

# ST. LOUIS RECOMMENDATIONS

From the Washington University Program in Physical Therapy  
and their Neurorehabilitation Colleagues

## STRETCH YOUR LEGS



1 mi

### DANFORTH CAMPUS

[wustl.edu/about/campuses/danforth-campus](http://wustl.edu/about/campuses/danforth-campus)

The Washington University Danforth Campus borders the west end of Forest Park and is home to a number of historic academic buildings. Francis Field was first used in the 1904 Olympic Games and nearby you will find the Olympic "Spectacular" sculpture of the familiar five-color rings.

-Catherine Lang, PT, PhD, Professor WUPT



3 mi

### FOREST PARK

[forestparkforever.org](http://forestparkforever.org)

The 1,300 acres of Forest Park are some of the most beloved in all of St. Louis. In addition to greenspace, athletic fields, and walking and biking trails the park is home to several major cultural institutions (many of which are free).

- [St Louis Art Museum](#) - Offers a variety of permanent exhibits, all the way from ancient Roman sculptures to Impressionist paintings, and welcomes new exhibits regularly.
- [Missouri History Museum](#) - Focuses on local and regional history presented through exhibits, programs, and events for all ages.
- [St Louis Science Center](#) - Provides a variety of interactive science exhibits designed to spark curiosity and learning in all ages.
- [The Boathouse](#) - Offers paddleboat and kayak rentals and daily food and drink specials, so you can refuel after cruising the waterways of the park.

-Lisa Connor, PhD, MSOT, OTR/L, Associate Dean WUOT

-Allison Haussler, Predoctoral Trainee WUPT



7 mi

### MISSOURI BOTANICAL GARDEN

[missouribotanicalgarden.com](http://missouribotanicalgarden.com)

The Garden is a center for botanical research, as well as an oasis in the city of St. Louis. Its 79 acres include one of the world's largest collections of rare and endangered flora. Visitor favorites also include the Japanese strolling garden and the Climatron greenhouse.



All distances from the Ritz-Carlton



## GATEWAY ARCH

[gatewayarch.com](https://gatewayarch.com)

You haven't truly seen the Arch until you have seen it up close. St Louis' most recognizable monument is well worth a trip down to the riverfront.

- Museum - Learn about the westward expansion of the US and St Louis' role in it through the free museum.
- Tram Ride to the Top - Ride up 63 stories to take in the best views of the city and beyond.

## UNLEASH YOUR INNER CHILD



## ST LOUIS ZOO

[stlzoo.org](https://stlzoo.org)

Located within Forest Park, the St. Louis Zoo is not only free, but also amazing. They have all your favorite animals and they are recognized internationally for their innovative approaches to animal care, conservation, research, and education. When you're done you can pop over to the Dogtown neighborhood for dinner and drinks (Nomad and the Heavy Riff Brewery are favorites).

-Keith Lohse, PhD, Associate Professor WUPT



## UNION STATION

[stlouisunionstation.com](https://stlouisunionstation.com)

St. Louis' historic train station has gone through a major transformation in recent years. Today, it maintains historic architecture alongside its many state of the art attractions. Great for kids and adults alike!

- Aquarium - Over 13,000 animals across 44 exhibits means you have plenty of aquatic life to see and learn about.
- St Louis Wheel - Take a spin on this 200-foot high observation wheel in a fully enclosed gondola, a one of a kind way to see the city.
- Restaurants - The Soda Fountain, Train Shed, and 1894 Cafe are all great choices. The Grand Hall stands out for its 3-D light show.

Lauren Tueth, PT, DPT, PhD Student, WUPT



## CITY MUSEUM

[citymuseum.org](https://citymuseum.org)

Think less museum, more giant city playground. The City Museum is a hundred-year-old warehouse downtown that is filled with architectural and industrial objects turned into slides, tunnels, bridges, and castles. It is a one of a kind combination of beauty and fun.

