



welcome

St. Louis is bursting with one-of-a-kind attractions, restaurants and entertainment options for you to explore before and after your conference duties are done. We hope you'll find this booklet helpful as you navigate your way around St. Louis. And if you should need any additional visitor information, please stop by our visitor center on the first floor – near the Washington Avenue entrance of America's Center – and speak with one of our friendly destination specialists.

Enjoy your stay!

weather

The St. Louis region experiences four distinct seasons, including moderate springs, sunny and warm summers, cool and comfortable autumns and milder winters. No matter what time of year you visit, it's usually a good idea to bring a jacket because when it's warm outside, we're not shy about turning down the air conditioning.

Winter	25-42 degrees
Spring	50-66 degrees
Summer	69-88 degrees
Fall	50-68 degrees

stay connected

www.fox2now.com

www.kmov.com

www.ksdk.com

www.ninepbs.org

www.fox2now.com

www.abcstlouis.com

BROADCAST TV

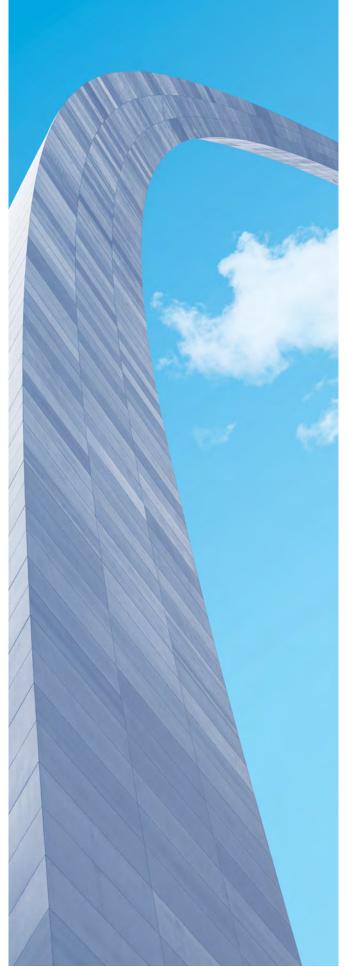
Channel 2 / KTVI, Fox Channel 4 / KMOV, CBS Channel 5 / KSDK, NBC Channel 9 / KETC, PBS Channel 11 / KPLR, CW Channel 30 / KDNL, ABC

NEWSPAPERS

St. Louis Post-Dispatch www.stltoday.com Local and national daily news

Riverfront Times www.riverfronttimes.com Alternative weekly – local arts and entertainment

St. Louis American www.stlamerican.com The largest local independent newspaper for the African-American community



getting around



TAXIS

For taxi service, contact the following recommended companies:

St. Louis County & Yellow Taxi (314) 991-5300 www.countycab.com

Laclede Cab

(314) 652-3456

www.lacledecab.com

BUS

The MetroBus fleet consists of nearly 400 buses operating 75 bus routes. Many MetroBus routes connect to MetroLink stations. Go to www.metrostlouis.org to view a description of how Metro can connect you with many great attractions in the St. Louis area.

METROLINK

A one-way ride on the MetroLink light-rail system costs \$2.50 (except for the airport to downtown, which costs \$4.00). Tickets may be purchased at each station and must be validated with a time stamp before boarding. Trains, in the downtown area, run every 10 minutes during the day. Early morning and late night service runs every 30 minutes. For schedule information, log on to www.metrostlouis.org or call (314) 231-2345.

DRIVING

Downtown St. Louis is a square grid pattern, with north/south streets generally numbered from the river westward. (Exceptions are Broadway, which is 5th Street, and Tucker, which is 12th Street.) Most streets are one way and alternate directions every other street. Rush hour is 7-9 a.m. and 4-6 p.m. East-west street addresses correspond to north-south cross streets (e.g. 600 Olive is at 6th and Olive).

WALKING

Many downtown attractions such as the Gateway Arch, Soldiers Memorial Military Museum, Citygarden, Union Station and the Old Courthouse are also within eight to ten blocks of the Convention Center.

PARKING

Abundant parking is available in high-rise garages and on surface lots throughout downtown.

