

# Explore the Meramec Greenway: Glencoe to Sherman Beach



Take in the scenic views of the soaring limestone bluffs, wildflowers in the springtime, and the ever-changing views of the Meramec River.



## MEDIUM TRIP

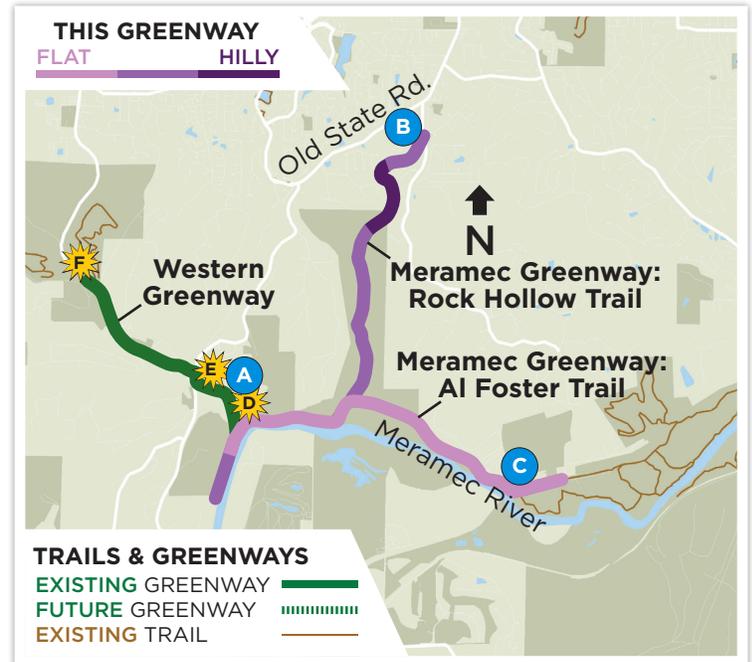
- 4.5 miles from **A** to **C** and back
- 2.5 hour walk/45 minute bike

## LONG TRIP

- 6.5 miles from **A** to **B** and back
- 3.5 hour walk/75 minute bike

## TRAIL SURFACE

Rock Hollow trail surface is asphalt separated from the road. Al Foster trail surface is gravel separated from the road.



## EXPLORE & ENJOY

### Trailheads

- A** **Al Foster Memorial Trailhead:** 225 Grand Avenue, Wildwood, MO
- B** **Rock Hollow Trailhead at Ridge Meadows Elementary School:** 777 Ridge Road, Ellisville, MO
- C** **Sherman Beach Park Trailhead:** 1582 St. Paul Road, Ballwin, MO

### Points of Interest

- D** **Miniature Railroad**
- E** **Glencoe City Park**
- F** **Rockwoods Reservation**



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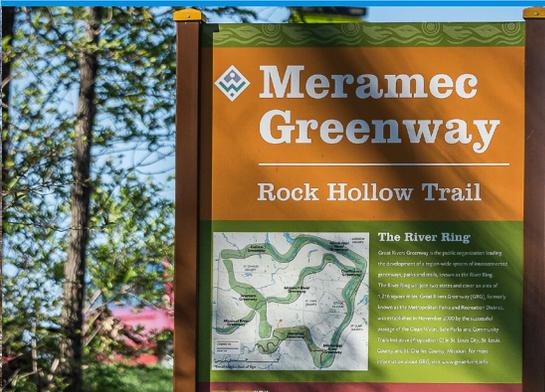
### WHILE YOU'RE EXPLORING

- » **Look for white-tailed deer,** songbirds, birds of prey, and other wildlife along the greenway
- » **Take a ride** on the miniature Wabash, Frisco and Pacific Steam Railroad and explore history
- » **Go fishing** on the Meramec River
- » **Look up** to see an abundant variety of birds in this Audubon Society-designated Important Bird Area along this section of the Meramec Greenway
- » **Grill out or play** on the playground in Glencoe City Park
- » **Continue on** the Cedar Bluff or Stinging Nettle Trails
- » **Look out** for Zombie Road ghosts

**NATURE:** Great Rivers Greenway is working with partners and volunteers to restore bottomland forest habitat along the Meramec Greenway by removing woody invasive species and planting native trees and shrubs.

**CULTURE:** This section of the Meramec Greenway is also known as the Al Foster Trail, named for a local journalist and outdoor enthusiast who engaged community members in cleaning the Meramec River.

**HISTORY:** Over eons, Hamilton Creek has eroded a break in the limestone bluffs near where the Meramec and Western Greenways meet. For many generations of Native American people, this was one of the few natural pathways through the bluffs to get to and from the Meramec River. In the early 1800s, a ferry boat at the bottom of this pathway carried passengers across the river.



**Greenways are outdoor spaces connecting people and places.** Each greenway is unique, reflecting the character of the communities it connects. Greenways can include **trails, conservation projects** such as rain gardens and restored prairies, **amenities** like restrooms and drinking fountains, and **connections** to businesses, neighborhoods, parks, schools, waterways and transit. There are over 120 miles of greenways throughout St. Louis City, St. Louis County and St. Charles County for you to explore and enjoy.