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Traveling to the Knight ADRC

Transportation from St. Louis Lambert International Airport to the Parkway Hotel/Knight ADRC

The Parkway Hotel (one block from the Knight ADRC) is approximately a 20-minute and $40 cab fare from Lambert International Airport. Airport cabs are available on site with no waiting and no advance registration required. There is no charge for baggage and the driver can accept cash or credit cards. For more details, visit http://www.stlouislamberttaxi.com/ Pick up your taxi at:

- Terminal 1 (Main Terminal): Exit # MT 14, or
- Terminal 2 (East Terminal): Exit # ET 12

MetroLink: The Knight ADRC and Parkway Hotel are also on the St. Louis MetroLink (light rail) route, which is accessible at Lambert Airport. The MetroLink runs every 20 minutes or less, depending on time of day. For a complete list of routes and a travel planning tool, visit http://www.metrostlouis.org. Fees to ride the MetroLink start at $2.50 per person ($4.00 if purchased at the airport) and increase based on transfers and options. From the airport, exit MetroLink at the Central West End station, which serves both the Red and the Blue MetroLink lines. The Central West End station is about 2 blocks from the Parkway Hotel and the Knight ADRC (see map). To return to Lambert International Airport, board the westbound RED line. More details on MetroLink travel and attractions are on page 4.

Driving Directions to the Parkway / Knight ADRC

From the south, take I-55 north to I-44 west. Exit onto Kingshighway north (follow signs). Continue north on Kingshighway and you’ll see the WU/BJH Complex in the distance. After you pass over Hwy 40 (I-64), you’ll go through 3 lights. The 4th light is at the intersection of Kingshighway and Forest Park Avenue. Turn right on Forest Park. You’ll see The Parkway Hotel coming up on your right just after Euclid Avenue at 4550 Forest Park Avenue. The Knight ADRC is just one block further East at 4488 Forest Park Avenue.

From the southwest, take I-44 east. Exit onto Kingshighway north (follow signs), and follow instructions above.

From the west/northwest, take I-70 east to I-170 south. Follow I-170 to the end and exit east onto Hwy 40 (I-64). Exit onto Kingshighway north (follow signs), and follow instructions above.

From the east, Follow I-64 (Hwy 40) west. Cross the Mississippi River into downtown St. Louis keeping to the left and otherwise making sure to stay on I-64/Hwy 40. Exit onto Kingshighway north.

Taxi Companies

<table>
<thead>
<tr>
<th>Company</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harris Cab</td>
<td>(314) 371-7111</td>
</tr>
<tr>
<td>Laclede Cab</td>
<td>(314) 652-3456</td>
</tr>
<tr>
<td>ABC Cab Company</td>
<td>(314) 725-2111</td>
</tr>
<tr>
<td>St Louis American Cab</td>
<td>(314) 531-8766</td>
</tr>
<tr>
<td>Metropolitan Taxicab</td>
<td>(314) 773-1000</td>
</tr>
<tr>
<td>St Louis County &amp; Yellow Cab</td>
<td>(314) 991-5300</td>
</tr>
</tbody>
</table>
Parking at the Parkway Hotel and the Knight ADRC

The Parkway Hotel has parking that can be billed in addition to your room fee. When you register, you will be given a key card that also allows you into the parking area and charges the fees to the appropriate account. Many of the activities in the adjacent Central West End can be accessed on foot.

For short durations, you may park in the lot at the Knight ADRC, or use metered street parking. For a longer duration, parking in a garage is recommended to prevent ticketing or towing. There are two visitor garages in which you may park. The Clayton garage (#62 on enclosed map) charges $1/hour with a maximum charge of $5/day, and the Metro garage (#69 on enclosed map) charges $1/hour with a maximum charge of $8/day. The Clayton garage is a slightly farther distance from the Knight ADRC.

