

# CAMWS 2024 (St. Louis) Local Guide

## Arriving and getting around

The [Chase Park Plaza](#) St. Louis, where most of the meeting will be held, is located in the city's Central West End (CWE) neighborhood, on Kingshighway Boulevard just northeast of Forest Park, a 20-minute drive from [Lambert Airport](#).

The [main \("Danforth"\) campus of Washington University](#), where the Friday afternoon sessions and concert will be held, is located just west of Forest Park, where St. Louis City meets St. Louis County. You'll see a lot of Wash U signs around the CWE, too, because the medical school campus is located there.

[Lambert Airport](#) is to the northwest of St. Louis. Southwest operates out of Terminal 2, all other domestic carriers out of Terminal 1. Both terminals are on the local light rail line, MetroLink (see below).

**Public transportation:** the CWE and Wash U are well positioned for easy [Metrolink](#) trips to the airport, downtown, and points between. The airport line is the "Red" line and runs east all the way to downtown St. Louis and into Illinois. It stops several blocks south of the Chase at the Central West End stop.

WashU's Danforth campus is bookended by two "Blue" line stations: Big Bend (northwest corner) and Skinker (northeast corner, off Forest Park). The Blue line joins up with the Red line just north of Forest Park and the two lines run together into Illinois with the same stops, so if you're heading east (downtown, etc.) you can hop on either Red or Blue, but if you're heading west to Wash U, you'll want a Blue train.

System info here: [www.metrostlouis.org/metrolink/](http://www.metrostlouis.org/metrolink/). At MetroLink stations, you can buy a ticket for light rail only, or a pass for unlimited use of both rail and busses for a set period.

The main [Amtrak](#) and [Greyhound](#) station (also on a Blue/Red Metrolink stop: Civic Center) is downtown on South 15<sup>th</sup> Street.

## CWE basics and nearby walks

The Central West End is a great place to walk. Lovely old houses line the narrow streets, and several streets—especially Maryland Avenue, just north of the Chase, and Euclid Avenue, a bit to the east of the Chase—are filled with shops, restaurants, and art galleries. Note in particular the [movie theater in the Chase itself](#); [Left Bank Books](#), a beloved independent bookstore; and the [Cathedral Basilica of St. Louis](#), open to visitors and filled with stunning mosaics. St. Louis is

also the chess capital of the world, and the Chase is near the center of the action: you can stop in for a game or to watch the grandmasters play at the [Saint Louis Chess Club](#), or head across the street to the [International Chess Hall of Fame](#).

## Forest Park

Just south of the Chase is the east end of the 1300-acre [Forest Park](#), which stretches three miles west to the east end of the Washington University campus. The park contains miles of trails and **several of STL's major cultural attractions, all free**. These include the [St. Louis Art Museum](#), the [Missouri History Museum](#), the [St. Louis Zoo](#). Just south of the park is the [St. Louis Science Center](#). Also in the park, for only \$1, check out the [Jewel Box](#) (a giant greenhouse).

## Grocery Stores and Pharmacies

Groceries are available at [Straubs](#), across the street from the Chase; [Whole Foods](#), four blocks away; or [Schnucks](#), St. Louis' largest grocery store chain. There are also nearby [Walgreens](#) and [CVS](#) stores.

## WashU Danforth campus

On-campus dining and coffee spots are listed at: [diningservices.wustl.edu/](http://diningservices.wustl.edu/). WashU's [Kemper Art Museum](#) (east end) has an eclectic permanent collection that includes a great group of Greek vases in their own little space (free admission; check hours). [Olin Library](#) (mid-campus) contains a copy of the Declaration of Independence and assorted other mini-exhibits.

North and northeast of campus, the [Delmar Loop](#) is packed with small businesses, including a bookstore, record and comic shops, restaurants, a specialty grocery store, and a movie theater. There are also abundant opportunities for people-watching, and the sidewalk features the St. Louis Walk of Fame, honoring local notables.

South of campus, [DeMun Avenue](#) has a pretty strip of cafés and restaurants facing the lawn of Concordia Seminary. Google the walking route there (through a residential neighborhood).

