



2026

TrailLink Unlimited 

Guides



**Forest Park**  
*Missouri*



## Forest Park

Missouri

*Located in the center of St. Louis, Forest Park is one of the largest urban parks in the United States. Explore the 1,300-acre park via its*



monuments, landmarks, playgrounds, dining options, and restrooms.

Forest Park provides opportunities for a variety of recreational activities including walking, running, cycling, tennis, baseball, cycling, fishing, soccer, rugby, golf, archery, boating, and more. Bike and boat rentals are available. Pets on leashes are welcome.

There is no admission fee and the park is open from 6am to 10pm.

Located in the center of St. Louis, Forest Park is one of the largest urban parks in the United States. Explore the 1,300-acre park via its trail system, which includes a paved asphalt outer loop, a gravel outer loop, dedicated bike lanes on the park's roads, paved asphalt multiuse connector paths, and a variety of other connector pathways whose surfaces vary. A boardwalk runs through the Prairie Complex along one of the park's numerous bodies of water and includes the restored Victorian Footbridge.

The park is home to the St. Louis Zoo, the Missouri History Museum, the Muny Opera, an art museum, a science center, a planetarium, a skating rink, a tennis center, golf courses, scenic water features, and natural beauty. There are numerous picnic areas, statues and



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by Rails-to-Trails Conservancy

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## Forest Park

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**States:** Missouri

**Counties:** St. Louis

Length: 10miles

**Trail end points:** 5595 Grand Dr to Lindell Blvd  
& S Kingshighway Blvd

**Trail surfaces:** Asphalt, Boardwalk, Concrete,  
Gravel

**Trail category:** Greenway/Non-RT

**Trail activities:** Bike, Fishing, Inline  
Skating, Walking, Wheelchair Accessible

## Parking & Trail Access

The St. Louis Metro system provides easy access to the park with bus stops located within the park itself. Visit the [Metro website](#) to plan your trip.

For those driving, parking is available at several lots throughout the park.