Parking meters are available on the streets and generally have a two-hour time limit that is strictly enforced. Parking at most meters in the City of St. Louis is free after 7 p.m., Monday-Saturday, and all day on Sunday.

personal safety

The St. Louis Metropolitan Police Department encourages visitors and residents to observe the following safety suggestions:

- Pay close attention to your surroundings.
- Carry as few items as possible.
- Avoid shortcuts that take you through alleys, gangways, and other unlit, isolated areas.
- Carry a small amount of cash, and only the credit cards that you intend to use.
- Make sure belongings in your car are properly stored away from view.
- Park at one of 15 Preferred Downtown Parking Facilities that meet both the security and service standards our guests expect.
- Panhandling is illegal in St. Louis. Do not encourage or reward panhandling.
- Call or text (314) 280-4817 to request a safety officer to walk with you to your destination.

area attractions

For a complete listing of St. Louis attractions, go to www.explorestlouis.com.

ANHEUSER-BUSCH BREWERY

One Busch Place | (314) 765-2040 www.budweisertours.com

Built in 1852, the Anheuser-Busch complex consists of nearly 150 structures on 142 acres. The Clydesdale Stables, the Brewhouse and the Administration Building (the former Lyon's Schoolhouse) are all on the National Register of Historic Places. The outdoor patio, The Biergarten, is a truly unique space that offers a charming view of an urban landscape as you kick back and enjoy the premium beers and fare from the full menu.

ARMORY STL

3660 Market St. | (314) 282-2720 www.armorystl.com

The Armory is a home to a variety of immersive, fun, and endless entertainment experiences. From live music to the best beverages and bites, you won't want to miss this.

BALLPARK VILLAGE

601 Clark | (314) 797-7530 www.stlballparkvillage.com

Located in the heart of the central business district and adjacent to Busch Stadium. Contains more than 100,000 sq. ft. of retail and entertainment, including flagship anchors Cardinals Hall of Fame Musuem and Cardinals Nation Restaurant, Bally Sports Live! and Budweiser Brew House.

CATHEDRAL BASILICA OF SAINT LOUIS

Lindell Blvd. at Newstead Ave. | (314) 373-8200 www.cathedralstl.org

World's largest display of mosaic art under one roof. Museum and shop. Open daily for masses and self-guided tours. FREE admission.

CITY FOUNDRY

3730 Foundry Way www.cityfoundrystl.com

City Foundry STL is the adaptive reuse of the former 15-acre Century Foundry complex in St. Louis. The iconic and historic foundry building has been transformed into a dynamic hub of innovation complete with St. Louis' first true food hall, and a curated retail experience infused with historic industrial architecture.

CITY MUSEUM

750 N. 16th St. | (314) 231-2489 www.citymuseum.org

Explore a fantastic world built from recycled, salvaged and found materials turned into innovative and interactive art. Climb through caves, tree tunnels, planes, cranes, castles and sky tunnels.

GATEWAY ARCH NATIONAL PARK

11 N. Fourth St. | (314) 982-1410 www.gatewayarch.com

Renovated in 2018, the majestic Gateway Arch, at 630 feet, is our nation's tallest manmade monument. FREE admission to the museum, there is a fee for the tram to the top, riverboat cruise and movie.

SCOTT JOPLIN HOUSE STATE HISTORIC SITE

2658 Delmar Blvd. | (314) 340-5790 www.mostateparks.com/scottjoplin.htm

This restored post-Civil War structure was once the home of the famous ragtime composer and is a National Historic Landmark. Guided tours daily on the hour. Group tours require advance reservations.

THE MAGIC HOUSE, ST. LOUIS CHILDREN'S MUSEUM

516 S. Kirkwood Rd. | (314) 822-8900 www.magichouse.org

Nationally acclaimed children's museum that offers more than 100 hand-on educational exhibits for kids from one to 101. Explore the Children's Village, STEAM Center and three-story slide.

MISSOURI BOTANICAL GARDEN

4344 Shaw Blvd. | (314) 577-5100 www.missouribotanicalgarden.org

A National Landmark featuring 79 acres of beautiful display and demonstration gardens. FREE for children under 12. Narrated tram tours, restaurant, gift shop. Free on-site parking.

NATIONAL BLUES MUSEUM

615 Washington Ave. | (314) 925-0016 www.nationalbluesmuseum.org

Exploring the Blues and celebrating the genre as the foundation of modern American music with technology-driven experiences and exhibits.



