

## 2012 Spring Conference Association of Medical Colleges Central Group on Educational Affairs

Welcome to St. Louis



You are probably saying to yourself, "I need some fresh air. Where can I go near here to enjoy St. Louis? Well, hopefully this will answer that question. We have put this together so that you can have a guide to local attractions that are near The Chase Park Plaza Hotel. If you have any questions, please do not hesitate to ask. The staff at the hotel or the Washington University staff will be happy to help. Enjoy your stay!!

### Central West End



The Chase Park Plaza Hotel is located in the Central West End neighborhood of St. Louis.

The Central West End contains many beautiful turn of the century buildings nestled among giant oak trees. This popular residential area just north and east of Forest Park features a variety of upscale boutiques, art galleries, antique shops and bookstores.

Visitors can enjoy a relaxing afternoon or evening of people watching at one of

the outdoor cafes or coffee shops or take in the nightlife at some of the warm and friendly pubs.

If you are looking for some dining suggestions, you may want to try these:

Eau Café and Bisto  
*located in the Chase Hotel*

Tenderloin Room  
*located in the Chase Hotel*

Drunken Fish  
1 Maryland Plaza

Bar Italia  
13 Maryland Plaza

Eternity Vegetarian Deli  
11 S. Euclid Ave

Duff's Restaurant  
392 N. Euclid

Chez Leon Restaurant  
7927 Forsyth Blvd

Wild Flower Restaurant  
4590 Laclede Ave.

If you are looking for just some sweet treats or relaxing with a cup of coffee, you can visit these:

Northwest Coffee Roasting  
4251 Laclede

Coffee Oasis  
8 S. Euclid

Bissinger's Chocolatier  
32 Maryland Plaza

The Cup  
28 Maryland Plaza

For more information and dining options in the Central West End, just visit the following website:

[www.diningstl.com/CWE.htm](http://www.diningstl.com/CWE.htm)



### Forest Park

Located just west of The Chase is the beautiful Forest Park. One of the largest urban parks in the United States. It is approximately 500 acres larger than Central Park in New York. In 1904, the Louisiana Purchase Exposition, the greatest of the Worlds Fairs, drew more than 19 million visitors from around the world.

If you are a runner or jogger, this is the place you will want to go. There is a 7.5 mile biking, jogging and skating path. Just cross Kingshighway Blvd from the Chase and you are in the park.

Some of the attractions located in Forest Park include:

**St. Louis Art Museum**  
www.slam.org

**Missouri History Museum**  
www.mohistory.org

**St. Louis Science Center**  
www.spsc.org

**Jewel Box**  
www.slfpc.com/  
ForestParkJB.htm

### Other Places to See

St. Louis offers many attractions and great neighborhoods that have their own flair.

**The Delmar Loop:** a vibrant six block area with more than 140 boutiques, specialty shops, eclectic restaurants, galleries & live entertainment.  
www.visittheloop.com

**The Hill:** the city's traditional Italian American neighborhood. Childhood home of baseball greats Yogi Berra and Joe Garagiola.  
www.hill2000.org

**Missouri Botanical Gardens**  
www.missouribotanicalgarden.org

**Anheuser-Busch Brewery Tours**  
www.budweisertours.com



St. Louis Art Museum



St. Louis Zoo



St. Louis Science Center

### Washington University Medical Center

Washington University School of Medicine, Barnes-Jewish Hospital, St. Louis Children's Hospital and the Alvin J. Siteman Cancer Center are all located on the 164 acre Washington University Medical Center. The campus, spread over 17 city blocks, is located along the eastern edge of Forest Park, in the urban community of the Central West End.

We are within in walking distance to The Chase but you may want to be an avid walker to make that trip.



### Other Helpful Information

St. Louis does offer public transit via our Metro Transit System. Metro buses can provide transit around town. The MetroLink train system can transport you from Downtown St. Louis all the way to the airport and stops along the way. For more information, check out their website at

www.metrostlouis.org

For local cab service:

Laclede Cab—314.652.3456 (or the front desk at The Chase can help you)

Cab will be your best bet for transportation between the airport and hotel.

Estimated cab fare from the airport to the Chase \$35.

For more information about exploring St. Louis check out:

www.explorestlouis.com

For information regarding the arts in the area, check out:

www.artzipper.com