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Did you know that St. Louis County Parks offers a program devoted to promoting fun, family and a healthy lifestyle? Our **30/30 Hikes** program designates 30 trails in St. Louis County that take about 30 minutes to complete.

Cut out this page and use it as your punch card at the beginning of each trail. Once all 30 are punched, you can exchange your punch card for a 30/30 patch at Affton Community Center! By the end of your journey you will have obtained 15 hours of exercise, enjoyed 55 miles of St. Louis County Parks trails and will have gained countless memories. For more information, visit our website at www.stlouiscountymo.gov/parks

- | | |
|--|--|
| 1 Belle Fontaine Park
1039 Landwehr Dr. 63137 | 16 Queeny Park 2
550 Weidman Rd. 63011 |
| 2 Champ Park
3991 Grand National Dr. 63034 | 17 Tilles Park
9551 Litzinger Rd. 63124 |
| 3 Ft. Belle Fontaine Park
13002 Bellefontaine Rd. 63138 | 18 West Tyson Park (Chubb Trail)
131 N Outer Rd. East 63025 |
| 4 McDonnell Park
2961 Adie Rd. 63074 | 19 Bee Tree Park
2701 Finestown Rd. 63129 |
| 5 Sioux Passage Park
17930 Old Jamestown Rd. 63034 | 20 Buder Park (North)
1919 Valley Park Rd. 63026 |
| 6 Spanish Lake Park 1 (Lakeside)
12636 Spanish Pond Rd. 63136 | 21 Cliff Cave Park
806 Cliff Cave Rd. 63129 |
| 7 Spanish Lake Park 2 (Spanish Trace)
12650 Spanish Pond Rd. 63136 | 22 Officer Blake Snyder Memorial Park
9801 Green Park Rd. 63123 |
| 8 St. Vincent Park
7335 St. Charles Rock Rd. 63133 | 23 Grant's Trail
10451 Tiffany Village Ct. 63123 |
| 9 Creve Coeur Park 1 (Sailboat Cove)
13725 Marine Ave. 63146 | 24 Jefferson Barracks Park 1 (N. Dennis Schick)
251 Cy Rd. 63125 |
| 10 Creve Coeur Park 2 (Mallard Lake)
2160 Creve Coeur Mill Rd. 63146 | 25 Jefferson Barracks Park 2 (S. Dennis Schick)
20 Hancock Rd. 63125 |
| 11 Faust Park
15185 Olive Blvd. 63017 | 26 Laumeier Sculpture Park
12580 Rott Rd. 63127 |
| 12 Greensfelder Park (Visitor Center)
Hencken & Allenton Rd. 63088 | 27 Lower Meramec Park
4800 Meramec Bottom 63128 |
| 13 Lone Elk Park
1 Lone Elk Park Rd. 63088 | 28 Simpson Park 1 (Blue Heron)
1234 Marshall Rd. 63088 |
| 14 Love Park
2239 Mason Ln. 63021 | 29 Simpson Park 2 (River Walk)
1235 Marshall Rd. 63088 |
| 15 Queeny Park 1
1675 S Mason Rd. 63131 | 30 Suson Park
6073 Wells Rd. 63128 |