DAY 1

Start your St. Louis trip at **Forest Park**. Explore the grounds created originally for the 1904 World's Fair. This park is bigger than Central Park so there is a lot to see. A few musts: the Boat House, the Jewell Box, Flegel Falls and the World's Fair Pavilion. After, check out the free **St. Louis Art Museum**. One of the few remaining buildings from the fair, the world-class collections are worth stopping to see.

For dinner, book a three course tasting at **Vicia**. The farm to table food is incredible with surprisingly generous portions. For ice cream or a drink after, head to **De Mun Ave** for an ice cream at **Clementine's** or a glass of wine at **Sasha's**.

DAY 2

Rise and shine and get ready to see the most beautiful part of St Louis: the **Missouri Botanical Garden**. Spend a couple hours meandering the gardens, as well as the Climatron, the first geodesic dome to be used as a conservatory.

After, it's a 5 minute drive to **The Hill**, the Italian section of St. Louis. Lunch should be at **Gioia's Deli,** with sandwiches perfected over 100 years. Opt for the cheesy garlic bread! Then take a drive around the area, marveling at the perfectly themed streets.

The home of **Budweiser** is in St. Louis. There are a few different tours and experiences available but the Day Fresh Tour includes the Clydesdale paddock and stables, cellars, historic Brewhouse and packaging facility and of course a beer. From here, it's just a five minute drive to the **Gateway Arch**. Opt for a tram ride to the observation deck or visit the newly renovated park. For a view of the arch and river, go across the way to **Malcolm W. Martin Memorial Park**.

Head back and rest before dinner at **Taco Buddha**. You can't go wrong with their margaritas and the special monthly taco! After a day of eating and drinking, finish it strong with a slice of butter cake. The grocery store **Straub's** has all the dessert options. Save some for breakfast, when it is traditionally supposed to be enjoyed!

DAY 3

On the weekend, **Tower Grove Park** has a great Farmers Market. Check out the stands and activities offered there, like yoga, the Piper Palm House and the gardens.

For lunch, **Kaldi's Coffee** is perfect for a sandwich, salad or grain bowl. On the way back, take the scenic route and go on an unofficial house tour. Lindell Blvd, Brentmoor Park and Westmoreland Place are three beautiful neighborhoods with spectacular architecture.

This afternoon it's adventure time! There are three options: a leisurely hike, a kayaking adventure or a cave tour. **Castlewood Park** is a 30 minute drive to several foresty trails around the Meramec River. **Big Muddy Adventures** is no more than 45 minutes away and has a late-afternoon paddle option on one of the great rivers with a twilight campfire gourmet dinner in an unparalleled remote natural setting. Meanwhile St. Louis is home to more than 6,000 surveyed caves, but **Meramec Cavern** is the largest with incredible underground passageways.

Dinner tonight is at **Edera Italian Eatery**. Get a spot outside if available! After, just at the end of the block, **Euclid Ave** is a nice street to peruse. It's a short walk to **The Cup** for cupcakes with scratch-made buttercream.

DAY 4

Start the day at the **St. Louis Zoo**! Considered one of the best in the country for rehabilitation and education purposes, there's a lot to see here. You can even take a tram around the grounds. Don't miss the Big Cats, Grizzly Ridge or Penguin

& Puffin Coast sections.

An eight minute ride away, head to **The Delmar Loop**, eight blocks of historical buildings and newer attractions. Explore and shop for any Missouri souvenirs. **Salt + Smoke** is the local bbq hotspot and a great place for lunch. The brisket and burnt ends are fan favorites here. Don't fill up though, because the last stop is the most important. End the trip with a 15 minute drive leading to the famous frozen custard at **Ted Drewes**!