Selected List of Local Casual and Fine Dining

**Bar Italia**  
13 Maryland Plaza, St. Louis, MO 63108  
314-361-7010  
Lunch, Tue.-Sat. 11:30 a.m. - 5 p.m.  
Dinner, Tue.-Thu. 5 p.m. - 10 p.m.  
Fri. & Sat. 5 p.m. - 10:30 p.m.  
Sun. 5 p.m. - 9 p.m. / Closed Mon.  
Cuisine: Mediterranean, Italian  
Price Range: $10 to $15

**Cafe Ventana**  
3919 West Pine Blvd., St. Louis, MO 63108  
314-531-7801  
Open 7 days a week 7 a.m. -10 p.m.  
Sat. & Sun. Brunch 11 a.m-2 p.m.  
Cuisine: American Contemporary  
Price Range: $1 to $10

**Eau Bistro and Cafe**  
232 North Kingshighway, St. Louis, MO 63108  
314-345-9000  
Breakfast: Mon.-Sat. 6 a.m.-11 a.m.  
Sun. Brunch: 10 a.m. to 2 p.m.  
Dinner: Tue.-Thu. 5 p.m.-10 p.m., Fri. & Sat. 5 p.m.-11 p.m.  
Cuisine: Global/Fusion  
Price Range: $15 to $20

**Herbie’s Vintage 72**  
405 N. Euclid Ave., St. Louis, MO 63108  
314-769-9595  
Dinner: Mon.-Thurs. 5-10 p.m.  
Fri. & Sat. 5-11 p.m. / Sun. 5-10 p.m.  
Brunch: Sat. & Sun. 10:30 a.m.-2 p.m.  
Lounge: Daily, 3 p.m.-1:30 a.m.  
Cuisine: French, American Contemporary  
Price Range: $15 to $20

**Kopperman’s Deli and Specialty Foods**  
386 North Euclid Ave., St. Louis, MO 63108  
314-361-0100  
Sun.-Thurs. 7:30 a.m.-4 p.m.  
Fri. & Sat. 7:30 a.m.-dally.  
All night breakfast: 11 p.m. Fri. to 5 p.m. Sat. 11 p.m. Sat. to 5 p.m. Sun.  
Cuisine: Kosher, Deli / Sandwiches  
Price Range: $1 to $10

**Scape**  
48 Maryland Plaza, St. Louis, MO 63108  
314-361-7227  
Mon.-Closed / Tues.-Thurs. 5-10 p.m.  
Fri. & Sat. 5-11 p.m.  
Sun. 10 a.m.-3 p.m. Brunch, 5-9 p.m. Dinner  
Cuisine: American Contemporary  
Price Range: $20 and up

**Wild Flower Restaurant & Bar**  
4590 Laclede Ave., St. Louis, MO 63108  
314-367-9888  
Mon.-Thurs. 6 a.m.-10 p.m.  
Fri. & Sat. 6 a.m.-11 p.m.  
Sun 6 a.m.  
Sat. 10 a.m.-3 p.m. Brunch, 5-9 a.m.  
Sun. 10 a.m.-3 p.m. Brunch  
Cuisine: American Contemporary  
Price Range: $20 and up

**Little Saigon Cafe**  
10 North Euclid Ave., St. Louis, MO 63108  
314-361-8881  
Mon.-Thurs. 11 a.m.-10:30 p.m.  
Fri. & Sat. 11 a.m.-10:30 p.m.  
Closed Sunday  
Cuisine: Vietnamese  
Price Range: $1 to $10

**Brasserie by Niche**  
4580 Laclede, St. Louis, MO 63108  
314-454-0600  
Dinner: 5-10 p.m. Mon.-Thurs.  
5-11 p.m. Fri. & Sat.  
Sat. & Sun. Brunch 10 a.m.-2 p.m.  
Sun. Dinner 5-9 p.m.  
Cuisine: French  
Price Range: $15 to $20

**India’s Rasoi**  
25 N. Euclid, St. Louis, MO 63108  
314-361-6911  
Lunch Buffet: Mon.-Fri. 11 a.m.-2:30 p.m.  
Weekend Buffet: Sat. & Sun. 11 a.m.-2:30pm  
Dinner 5 to 10 p.m. Mon.-Thurs., 5-10:30 p.m. Fri. & Sat., 5 to 9 p.m. Sun.  
Cuisine: Indian/Pakistani  
Price Range: $1 to $10

**Pi**  
400 N. Euclid, St. Louis, MO 63108  
314-367-4300  
Mon.-Sat. 11 a.m.-Midnight  
Sun. 11 a.m.-11 p.m.  
Cuisine: Pizza  
Price Range: $20 and up

**The Scottish Arms**  
8 South Sarah St, St. Louis, MO 63108  
314-535-0551  
Mon.- Fri. 11 a.m.-2 a.m.  
Sat. 3 p.m.-10 p.m.  
Sun. 10 a.m.-12 a.m.  
Brunch: Sun. 10am - 12am  
Cuisine: Scottish / International  
Price Range: $10-$20
Selected Coffee Shops, Faster Food, and Treats

