

# Shepherd's Center Walk the Parks October 2018



## Walk the Parks

*Led by Jane Done and Gina Ferguson*

Dust off your walking shoes. Exercise, Explore Nature, Enjoy Meeting Fellow Walkers. Walking schedules will be planned on a monthly basis. Wear appropriate walking shoes, bring a water bottle and dress for the weather. All participants will be required to complete a standard waiver of liability form. Cancellations due to inclement weather will be posted on the Shepherd Center's homepage, [www.shepherdscenter-wk.org](http://www.shepherdscenter-wk.org)

*Walk the Parks is a free program offered by the Shepherd's Center, donations are accepted. All proceeds from Shepherd's Center programs help support our free transportation and simple home repair services.*

### **Kirkwood Park Walk**

West Adam and Geyer Rd, 63122

Wednesday, October 03, 2018, 10:00 AM

**Meet in the parking lot near the path around the lake.** We will walk on paved and unpaved paths with some hills. The walk will take us by the stream on the South and up by the playground on the North ending with a loop around the lake. 2 miles.

*\*For those that prefer a shorter walk on flatter surface they may return back to the parking lot on the same path before the path continues up the hill and off the paved surface.*

### **Powder Valley Conservation Center**

11715 Cragwold Rd, Kirkwood, 63122

Wednesday, October 10, 2018, 10:00 AM

**Meet in the parking lot by the Visitors Center.** This park has wonderful paths of varying lengths and difficulties so there's something for everyone who would like a peaceful walk/hike in the woods. We will decide which path to take depending on the group.

*\*All paths have some hills.*

### **Creve Coeur Lake**

13725 Marine, 63146

Wednesday, October 17, 2018, 10:00 AM

**Meet at the Sailboat Cove parking lot near the picnic tables.** We will walk on the paved, level trail around the lake. Lunch on your own at the Lakehouse afterwards optional. 3 miles.

*\*Walkers can always walk as far as they would like and then return back on the same path rather than making it all the way around the lake for the full 3 miles.*

## **Queeny Park**

550 Weidman Road, St. Louis, 63131

Wednesday, October 24, 2018, 10:00 AM

**Meet at the Mason Road side Parking Lot (turn left into parking lot as soon as you enter the park)**

Starting out from the Mason Road side and heading toward the north the trail passes through a long field before heading into the woods. We will cut off at White Oak Trail to make a smaller loop out of Hawk Ridge Trail. Trail begins a slow descend down to Owl Creek. Again this is one of the mature woodlands in the park. The trail crosses the creek and continues through the woods before reconnecting with Hawk Ridge Trail on the west side of the park. A little over 2 miles with some hills and unpaved paths.

*\*There is a trail half way thru the walk that can take you pack to the parking lot if the walk is too long for some.*