviors and encourages us to maintain an active lifestyle.

- Breakfast Bunch walks with AARP St. Louis meet on select Saturdays. For the Spring 2017 Ten Toe Express session, we'll meet on:
  - April 15 – Destination: Our Lady of the Snows
  - May 20 – Destination: Forest Perk Café (at the Forest Park Visitors Center)
  - June 17 – Destination: Blueberry Hill
  
- Details to know:
  - Meet at the Shrewsbury Station at 8:30 a.m. on walk days, and return back to the station no later than 12:00 p.m.
  - Participants pay for their own food, so bring some cash!

## Spring Weekly Walk Groups:

**NOTICE:** Walk leaders plan trips to specific destinations using the Metro Transit System. If you plan to travel with one of the walk groups, please join them at the location where the group begins their walk.

**Please DO NOT ask:**

1. For driving directions to the destination
2. For parking availability at the destination
3. To meet the group at the destination
4. To meet the group at a transfer point or along the way.

If you do require special accommodations, please contact the walk leader in advance to see if a specific walk will meet your needs.

### **STARTING POINT: Belleville MetroLink Station on Fridays**

Walk leader Mary Blaies leads the walks from the Belleville Station. The group will meet at the ticket kiosks on Fridays at 9:00 am. If you have questions about this walking group, please email [mblaies.stclairaging@yahoo.com](mailto:mblaies.stclairaging@yahoo.com).

Destination	Date of Walk	Day	Time	Walk Leader
Piccione Pastry (St. Louis)	April 7	Friday	9:00 am	Mary Blaies
Lakeview Cemetery (Illinois)	April 14	Friday	9:00 am	Mary Blaies
IKEA (St. Louis)	April 21	Friday	9:00 am	Mary Blaies
Blues Museum (St. Louis) \$10.00	April 28	Friday	9:00 am	Mary Blaies
Soulard	May 5	Friday	9:00 am	Mary Blaies
NO WALK	May 12	Friday	NO WALK	Mary Blaies

Le Cole Culinary school	May 19	Friday	9:00 am	Mary Blaies
Olive Oil Market Place (Illinois)	May 26	Friday	9:00 am	Mary Blaies
TBA	June 2	Friday	9:00 am	Mary Blaies
Botanical Gardens MO (IL, discount admission)	June 9	Friday	9:00 am	Mary Blaies
Metro-link Bike Trail Illinois	June 16	Friday	9:00 am	Mary Blaies
TBA	June 23	Friday	9:00 am	Mary Blaies

## **STARTING POINT: Brentwood MetroLink Station on \*MOST\* Wednesdays**

Norm and Joan Krumrey are the walk leaders of the Brentwood group. They meet walkers at the Ticket Vending Machines at the Brentwood Station. Walks are moderate and include a stop for lunch. The cost of the lunch is the responsibility of each participant. Time involved is 3 – 4 hours. An email is sent prior to each week’s walk. If you wish to receive a notice please send your email address to [krumrey@att.net](mailto:krumrey@att.net), NOTE: This schedule is subject to change. NOTE OCCASIONAL DAY CHANGES.

Destination	Date of Walk	Day	Time	Walk Leader
Old Court House	April 12	Wednesday	9:00 am @ Brentwood Station	Norm & Joan
St. Louis Art Museum Free general admission, Degas Impressionism exhibit is \$13.00	April 19	Wednesday	9:00 am	Norm & Joan
St. Nicolas Greek Church <i>Please RSVP.</i>	April 26	Wednesday	9:00 am	Norm & Joan
NO WALK	May 3	Wednesday	NO WALK	
Mungenast Motorcycle Museum	May 11	THURSDAY	9:00 am	Norm & Joan
Mahler Ballroom	May 17	Wednesday	9:00 am	Norm & Joan
Dad’s Cookies	May 24	Wednesday	9:00 am	Norm & Joan
McDonnell Prologue Room	May 31	Wednesday	9:00 am	Norm & Joan
NO WALK	June 7	Wednesday	NO WALK	
TBD	June 14	Wednesday		
TBD	June 21	Wednesday		
TBD	June 28	Wednesday		

**NOTICE:** Walk leaders plan trips to specific destinations using the Metro Transit System. If you plan to travel with one of the walk groups, please join them at the location where the group begins their walk.

**Please DO NOT ask:**

1. For driving directions to the destination
2. For parking availability at the destination
3. To meet the group at the destination
4. To meet the group at a transfer point or along the way.

If you do require special accommodations, please contact the walk leader in advance to see if a specific walk will meet your needs.