SAINT LOUIS ART MUSEUM

1 Fine Arts Dr. (in Forest Park) | (314) 721-0072 www.slam.org

Built as the Fine Arts Palace of the 1904 World's Fair and one of the nation's leading comprehensive art museums. Collections include works of art of exceptional quality from virtually every culture and time period. Hightlights include free admission to special exhibitions on Friday and programs that range from films to performances. FREE admission.

ST. LOUIS PUBLIC LIBRARY

1301 Olive St. | (314) 241-2288 www.slpl.org

The beautiful Italian Renaissance-style Central Library building was designed by Cass Gilbert, completed in 1912 and funded in part by a donation from Andrew Carnegie. More than 1.5 million books and three million other resources, including maps, videocassettes and CDs, are contained in the library's collections. FREE admission.

SAINT LOUIS SCIENCE CENTER

5050 Oakland Ave. | (314) 289-4400 www.slsc.org

Explore 700 hands-on exhibits on environment, aviation, technology and more, life-size dinosaurs and the James S. McDonnell Planetarium's Boeing Space Station experience. OMNIMAX® Theater and traveling exhibitions for nominal fee. FREE admission.

ST. LOUIS UNION STATION

1820 Market St. | (314) 923-3900 www.stlouisunionstation.com

Capture the essence of history, fun and entertainment that the city offers, with the bonus of being able to stay in the hotel right on site. Guests will get a bird's-eye-view of the historic train shed – once the busiest train station in the world – and the iconic St. Louis skyline when you board the neighboring 200-foot St. Louis Wheel. Anchoring Union Station is the stunning St. Louis Aquarium.

SAINT LOUIS ZOO

One Government Dr. (in Forest Park) | (314) 781-0900 www.stlzoo.org

World-class zoo with more than 19,000 animals. Home to Sea Lion Sound, Penguin & Puffin Coast, River's Edge and the Insectarium. Natural habitat areas include Big Cat Country and Primate Canopy. FREE admission.

WORLD CHESS HALL OF FAME

4652 Maryland Ave | (314) 367-9243 www.worldchesshof.org

The World Chess Hall of Fame (WCHOF) celebrates one of the world's classic and best-loved games through vibrant, engaging exhibitions and creative programming. The organization presents exhibitions that explore the history of the game as well as its remarkable impact on arts and culture.



services

PRINT & SHIP

FedEx Office & Print Center

700 Olive | (314) 436-4257 www.fedex.com/mo/saint-louis/office-1296/

FedEx Office Print & Ship Center

Marriott St. Louis Grand Hotel (*lower level*) 800 Washington Ave. | (314) 405-3312 www.fedex.com/mo/saint-louis/office-0199/

POST OFFICES

Jefferson Memorial

111 N. 6th St. | (800) 275-8777

Main St. Louis Branch

1720 Market St. | (314) 436-4407

CONVENIENCE/GROCERY STORES DGX

622 Washington Ave. | (314) 474-0410 www.dollargeneral.com

Fields Food

1706 Washington Ave. | (314) 944-2930 www.fieldsfood.com

Fresh Thyme Market

3701 Foundry Way | (314) 597-4400 www.freshthyme.com

Schnuck's Downtown

315 N. Ninth St. | (314) 436-7694 www.nourish.schnucks.com Pharmacy on site, (314) 436-7491

Walgreens

1530 Lafayette Ave. | (314) 678-1039 www.walgreens.com Pharmacy on site

EYEGLASS REPAIR

Clarkson Eyecare

917 Olive St. | (314) 621-5303 www.clarksoneyecare.com

DRY CLEANER

Band Box Cleaner 1110 Locust St. | (314) 421-3122

Mansion House Cleaners & Laundry

400 N. Fourth St. | (314) 421-4606 www.mymansionhouse.com

MOVIES

Chase Park Plaza Cinemas

212 Kingshighway Blvd. | (314) 367-0101 www.stlouiscinemas.com

MX Movies

618 Washington Ave. | (314) 222-2994 www.mxstlmovies.com

SHOPPING

Arch Apparel

771 Clark Ave. | (314) 801-8060 www.archapparel.com

The Arch Store

The Gateway Arch www.gatewayarch.com

CITY Goods (St. Louis CITY SC team store) 2018 Market St. | (314) 818-2981 www.mlsstore.com/st-louis-city-sc