-Erin Foster, PhD, OTD, Associate Professor WUOT



All distances from the Ritz-Carlton



# DINE OUT



## PASTARIA

[eatpastaria.com/stlouis](http://eatpastaria.com/stlouis)

Want to walk to dinner? Pastaria is a perfect choice with their ever changing seasonal menu, handmade pastas, and excellent wine list.

-Jessica Barth, MS, OTR/L, PhD Candidate WUPT



## SALT + SMOKE

[saltandsmokebbq.com](http://saltandsmokebbq.com)

St Louisans love their barbecue, and Salt + Smoke is a city-wide favorite. You can't go wrong with the burnt ends, mac and cheese, or falafel burger. The Delmar location is located in The Loop entertainment district, home of the St Louis walk of fame.

-David May, PT, DPT, PhD Candidate WUPT



## EL INDIO

[elindioauthenticmexican.com](http://elindioauthenticmexican.com)

Looking for authentic, inexpensive Mexican food? Look no further! Located in a building whose hallmark architecture makes it clear that this used to be a Pizza Hut, the bright new paint job is just one of the ways the owners have transformed this casual restaurant into a neighborhood favorite. Great daily specials mean you will always find something yummy.

-Gammon Earhart, PT, PhD, Associate Dean and Director WUPT



## BEAST BUTCHER & BLOCK

[beastbbqstl.com](http://beastbbqstl.com)

We weren't lying when we said St Louisans love barbecue. Beast isn't flashy, instead it is all about the meat. From tender brisket, to rich smoked cauliflower, to tasty smoked turkey, every item is delicious.

-Benjamin Philip, PhD, Assistant Professor WUOT



## CHARLIE GITTO'S

[charliegittos.com](http://charliegittos.com)

Toasted Ravioli (a breaded deep-fried ravioli) is a signature St Louis dish, and it was invented in the kitchen of Charlie Gitto's. You'll also find a full menu of traditional favorites. After dinner you can stroll The Hill neighborhood, St Louis' own Little Italy.

## DINE OUT (CONTINUED)



### VICIA

[viciarestaurant.com](http://viciarestaurant.com)

Veggie forward fine dining right in the neighborhood of the Washington University Medical Campus. The seasonal menu is focused on highlighting the best ingredients from the region and beyond. Reservations are required.

-Susy Stark, PhD, Professor WUOT



### LITTLE FOX


[littlefoxstl.com](http://littlefoxstl.com)


This intimate, fun restaurant in the Fox Park neighborhood offers small plates, a few heavier entrees, and a robust cocktail menu. Their menu changes seasonally and they have outdoor patio seating, weather permitting.


-Jeff Konrad, DPT, PhD Trainee WUPT




## QUICK BITES

 **Kaldi's Coffee** - Kaldi's is a great St. Louis coffee roaster with a location just steps from the Ritz-Carlton. They also offer a full lineup of food and bakery items perfect for a grab and go bite.  
[kaldiscoffee.com](http://kaldiscoffee.com)

 **Crushed Red** - Crushed Red is all about healthy food, fast. Here you'll find delicious chopped salads, pizzas, and soups. Located within walking distance of the Ritz-Carlton.  
[crushed-red.com](http://crushed-red.com)

 **5 Star Burgers** - Beef, bison, and veggie burgers all in one place! Plus, sandwiches, salads, and a convenient kids menu. About a 15 minute walk through downtown Clayton from the Ritz-Carlton.  
[5starburgersstl.com](http://5starburgersstl.com)

 **Imo's Pizza** - St Louis style pizza can be a controversial topic, but since you're here, why not give it a try? Imo's has been serving their trademark cracker crust, with provol cheese, cut into squares since the 1960s. Plus, they deliver!  
[imospizza.com](http://imospizza.com)

## FORGOT SOMETHING?

For quick and easy shopping, check out these options...

 **DGX Downtown Clayton** - [dgxstore.com](http://dgxstore.com)

 **Target Brentwood Promenade** - [target.com/sl/brentwood/1102](http://target.com/sl/brentwood/1102)

 All distances from the Ritz-Carlton