**STARTING POINT: Forest Park MetroLink Station - Every Wednesday (repeat Weds. walks on some Thursdays)**

Unless noted, Mary Fran Balmer will meet her group on the platform. This group walks between 2 and 5 miles and always schedules a lunch stop. Plan on 3-5 hours each trip.

If you are interested in a walk, please email Mary Fran at [10tentoesmfb@att.net](mailto:10tentoesmfb@att.net) shortly before each walk for full details. **Leader will be at starting point, rain or shine!**

Destination	Date of Walk	Day	Time	Walk Leader
Need only train tickets - no bus transfer Cross Eads Bridge, stop in Old Cathedral, walk Arch grounds. Visitors Center for ID badges, exchange expired tickets. CMT office to register. Lunch at Bailey's Range Walk 3-4 miles with many stops.	April 12	Wednesday	10:00 am	Mary Fran Balmer
Walk above repeats on Thursday, April 13	April 13	THURSDAY	10:00 am	Mary Fran Balmer
Need 2 hour ticket to transfer to bus Green Center in University City. Walk through prairie, wetlands, demonstration gardens, urban bird corridor, and Ruth Park Woods Lunch at Pasta House on Delmar Walk about 4 miles.	April 19	Wednesday	10:00 am	Mary Fran Balmer
Walk above repeats on Thursday, April 20	April 20	THURSDAY	10:00 am	Mary Fran Balmer
Need 2 hour ticket to transfer to bus Walk in Benton Park Area---Blues City Deli/Joey Valenza's Pizza Distance still TBD - <b>Email me just before walk</b>	April 26	Wednesday	10:00 am	Mary Fran Balmer
Walk above repeats on Thursday, April 27	April 27	THURSDAY	10:00 am	Mary Fran Balmer
Belleville and Richland Creek Greenway Trail. (Details to come. Email walk leader.)	May 3	Wednesday	10:00 am	Mary Fran Balmer



Walk above repeats on Thursday, May 4.	May 4	THURSDAY	10:00 am	Mary Fran Balmer
Cross McKinley Bridge and eat at Crown Candy. Details to come. Email walk leader.	May 10	Wednesday	10:00 am	Mary Fran Balmer
Walk above repeats on Thursday, May 11.	May 11	THURSDAY	10:00 am	Mary Fran Balmer
Sheldon Coffee Concert – <b><i>sold out. Contact leader for spot on waiting list.</i></b>	May 17	Wednesday	10:00 am	Mary Fran Balmer
Danforth Plant Science Center – lunch on the campus. <b><i>Free but need to register.</i></b>	May 24	Wednesday	10:00 am	Mary Fran Balmer
Walk above repeats on Thursday, May 25.	May 25	THURSDAY	10:00 am	Mary Fran Balmer
Bus trip to Giant City State Park, Makanda IL. Limited space – email leader.	May 31	Wednesday		Mary Fran Balmer
Explore cemeteries on Rock Road. Details to come. Email leader.	June 7	Wednesday	10:00 am	Mary Fran Balmer
Walk above repeats on Thursday, June 8.	June 8	THURSDAY	10:00 am	Mary Fran Balmer
Longview Farms and Principia campus. Details to come. Email leader.	June 14	Wednesday	10:00 am	Mary Fran Balmer
Walk above repeats on Thursday, June 15	June 15	THURSDAY	10:00 am	Mary Fran Balmer
Missouri Botanical Garden – <b><i>Garden of Glass</i></b> Details to come. Email leader.	June 21	Wednesday	10:00 am	Mary Fran Balmer
Walk above repeats on Thursday, June 22	June 22	THURSDAY	10:00 am	Mary Fran Balmer
Horse Hooky at Fairmount Park Limited space – email leader.	June 27	TUESDAY		Mary Fran Balmer

## **STARTING POINT: Rock Road MetroLink Station on Sundays**

The Rock Road Station walks will be led by a team of walk leaders. Each walk leader will add his/her own flair to the walks. These walks will occur on Sundays at 2:45 pm and will be family friendly unless specified otherwise.

Please contact Ted Simpson at Beyond Housing if you are interested in this group. He can be reached by phone at (314) 643-8614 and by email at [tsimpson@beyondhousing.org](mailto:tsimpson@beyondhousing.org).