Coffee Cartel
2 Maryland Plaza
St. Louis, MO 63108
314-454-0000

Pickles Deli
22 N. Euclid
St. Louis, MO 63108
314-361-3354

Froyo
4663 Maryland Ave.
St. Louis, MO 63108
314-932-5574

Cookies By Design
234 N. Euclid
St. Louis, MO 63108
314-361-8200

Jimmy John’s
13 N. Euclid Ave.
St. Louis, MO 63108
314-361-1155, Delivery

Gelato di Riso
5204 Wilson
St. Louis, MO 63110
314-664-8488

Bissinger’s Chocolates
32 Maryland Ave.
St. Louis, MO 63108
314-367-7750

Selected Local Entertainment: Theaters, Museums and Art

Movie Theaters
Galleria Six Cinemas
30 Saint Louis Galleria
St. Louis, MO 63137-1148
(314) 725-0808

Moolah Theatre & Lounge
3821 Lindell Boulevard
Saint Louis, Missouri 63108
(314) 446-6868

The Chase Park Plaza
212 N. Kingshighway
Saint Louis, Missouri 63108
(314) 627-0168

Missouri History Museum
5700 Lindell Boulevard, Forest Park
St. Louis, MO 63112
Phone: (314) 746-4545
Hours: Mon & Tues 9am - 5pm, Wed & Thurs 9am - 8pm, Fri & Sat 9am - 5pm, Sun Closed
Winter Hours: Mon - Tues Closed | Wed & Thurs 9am - 5pm
City Museum is an eclectic mixture of children’s playground, funhouse, surrealistic pavilion, and architectural marvel made out of unique, found objects from St. Louis. Admission is $12, some attractions additional. Lot parking available for a fee, and metered street parking available.

Contemporary Art Museum St. Louis
3750 Washington Blvd
St. Louis, MO 63108
Phone: (314) 535-4660
Hours: Wednesday 11-6 p.m., Thursday & Friday 11-9 p.m., Saturday 10-5, Closed Sun.-Tues.
Admission: Free
The CAM is located in Grand Center, just west of the Fox Theater, at the corner of Spring Avenue and Washington Boulevard. Free two-hour parking is usually available on the street along Washington Boulevard. Visitors may also take advantage of numerous parking lots in the Grand Center district.

Note: The museum occasionally closes early for special events or installation. Please call.

City Museum
701 North 15th, St. Louis, MO 63103
Phone: 314-231-CITY
Summer Hours: Mon - Thurs 9am - 5pm
Fri & Sat 9am - 1am | Sun 11am - 5pm.
Winter Hours: Mon - Tues Closed | Wed & Thurs 9am - 5pm
City Museum engages families in hands-on experiences to encourage experimentation, creativity and problem solving skills within a place of beauty, wonder, joy and magic. Ample free parking is available. Admission $10.00.

St. Louis Cathedral Basilica
4431 Lindell Blvd., St. Louis, MO 63108
Phone: 314-373-8242
Tour Fees: Adult $2.00  | Student $1.00
Hours: 7:00 - 5:00 pm, Tours daily 10:00 am - 4:00 pm, contact the tour office at 314-373-8240 for reservations. Visitors welcome without a formal tour. Known as “The Vatican of the West,” the Cathedral Basilica boasts an impressive collection of historic and religious mosaics designed and installed by many of history’s most notable artists and studios.

Mildred Lane Kemper Art Museum
1 Brookings Dr., Saint Louis, MO 63130
Phone: (314) 935-7100
Hours: Monday, Wednesday, & Thursday: 11-5 | Friday: 11-5 | Saturday & Sunday: 11-5 | Closed Tuesday
Located on the Washington University Danforth Campus. Surface lot parking available for visitors. Admission is free.

Mississippi Museum of Natural History
516 S. Kirkwood, St. Louis, MO 63122
Phone: 314-977-1170
Hours: Wed - Fri 9am - 5pm, Sat - Sun 10am - 5pm
The museum engages families in hands-on experiences to encourage experimentation, creativity and problem solving skills within a place of beauty, wonder, joy and magic. Ample free parking is available. Admission $10.00.