LUXE

1215 Washington Ave. | (314) 486-6827 www.luxe-online.net

Official St. Louis Cardinals Team Store

708 Clark Ave. | (314) 345-9180 www.mlbshop.com/st-louis-cardinals

STL Authentics (St. Louis Blues team store)

1401 Clark Ave. | (314) 622-5495 www.stlauthentics.com

WHEELCHAIR & SCOOTER RENTAL

Medical West Healthcare (314) 725-1888 | www.medicalwesthealthcare.com

Mobility City (636) 329-6367 | www.mobilitycity.com

Scootaround Mobility Solutions (888) 441-7575, ext. 6222 | www.scootaround.com

sports

St. Louis Battlehawks

710 Convention Plaza | (314) 342-5201 www.xfl.com/teams/st-louis

Ka-Kaw! As part of the XFL's latest reboot, the team plays at The Dome at America's Center.

St. Louis Blues

1401 Clark Ave. | (314) 622-5454 www.nhl.com/blues

A member of the National Hockey League, the Blues' season runs October-April, followed by the Stanley Cup Playoffs.

St. Louis Cardinals

700 Clark St. | (314) 345-9000 www.mlb.com/cardinals

Catch exciting baseball action and cheer for the St. Louis Cardinals, the most successful National League franchise, March-September. Busch Stadium tours, (314) 345-9565.

St. Louis City SC

2100 Market St. | (314) 924-6800 www.stlcitysc.com

Open-air soccer stadium, home to the inaugural MLS St. Louis CITY SC. The season runs from February-October.

emergencies

Emergency: 911

24 Hour Emergency number at America's Center (314) 342-5081 or (314) 342-5016

HOSPITALS & URGENT CARE

24/7 Healthcare 916 Olive St. | (314) 436-9300 www.247uc.com

Barnes-Jewish Hospital

One Barnes-Jewish Hospital Plaza | (314) 747-3000 www.barnesjewish.org

St. Louis University Hospital

3635 Vista | (314) 577-8000 www.ssmhealth.com/sluhospital

DENTIST

Coleman Dental 1010 Locust St. | (314) 241-0885

Downtown Dental Associates 720 Olive St., Unit 1700 | (314) 241-4232

Karen J. Harris DMD & Associates 2000 Locust St. | (314) 219-4893

visitor info

Visitor Information Centers exist at these locations:

America's Center 8th & Washington, inside the Convention Complex

Forest Park

5595 Grand Dr., in Forest Park (Dennis & Judith Jones Visitor & Education Center; east of the Missouri History Museum)

Gateway Arch Lower museum level lobby

Kiener Plaza

600 Chestnut St.

St. Louis Lambert International Airport

Terminal 1: lower level by baggage claim area #3 Terminal 2: lower level by baggage claim area; door #12

St. Louis Union Station

At the entrance to the St. Louis Aquarium

Our friendly and informed specialists are available to answer all of your questions about your visit to St. Louis. Free brochures, maps and up-to-date event information on St. Louis area attractions and restaurants is available in additon to copies of the *Official St. Louis Visitor Guide*.

tourist info

Explore St. Louis

(314) 421-1023 | www.explorestlouis.com visitorinfo@explorestlouis.com

Missouri Division of Tourism

(800) 519-2100 | www.visitmo.com tourism@ded.mo.gov

Illinois Office of Tourism (800) 226-6632 | www.enjoyillinois.com

visitor services

Below is a list of visitor services available in St. Louis.

Disabled Accessibility Information

Voice: (314) 622-3686 TDD: (314) 622-3693

Foreign Currency Exchange

St. Louis Lambert International Airport - Terminal 1

U.S. Bank in the lower level, adjacent to the C/D checkpoint. Passengers should contact the bank for available currencies at (314) 429-1248. (*Currently only available for U.S. Bank customers*)

Highway Conditions

(888) 275-6636 | www.modot.org





restaurants

BREAKFAST

Restaurants listed in this category have an opening time of 7 a.m. The local directory may be used to confirm the restaurant's address and phone number. Please consult with your hotel's staff for other breakfast options.

