



**1** The Visitor and Education Center is home to Forest Park Forever, and houses offices for the Missouri Department of Conservation and OASIS. Trailhead features lockers and showers plus the Forest Perk Cafe. Visitor information is available from CVC volunteers.



**2** The Emerson Grand Basin was restored and rededicated in 2004 as part of the Park's \$94 million transformation. Today it is a public gathering place with 8 dramatic fountains, graceful benches, formal pathways and trails to entice Park users.



**3** Spring kite flying, summer picnics, fall concerts and winter sledding are hallmarks of Art Hill. Looking north from atop the hill affords a beautiful vista of Grand Basin, the Forest Park river system, and Probst Golf Courses' fairways and greens.



**4** Two new islands enhance boating experiences. Connected to Grand Basin by a new bridge, Picnic Island encourages outdoor activity. Wildlife Island allows for habitat regeneration. A restored suspension bridge leads the way to the Boathouse.



**5** Forest Park River and the banks surrounding Post-Dispatch Lake create a perfect setting for enjoying a day in the Park. Langenberg Field hosts casual soccer matches and the Dwight Davis Tennis Center hums with activity in the warmer months.



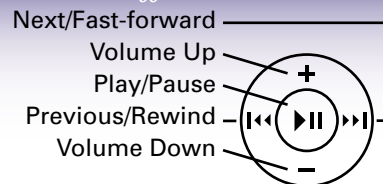
**6** The Boathouse has emerged as one of the Park's most popular social spots. Live bands on summer weekends, a reasonable family friendly menu, and seeing the sun set over the Lake keep diners returning. 30 pedal and 30 row boats are available to rent.

### iPod Shuffle Operating Instructions

Please use only the iPod Shuffle controls on the front.

1. Press the Play/Pause (>||) button three times quickly (within one second) to go to the beginning of the playlist.
2. To Play or Pause a track, press the Play/Pause (>||) button once. The status light blinks green for one minute when paused.
3. To Skip to the next track, press the Next/Fast-forward (>>|) button.
4. To Start a track over, press the Previous/Rewind (|<<) button once.
5. To Adjust volume, press either + to increase or - to decrease volume.

### iPod Shuffle Controls



## Once and Forever: The Journey of Forest Park

A Walking Tour:  
Narrated by Karen Foss



Forest Park Walking Tours made possible by a grant from The Trio Foundation of St. Louis.

# Once and Forever: The Journey of Forest Park

