



Ten Toes Express to Tower Grove Park – East

TOTAL WALK DISTANCE: .85 / 1.5 / 2.1 miles

Tower Grove Park is a Victorian walking park, a gift to St. Louis from Henry Shaw. Among the stately trees are curving paths and ornated picnic pavilions. The east entrance presents an easy way to get oriented: a path parallel to Main Drive takes you to three imposing statues. The east entrance is reached by taking # 70 MetroBus from Grand Station or the # 30 MetroBus from Shrewsbury (7 days a week).

Directions:

- Take the MetroLink to the Grand Station.
 - Board the #70 MetroBus at the MetroLink station.
 - Exit # 70 MetroBus on Grand Avenue between Magnolia and Arsenal
- OR:**
- Take the MetroLink to Shrewsbury Station, then transfer to MetroBus #30 Soulard.
 - Exit # 30 MetroBus on Arsenal near Grand.
 - Walk via Grand to the huge stone pillars marking the east entrance of Tower Grove Park and turn into the park.
 - Follow Main Drive west to the statue of Columbus. Returning to Grand from this point completes .85 mile.

To Increase Your Steps:

Continue on Main Drive to the statue of Humboldt. Returning to Grand from this point completes 1.5 miles.

- Continue on Main Drive to the statue of Shakespeare at Center Cross Drive.
- Circle the statue by crossing Center Cross Drive carefully at the stop signs.
- Follow Main Drive east to return to Grand completing 2.1 miles.

The Stupp Center near Grand & Arsenal offers senior walks and activities during the week: 314-771-4410.