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Blondie's Coffee	Starbucks (Marriott St. Louis
BLT – Breakfast, Lunch & Tacos (10 a.m.)	Grand; Hyatt Regency; Hilton at the Ballpark; Ballpark Village)
Blueprint Coffee	UKRAFT Café & Catering
Café de Blaire	Union30 (Hotel Saint Louis)
Chris' @ the Docket	Winslow's Table
Cinder House (Four Seasons)	Zenia Grill (Marriott St. Louis Grand)
The Clover & the Bee	
Colleen's	
Egg	
Elicious Restaurant	
First Watch	
Half & Half	
Java Plus Café & Catering	
Kaldi's Coffee	
Katie's Pizza & Pasta Osteria (10 a.m.)	
Kingside Diner	
Meshuggah Cafe	
The Mud House	
The Original Pancake House	
Panera (St. Louis Bread Co.)	
Park Avenue Coffee	
Peacock Diner	
The Pennydrop (The Pennywel)
Pickle's Deli	
Quattro Trattoria + Pizzeria (The Westin)	
Red Kitchen (Hyatt Regency)	
Robie's Restaurant (Magnolia Hotel)	
Rooster	
Smoothie King	
Snarf's	

Schnuck's Downtown

Southwest Diner

SNACKS & DESSERTS

The local directory may be used to confirm the restaurant's address and phone number. Please consult with your hotel's staff for other options.

Bailey's Range	Ices Plain & Fancy
Bella's Frozen Yogurt	Insomnia Cookies
Blondie's Coffee	Java Plus Café & Catering
Blue Owl	Jilly's Cupcake Café
Boardwalk Waffles &	John's Donuts
Ice Cream	Nathaniel Reed Bakery
Café de Blaire	Omen Coffee
The Caramel House	Park Avenue Coffee
Clementine's Creamery	Pharoahs Donuts
Colleen's	Soda Fountain at Union Station
Crown Candy Kitchen	Starbucks (Marriott St. Louis
Donut Drive-In	Grand; Hyatt Regency; Hilton at the Ballpark; Ballpark Village; Ted Drewes
The Fountain on Locust	
La Pâtisserie Chouquette	

COFFEE

The local directory may be used to confirm the restaurant's address and phone number. Please consult with your hotel's staff for other coffee break options.

Blondie's Coffee

BLT – Breakfast, Lunch & Tacos

Café de Blaire

Catalyst Coffee

High Low

Java Plus Cafe & Catering

Northwest Coffee Roasting

Omen Coffee

Park Avenue Coffee

Starbucks (Ballpark Village, Hilton St. Louis at the Ballpark, Hyatt Regency, Marriott St. Louis Grand)

Rooster

UKRAFT Cafe & Catering

LUNCH

The local directory may be used to confirm the restaurant's address and phone number. Please consult with your hotel's staff for other options.

1894 Cafe at Union Station
Aubergine Café
Bailey's Range
Ballpark Village: Bally Sports Live! Cardinals Nation Condado Tacos Katie's Pizza & Pasta Osteria Salt & Smoke Sports & Social
Beffa's
Blondie's Coffee
BLT – Breakfast, Lunch & Tacos
Blueprint Coffee
Café de Blaire
Chris' @ the Docket
Cinder House (Four Seasons)
City Foundry Food Hall
The Clover & the Bee
Colleen's
Commonwealth
Dao Tien Bistro
Domino's
Egg
El Burro Loco Downtown
Elicia's Pizza
Elicious Restaurant
First Watch
Half & Half
Havanan's Cuisine Restaurant
Hi-Pointe Drive-In
Gourmet Soul
Grace Meat + Three
The Gramophone
Gyro Express
Imo's Pizza
Java Plus Café & Catering
Jimmy John's

Kaldi's Coffee Kimchi guys Kingside Diner Landry's Seafood House Maggie O'Brien's Restaurant Medina Grill Meshuggah Cafe The Mud House Old Spaghetti Factory The Original Pancake House Over/Under Grill Panera (St. Louis Bread Co.) Papa John's Park Avenue Coffee Peacock Diner The Pitch Prime 55 Red Kitchen (Hyatt Regency) **Riverfront Grill** Robie's Restaurant (Magnolia Hotel) Rooster Rosalita's Russell's Cafe & Bakery Sauce on the Side Sen Thai Smoothie King Snarf's Schlafly Schnuck's Downtown The Soda Fountain Southwest Diner Starbucks (Marriott St. Louis Grand; Hyatt Regency; Hilton at the Ballpark; Ballpark Village) Sugarfire Syberg's on Market

The Tin Roof

Tree House

UKRAFT Café & Catering

Ultima Cucina (The Last Hotel)

Union30 (Hotel Saint Louis)

Winslow's Table

Zenia Grill (Marriott St. Louis Grand)

LATE NIGHT

Imo's Pizza

Restaurants listed in this category have a closing time of 9 p.m. or later. The local directory may be used to confirm the restaurant's address and phone number. Please consult with your hotel's staff for other late night dining options.

