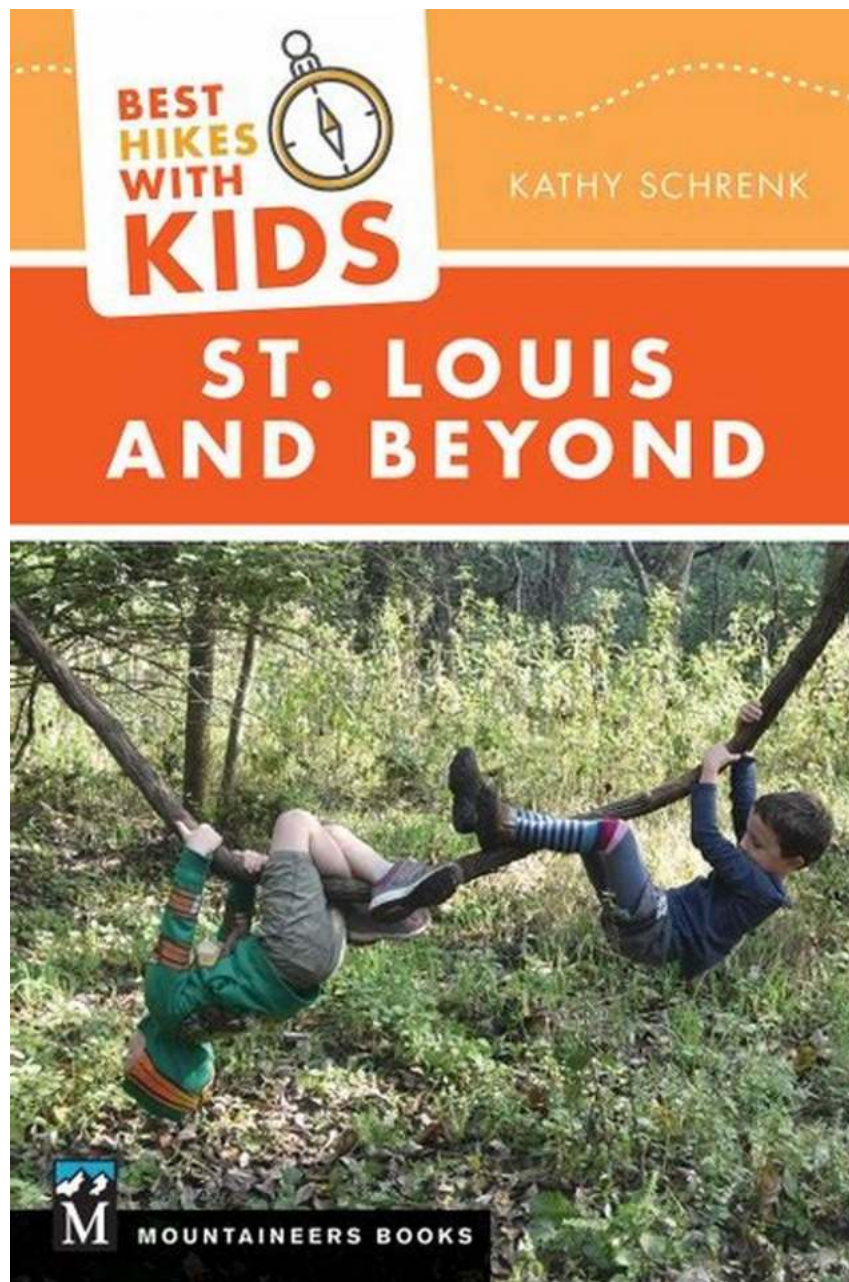


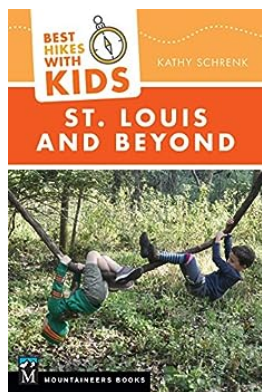
Best Hikes With Kids St Louis And Beyond



Are you ready for an exciting adventure with your kids? If you live near St Louis or are planning a trip to the area, there are plenty of amazing hikes that both you and your little ones will enjoy. From picturesque landscapes to educational opportunities, these hiking trails provide a perfect opportunity to bond with your children while exploring the great outdoors.

1. Forest Park Nature Reserve

Located in the heart of St Louis, Forest Park Nature Reserve offers a variety of trails suitable for all ages and skill levels. The trails wind through lush forests, meadows, and serene lakes, providing ample opportunities for your kids to marvel at the wonders of nature. Make sure to spot the various bird species and wildflowers along the way. The paved paths and well-maintained trails ensure that even the littlest adventurers can join in on the fun.



Best Hikes with Kids: St. Louis and Beyond

by Kathy Schrenk (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English
File size : 149862 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 386 pages
Lending : Enabled
Screen Reader : Supported





2. Castlewood State Park

For a more challenging but equally rewarding hike, head to Castlewood State Park. Located just a short distance from St Louis, this park offers several trails that lead to stunning vistas overlooking the Meramec River. The diverse terrain, including wooded areas, rocky cliffs, and creeks, will keep your kids engaged and excited throughout the hike. Pack a picnic and take a break at the top to enjoy the breathtaking views.