The Magic House Children's Museum
516 S. Kirkwood, St. Louis, MO 63122
Phone: 314.822.8900
Hours vary, call for details. The Magic House engages families in hands-on experiences to encourage experimentation, creativity and problem solving skills within a place of beauty, wonder, joy and magic. Ample free parking is available. Admission $10.00.

The Magic House Children's Museum
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Shopping

Central West End Neighborhood
Bordering the Knight ADRC, the Central West End features a rich mixture of contemporary and vintage shopping. There is something for most tastes including antique furnishings, eclectic art, new and used bookstores, boutiques selling clothing, jewelry, flowers, and gifts; and access to salon and spa services. The Central West End is a walk-able neighborhood.

Plaza Frontenac
1701 S Lindbergh Blvd, Saint Louis, MO 63131
Plaza Frontenac shopping center features high end retail stores, many of which maintain their sole St. Louis location in Plaza Frontenac. Stores include Saks Fifth Avenue, Neiman Marcus, Tiffany & Company, Sur la Table, Pottery Barn, Williams Sonoma, Crate, Crewcuts, J. Crew, Kate Spade, Lululemon Athletica, and more. Plaza Frontenac contains a 6-screen cinema, and has several restaurant options, from casual to fine dining. Plaza Frontenac is accessible via a 20 minute car ride.

St. Louis Galleria
1155 Saint Louis Galleria, St. Louis, Missouri 63117
St. Louis Galleria is a large shopping center that houses many retail mainstays: Nordstrom, Macy’s, Gap, Bath and Body Works, Coach, Banana Republic, J. Crew, Anthropologie, Brooks Brothers, and Restoration Hardware. The Galleria has a variety of casual dining options including the Cheesecake Factory and California Pizza Kitchen, as well as a food court and 6-screen cinema. St. Louis Galleria is accessible via a 15-minute car ride or the MetroLink.

Pharmacies / Convenience Items

<table>
<thead>
<tr>
<th>Pharmacy</th>
<th>Address</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>West Pine Pharmacy</td>
<td>4401 W Pine Blvd, St. Louis, MO 63108</td>
<td>(314) 533-1081</td>
</tr>
<tr>
<td>Medicine Shoppe</td>
<td>100 N Euclid Ave, Saint Louis, MO 63108</td>
<td>(314) 367-7639</td>
</tr>
</tbody>
</table>

Live Entertainment

There are a variety of venues in St. Louis providing live musical and theatrical entertainment. Events and ticket availability can be checked through the venues listed below, and via the following ticket services:

- **MetroTix**
  - www.metrotix.com
  - 800-293-5949
  - Hours: 9 am - 9 pm
  - Service charges apply

- **Ticket Master**
  - www.ticketmaster.com
  - 800-745-3000
  - Hours: 24 hours per day
  - Service charges apply

Local entertainment venues include:

- Fox Theater - www.fabulousfox.com
- Peabody Opera House - www.peabodyoperahouse.com
- Scott Trade Center - www.scotttradecenter.net
- The Pageant Concert Nightclub - www.thepageant.com
- Blueberry Hill Restaurant & Club - www.blueberryhill.com/events
- The Muny Outdoor Theater - http://muny.org

MetroLink and St. Louis Access

The St. Louis MetroLink (train) and MetroBus systems provide safe, convenient, and affordable transportation to most St. Louis venues. Nearly every downtown attraction is on a MetroBus route, and most major attractions have MetroLink stations nearby. The Parkway Hotel and Knight ADRC are conveniently located approximately 2 blocks from the Central West End MetroLink Station.

The best way to plan your travel is online at www.metrostlouis.org. The web portal will itemize each leg of your trip and allow you to customize your travel based on your schedule, needs, and personal preferences. The site will also provide accurate travel times and cost estimates for your travel.

Suggested places to visit using the MetroLink system include: Busch Stadium, Union Station Mall and Civic Center, The Gateway Arch and Museum of Westward Expansion, Gateway Arch Riverboats (tours, casinos, dining), Mississippi River-front bike rentals and tours, CityGarden Park, and many more.

Additionally, there is a MetroLink station in Forest Park which provides easy access to Forest Park attractions, including: St. Louis Zoo, Boathouse, tennis complex, art and history museums, St. Louis Floral Conservatory and the City of St. Louis Floral Display House (known as the Jewel Box), golf course, playgrounds, and traditional park trails for running, walking, or biking.

THANK YOU FOR VISITING THE KNIGHT ADRC!