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801 Chophouse	Juniper
801 Fish	Kingside Diner
Aubergine Café	Landry's Seafood House
Bailey's Range	Louie
Ballpark Village:	Maggie O'Brien's Restaurant
Bally Sports Live! Cardinals Nation	The Midwestern
Condado Tacos Crown Room	Mission Taco
Salt & Smoke	Mizu Sushi
Sports & Social	Molly's in Soulard
The Bellweather	Morton's The Steakhouse
Blueberry Hill	Over/Under Grill
Brick River	Polite Society
Bridge	Prime 55
Broadway Oyster	Retreat Gastropub
C.J. Muggs	Rosalita's
The Capital Grille	Sauce on the Side
Cinder House (Four Sea	asons) Schlafly
Drunken Fish	Sen Thai Asian Bistro
Eclipse Restaurant	Shake Shack
El Burro Loco Downtow	vn SqWires
Eleven Eleven Mississip	pi Tin Roof
Fariñas Kitchen	Three Kings
Favazza's on The Hill	Three Sixty
Fitz's Bottling Company	y Tony's Restaurant
Flamingo Bowl	Train Shed at Union Station
The Fountain on Locust	Tucker's Place
Frazer's Restaurant	Union 30 (Hotel Saint Louis)
Hamilton's Urban Steak	house Ultima Cucina (Last Hotel)

GROUP RESERVATIONS

The local directory may be used to confirm the restaurant's address and phone number. Please consult with your hotel's staff for other coffee break options.

Aubergine Café	Schlafly
Bally Sports Live!	Sen Thai
BLT – Breakfast, Lunch & Tacos	Union 30 (Hotel Saint Louis)
Bridge	
Cardinal's Nation	
Carmine's Steak House	
El Burro Loco	
Fariña's Kitchen	
Katie's Pizza & Pasta	
Landry's Seafood House	
Morton's Steakhouse	
Old Spaghetti Factory	
Over/Under Grill	
Prime 55	
Quattro Trattoria + Pizzeria (The Westin)	
The Pennydrop (The Pennywell)
Robie's Restaurant (Magnolia)	
Rosalita's	
Ruth's Chris Steak House	

DELIVERY

The local directory may be used to confirm the restaurant's address and phone number. Please consult with your hotel's staff for other options.

Domino's Elicia's Pizza Imo's Pizza Insomnia Cookies Jimmy John's Panera Bread (St. Louis Bread Co.) Papa John's Sauce on the Side Snarf's UKRAFT Café & Catering

VEGETARIAN OPTIONS

The local directory may be used to confirm the restaurant's address and phone number. Please consult with your hotel's staff for other coffee break options.

staff for other coffee break opti-	taff for other coffee break options.	
360 Rooftop	The Soda Fountain	
Aubergine Cafe	Sports & Social	
Bally Sports Live!	Starbucks (Marriott St. Louis	
Blondie's Coffee	Grand; Hyatt Regency; Hilton at the Ballpark; Ballpark Village)	
Bridge	UKRAFT Cafe & Catering	
Café De Blaire		
Cardinal's Nation		
Cinder House		
Dao Tien Bistro Downtown		
Domino's		
Elicia's Pizza		
The Gramophone		
Hi-Pointe Drive-In		
Imo's Pizza		
Java Plus Cafe & Catering		
Jimmy John's		
Katie's Pizza & Pasta Osteria		
Kimchi Guys		
Mizu Sushi		
Old Spaghetti Factory		
Over/Under Grill		
Papa John's		
The Pennydrop (The Pennywell)		
Pickle's Deli		
Prime 55		
Red Kitchen (Hyatt Regency)		
Robie's Restaurant (Magnolia)		
Rosalita's		
Sauce on the Side		
Sen Thai		
Sparf's		

Snarf's