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## **Cycling St. Louis: The Complete Guide to St. Louis Area Road Rides, Bike Paths, Mountain Biking Trails and Other Two-Wheel Getaways (Show Me Series)**

*Margo Carroll*

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**Margo Carroll : Cycling St. Louis: The Complete Guide to St. Louis Area Road Rides, Bike Paths, Mountain Biking Trails and Other Two-Wheel Getaways (Show Me Series)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Cycling St. Louis: The Complete Guide to St. Louis Area Road Rides, Bike Paths, Mountain Biking Trails and Other Two-Wheel Getaways (Show Me Series):

0 of 1 people found the following review helpful. Cycling St LouisBy Mr. G. A. PittThe pricing was a farce. \$0.74 for the publication and \$12.49 for the shipping.Not a very helpful guide at all.

CYCLING ST. LOUIS There has never been a better time to explore St. Louis by bike. With many new greenway projects, trails and park paths developed in recent years, now is a great time to rediscover St. Louis. CYCLING ST. LOUIS includes bike routes, paved park paths, road routes and mountain biking trails for every skill level-from weekend saunterers to competitive road cyclists. This is not only a comprehensive guide for "cyclists," but also for those who may need to dust off their bike and air up the tires to explore the wonderful parks, historic areas, and off-the-beaten path communities in and around St. Louis. Included are a before-the-ride checklist, ride descriptions of more

than 40 cycling routes, along with things to see, possible hazards, approximate pedaling times, and skill-level ratings.

"...a tremendous resource for bike enthusiasts everywhere. Carroll offers a fresh look at regional bicycle trails, routes and rides." -- Deb Ridgway, MetroBIKE  
"CYCLING is a must for area cyclists...comprehensive guide will assist and entice cyclists to get out and get crankin!" -- Steve Tiemann, St. Louis County Park Ranger  
"Carroll has put together a wonderful cycling guide. All you have to do is get on your bike and enjoy." -- Lee Isselhardt, Schwinn/GT Bicycle Company  
"These wonderful bike paths have been one of the areas best kept secrets until now! Finally we have a guide." -- Bev Moore, Illinois Trails Conservancy  
About the Author  
Margo Carroll has been a photographer for as long as she can remember. She says what drives her is the enjoyment she gets sharing what she sees with others. Margo has raced bikes since she was 14, including BMX, road and mountain bikes and has been ranked number 2 nationally. "I enjoy mostly just riding, enjoying the sights, sounds and smells of the forest. Mountain biking is such a wonderful experience, it can take you places you will never see in a car. I enjoy riding in all the different seasons and enjoying the wildflowers or the quiet crispness of a winter day," Margo said. Margo was also one of the founders of the Midwest Mountain Bike Club, back in the 1980s. This group was the first of its kind in this area and was instrumental in establishing mountain biking relationships with area land managers, and bringing people together. The Club also promoted a 12-race series each year and the State Championships for several years. Margo founded and is very involved with the Womens Riding Network, a group of women who cycle in the St. Louis area. She is also a sales representative at Riteway Products, a division of GT. Her photography is featured in Brett Dufurs book *Show Me Mountain Biking*, including the cover. *Cycling St. Louis* is her first book. Throughout her work and play, her goal remains the same. "I enjoy sharing the great joys of cycling with others. As Ghandi said, "We must be the change we wish to see in the world." Excerpt. Reprinted by permission. All rights reserved.  
**FOREST PARK**  
Starting Point: Forest Park, St. Louis, Missouri. Directions to Starting Point: Interstate 64 to Kingshighway north. Make left hand turn into park. There are also entrances to the park off Hampton, Lindell and Skinker. There are several parking lots located around the park including lots by the Muny, Steinberg Rink, the History Museum and at the Art Museum. Approximate Pedaling Time: 45 minutes to 1 hour. Distance: 8.5 miles. (Outer loop 7 miles, Inner loop 1.5 miles). Ride Description: Paved multi-use path with some hills. This path circles around the large historic park, and has a second smaller inner loop. Things to See: Forest Park is one of Americas largest city parks. The park was purchased for \$850,000, and was dedicated in 1876. In 1900 a large portion of the park was cleared in preparation for the 1904 Worlds Fair. Of the original 1,576 buildings that were constructed for the fair, the ones remaining today are the Art Museum, the Grand Basin, the Bird Cage and a few buildings at Washington University. In 1911, the U.S. National Championships bicycle race was held in the park. Many more races have been held in the park, including one that went all the way out to Labadie, Missouri. In the 1800s, so many bicyclists frequented the park, that walkers called them "road hogs." Things to see include the Jewel Box, a wonderful glass building housing plants and seasonal displays; the Worlds Fair Pavilion, the Art Museum and the History Museum in the Jefferson Memorial. The St. Louis Zoo and the Science Center with the Planetarium are great places to take the kids. Enjoy scenic lake views and wildlife in the park. Hazards: Bicyclists, walkers, runners and rollerbladers share this trail. It gets very busy. Additional Thoughts: Drinking water and restrooms are available throughout the park. This is the premiere park in St. Louis and a major tourist attraction. The paved path is an extremely popular place on nice days a good place for the whole family. Some of the hills may be a bit of a challenge for younger children. Take a picnic lunch for a day-long adventure. There may be an admission fee to some of the park attractions. Contact Info: City of St. Louis Parks Recreation and Forestry, 5600 Clayton Ave. St. Louis, MO 63110. (314) 289-5300. Terrain: Mostly flat with a big hill at the Planetarium and another hill along Skinker. Rating: Moderate.