3. Cuivre River State Park

If you're willing to venture a bit further from St Louis, Cuivre River State Park is worth the drive. This expansive park features over 40 miles of trails that wind through forests, grasslands, and even a natural sandstone canyon. Explore the diverse ecosystems and keep an eye out for the abundance of wildlife that calls this park home. Make it a camping trip and spend the night under the stars to fully immerse yourselves in the beauty of nature.



4. Shaw Nature Reserve

For a unique experience, visit the Shaw Nature Reserve situated southwest of St Louis. This nature reserve boasts over 14 miles of trails that traverse prairies, wetlands, and forests, providing a great opportunity for your kids to learn about different ecosystems. The reserve also offers educational programs and guided hikes specially designed for children, making it an ideal destination for a fun and educational day trip.



5. Elephant Rocks State Park

Let your kids' imagination run wild at Elephant Rocks State Park, known for its giant granite boulders resembling a herd of elephants. The trails in this park are relatively short and easy, making it a perfect choice for families with younger children. Your little ones will love climbing on the rocks and navigating through this unique landscape. Don't forget to bring your camera to capture some incredible family moments.



St Louis and its surrounding areas offer a wealth of hiking opportunities for families with kids. These trails not only provide a chance to enjoy the great outdoors but also offer numerous educational and bonding experiences. So, pack your backpacks, gather your little explorers, and embark on an unforgettable journey through the stunning landscapes of St Louis and beyond.



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- 85 fun and interesting hikes chosen for children ages 10 and under
- Most outings are less than 5 miles and have less than 1000 feet of elevation gain
- Includes activities to keep kids engaged on the trail

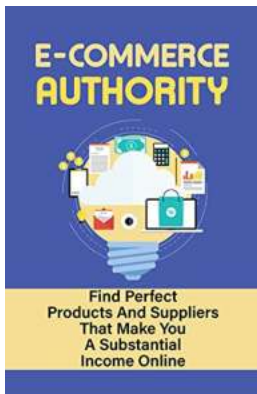
The mother of three young children, Kathy Schrenk formed a social media group for parents who wanted to join her and her kids on hikes around St. Louis. A few years later, that group has nearly 2000 active members. Kathy clearly tapped into an interest and enthusiasm for family hiking, which she has now captured in her new book *Best Hikes with Kids: St. Louis & Beyond*.

The St. Louis guide is divided into four sections: in and around the city of St. Louis; destinations in nearby Illinois; trails in northwest St. Louis County; and locales farther south, including a variety of state parks and conservation areas. The hike descriptions point out things of interest to kids such as unique geology (caves and sinkholes), places for a quick splash in a creek, or spots to go on the hunt for lizards. Parents will appreciate cautions about sharp drop-offs or tips for potty time on the trail.

Other features of the guide include:

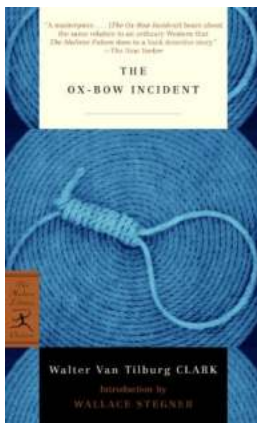
- Tips and strategies for hiking with kids—how to motivate them, what’s appropriate for different ages, sidebars with games, nature facts, and more

- Direct and accurate driving directions and notes on public transit options where available
- “Best of” lists highlight groups of top 5 hikes with special features to help parents select trips their kids will enjoy
- Access details including GPS trailhead coordinates and info on permits, fees, and other info
- Notes about barrier-free or ADA-accessible trails and suitability for jogging strollers
- Full color photos throughout and detailed maps



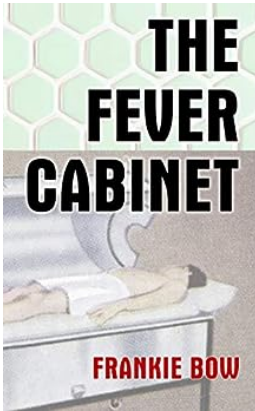
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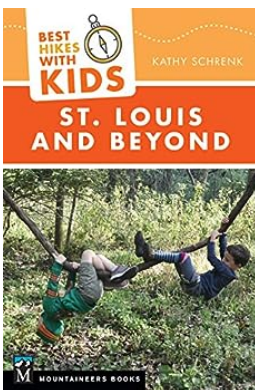
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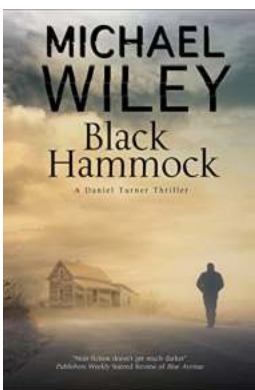
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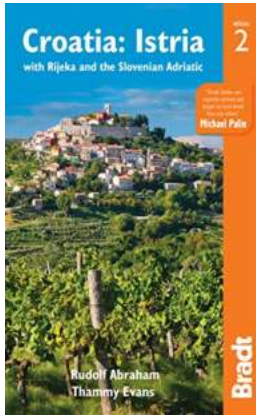
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