<b>Destination</b>	<b>Date of Walk</b>	<b>Day</b>	<b>Time</b>	<b>Walk Leader</b>
Wash U Centennial Trail	April 9	Sunday	3:00 pm	April Taylor
NO WALK	April 16	Sunday	3:00 pm	NO WALK
Central West End	April 23	Sunday	3:00 pm	Marylin Potter
The Grove	April 30	Sunday	3:00 pm	Barbara Fleming
Shaw Park	May 7	Sunday	3:00 pm	Marla Smith
NO WALK	May 14	Sunday	3:00 pm	NO WALK
Eads Bridge	May 21	Sunday	3:00 pm	Marla Smith
NO WALK	May 28	Sunday	3:00 pm	NO WALK
TBA	June 4	Sunday	3:00 pm	Beverly Burbridge
Riverfront	June 11	Sunday	3:00 pm	Robin Dees
NO WALK	June 18	Sunday	3:00 pm	NO WALK
TBA	June 25	Sunday	3:00 pm	Beverly Burbridge

**Alternate walk locations in event of inclement weather:** Galleria mall, Union Station, St. Louis Mills, St. Louis Art Museum. Group will meet at Rock Rd. Station as scheduled.

## **STARTING POINT: Shrewsbury MetroLink Station on \*MOST\* Mondays**

Dan O'Connor leads this group and e-mail the group several days before each walk. If new, e-mail them to get on the list. Dan can be reached at [panad65@yahoo.com](mailto:panad65@yahoo.com) or 314-729-0085. Some walks will require an RSVP AFTER the weekly e-mail is sent, a few days before their walks. You are encouraged to get on the e-mail list for the latest information.

All walks meet at Shrewsbury Landsdowne MetroLink Station unless otherwise noted.

These walks are 'moderate calorie burners'. Be at the METRO stop at the times listed....NOTE TIMES MAY VARY ON LIST. Walks will be canceled by 8 am if inclement weather. Dan's walks usually meet near the bus stops close to Landsdowne.

**\*\*\*NOTE: Dan's walks are very popular. Please let him know via email ([panad65@yahoo.com](mailto:panad65@yahoo.com)) if you are planning to attend walks with his group regularly so he can plan accordingly.**

Destination	Date of Walk	Day	Time	Walk Leader
Washington Ave ( Conv Center to Union Station)	April 10	Monday	8:45 am	Dan O'Connor
Forest Park-Jewel Box	April 17	Monday	8:45 am	Dan O'Connor
Central West End ( 2nd Presbyterian Church & Mosaic Museum)	April 24	Monday	8:45 am	Dan O'Connor
St. Louis Library Tour	May 1	Monday	8:45 am	Sandy & Jim Harrington
Grand/Olive ( Big Bros/Big Sisters)	May 8	Monday	8:45 am	Dan O'Connor
Total Accessible Apt ( 6 North)	May 15	Monday	8:45 am	Dan O'Connor
Residential Clayton (3 miles)	May 22	Monday	8:45 am	Sandy & Jim Harrington
NO WALK – MEMORIAL DAY	May 29	Monday	NO WALK	
Concordia Seminary/DeMun Tower	June 5	Monday	8:45 am	Dan O'Connor
Eads Bridge/Fountain (NOTE TIME)	June 12	Monday	10:10 am	Dan O'Connor
UMSL Astronomy	June 19	Monday	8:45 am	Dan O'Connor
Grand-South Grand	June 26	Monday	Time TBA	Dan O'Connor

# NEW WALKING GROUP!

## STARTING POINT: Delmar MetroLink Station on Tuesday afternoons

Meet at Delmar MetroLink near the ticket machines on Des Peres St. by 1:15 pm on each walk day.

While our other Ten Toe Express routes are scheduled weekly, this new route will meet mostly every other week. Scheduled stops include Gateway Greening’s Demonstration Garden, Cathedral Basilica, Eagleton Federal Courthouse, Citygarden & Kiener Plaza, and more. And what better way to kick off the new route than with a tour of Downtown St. Louis lead by the Landmarks Association of St. Louis!

Walk leader: Sara Feagans ([feagans@slu.edu](mailto:feagans@slu.edu))

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Destination	Date of Walk	Day	Time	Walk Leader
Tour of Downtown St. Louis with Landmarks Association	April 25	Tuesday	1:15 pm	Sara Feagans
Central West End, Cathedral Basilica	May 2	Tuesday	1:15 pm	Sara Feagans
Parks in Downtown St. Louis	May 16	Tuesday	1:15 pm	Sara Feagans
Tour of Gateway Greening’s demonstration garden	May 30	Tuesday	1:15 pm	Sara Feagans
Tour of Eagleton Federal Courthouse	June 13	Tuesday	1:15 pm	Sara Feagans
TBA	June 27	Tuesday	1:15 pm	Sara Feagans

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