## Sightseeing farther afield (most places are within 15 minutes' drive)

**Nature in the city:** Beyond Forest Park, our top recommendation for a getaway is the fabulous 79-acre [Missouri Botanical Garden](#), in the [Shaw Historic District](#) in South City. \$14 admission; very much worth it.

For a longer drive but a lovely free walk, the 314-acre [Bellfontaine Cemetery and Arboretum](#) north of downtown is full of significant monuments and offers tours.

**Music and theater:** Lots of entertainment is found in [Grand Center](#) near St. Louis University: big and small theaters, jazz venues, and the St. Louis Symphony's ornate Powell Hall. For some music history, continue east to [Midtown's Scott Joplin House State Historic Site and Museum](#).

**Eye-candy neighborhoods:** besides the CWE itself, check out the [Lafayette Square Historic District](#) and [Soulard Historic District](#), where you can also [tour the huge Anheuser-Busch brewery](#).

### **Popular attractions, downtown/riverfront:**

The [Gateway Arch](#) sits inside a very nice park on the banks of the Mighty Mississippi. Going up in the Arch is a fun experience for the non-claustrophobic or acrophobic, but the Arch is also beautiful from the outside, and has a museum underneath.

Close to the Arch are [the oldest cathedral west of the Mississippi](#), the [Old Courthouse](#), where Dred Scott and his wife first sued for their freedom, the Cardinals' [Busch Stadium](#), and the pretty [CityGarden sculpture park](#).

Deeper into downtown, there's the [City Museum](#), an all-ages playscape (or museum, if you skip the slides and rides) whose every beautiful nook and cranny is made of repurposed scrap and salvage. The old [Union Station](#) is a tourist destination with a light show in the grand hall/bar, an aquarium, and a Ferris wheel. The beautifully renovated [Central Library](#) does tours and has special exhibits. A short walk from the library is the Art-Deco [Soldiers Memorial Military Museum](#). For those interested in a self-guided walking tour of the downtown area, [see this site](#), among others.

### **Across the river:**

A bit further afield, across the river in Illinois, is the [UNESCO World Heritage site of Cahokia Mounds](#). Flourishing around 1200 CE, the Cahokia Mississippian civilization created large ceremonial and burial mounds and traded with cultures throughout North and Central America. Walk out to Monks Mound, the largest earthwork in North America, and wind along the other trails through the mounds.

For those willing to stick around a couple of days after the conference, St. Louis is close to the path of totality for the [April 8, 2024 solar eclipse](#). A drive of a couple of hours into southern Missouri or Illinois will place you squarely in the path of totality.

## **Dining**

St. Louis has much more to offer beyond barbecue, a controversial style of pizza, and Anheuser-Busch products. In the neighborhoods below, you could just walk around and find what suits you, from cocktails to international cuisine to ice cream, but we highlight a few old favorites and newer options. Using the information available, we've marked Women-owned

(WO), Black-owned (BO), and Immigrant-owned (IO) establishments. (R) = reservations advised.

#### In or near **Central West End:**

(BO) **West End Bistro** (seafood, steaks, sandwiches; [www.westendbistro255.com/](http://www.westendbistro255.com/))  
(IO; R) **Bar Italia** (Italian, longtime CWE favorite; [baritaliastl.com/](http://baritaliastl.com/))  
(IO) **Saigon Café** (quiet nook for Vietnamese; [www.saigoncafestl.com/](http://www.saigoncafestl.com/))  
(IO) **The Scottish Arms** (cozy, first-rate pub food, patio; [www.thescottisharms.com/](http://www.thescottisharms.com/))  
(WO; R) **Vicia** (amazing farm-to-table cuisine; [www.viciarestaurant.com/](http://www.viciarestaurant.com/))  
**Brasserie by Niche** (great French/American bistro by renowned chef Gerard Craft; <https://brasseriebyniche.com/> )  
**Drunken Fish** (local sushi and Japanese; <https://www.drunkenfish.com/>)

