



## Plan a trip to the SLU - Frost Campus (East of Grand) on the Ten Toe Express

**TOTAL WALK DISTANCE: 1 mile or more**

*The campus of Saint Louis University east of Grand at Lindell offers athletic facilities and open vistas with walkways removed from traffic. Enjoy a brisk walk in this enclosed area between Parks College and the new Chaifetz Arena.*

### Directions:

- Take MetroLink to CWE Station, then transfer to #10 Lindell-Gravois eastbound OR take MetroLink to Grand Station, then transfer to #70 Grand northbound.
- Exit either bus at Lindell and Grand. Begin your walk from the southeast corner.
- Walk southeast into campus passing the fountain.
- Turn right (south) toward Busch Student Center. A memorial plaque for Camp Jackson (Civil War) marks a turn to the left (east).
- Continue eastward alongside the athletic fields behind Parks College.
- Walk toward the ponds to make a circuit on the Lawton Walk.
- Retrace your steps to complete one mile.

### To Increase Your Steps:

- Add circuits on the Lawton Walk, each .33 mile.
- Explore in the vicinity of the new Chaifetz Arena. You may return to the CWE on #13 Union which travels from Grand and Laclede to the CWE via Forest Park Parkway.