*Relatively inexpensive:*

**First Watch** (breakfast, lunch, and brunch; <https://www.firstwatch.com/locations/central-west-end/>)  
**Shake Shack** (burgers and shakes etc.; <https://shakeshack.com/location/central-west-end-mo#/>)  
**Thai 202** (<https://m.facebook.com/Thai202FineCozyThaiPlace/>)

#### Near WashU's Danforth campus:

(WO) **Kaldi's Coffee** (local chain w/ food; DeMun and Skinker locations; [kaldiscoffee.com/](http://kaldiscoffee.com/))  
(R) **Louie** (fantastic Italian, can be noisy, DeMun; [www.yelp.com/biz/louie-clayton-2](http://www.yelp.com/biz/louie-clayton-2))  
**Sasha's** (wine bar w/ small plates, DeMun; [www.sashaswinebar.com/](http://www.sashaswinebar.com/))  
**Basso** (Italian gastropub) and **Fox and Hounds Tavern** (cozy, small plates), both in the Tudor-style Cheshire Inn on Clayton Road ([www.cheshirestl.com/dining](http://www.cheshirestl.com/dining))  
**Turmeric** (elegant pan-Indian, Loop; [www.turmericstl.com/](http://www.turmericstl.com/))  
(IO) **Ranoush** (Syrian, Loop; [www.ranoush.com/](http://www.ranoush.com/))  
**Moonrise Hotel** rooftop bar (small plates, view, Loop; [moonrisehotel.com/food-drinks/](http://moonrisehotel.com/food-drinks/))  
(BO) **Prime 55** (steaks and other hearty stuff, Loop; [prime55delmar.com/index.php](http://prime55delmar.com/index.php))  
(WO) **Clementine's Naughty and Nice Creamery** (fresh, handmade ice cream with or without booze, DeMun; <https://www.clementinescreamery.com/> )  
**Salt + Smoke** (St. Louis-style barbecue, Loop; <https://www.saltandsmokebbq.com/>)

In **The Grove** (south of CWE along Manchester Ave; diverse casual restaurants, breweries, and bars, and an LGBTQ hub; [www.thegrovestl.com/](http://www.thegrovestl.com/)):

**Urban Chestnut Brewery and Bierhall** (German food, fun space; [www.urbanchestnut.com/](http://www.urbanchestnut.com/))  
(BO, WO) **Creole with a Splash of Soul** ([www.creolemeetsoul.com/](http://www.creolemeetsoul.com/))  
(IO) **Sameem** (Afghan, no alcohol; [www.sameems.com/](http://www.sameems.com/))

(IO) **Sultan** (Mediterranean, no alcohol; [www.sultan-stl.com/](http://www.sultan-stl.com/))

In **Grand Center** and **Midtown**:

(BO; R) **Jazz St. Louis** (dine and drink well while listening to live music; [jazzstl.org/](http://jazzstl.org/))

**Small Batch** (all-vegetarian menu, huge whiskey list; [www.smallbatchrestaurant.com/](http://www.smallbatchrestaurant.com/))

On **The Hill**, south of Highway 44 below Forest Park, is St. Louis' "Little Italy" (and Yogi Berra's childhood home; [www.hillstl.org/](http://www.hillstl.org/)). Loads of old-school Italian places here, including the award-winning Gioa's Deli (<https://www.gioiasdeli.com/>).

The **South Grand** strip (Arsenal to Humphrey) is famous for its diverse restaurants and its long association with the St. Louis Pride Festival ([southgrand.org/](http://southgrand.org/)):

(WO; R) **Tree House** (outstanding veg & vegan and cocktails; [www.treehousetl.com/](http://www.treehousetl.com/))

(WO; R) **Salve Osteria** (house-made pastas, legendary "Gin Room"; [www.salveosteria.com/](http://www.salveosteria.com/))

(BO, IO) **Meskerem** (wonderful Ethiopian; [meskeremstl.com/](http://meskeremstl.com/))

(IO) **Sheesh** (Turkish, beautiful, no alcohol; [www.sheeshrestaurant.com/](http://www.sheeshrestaurant.com/))

(BO) **Steve's Hot Dogs** (loaded dogs, burgers, cocktails; [www.steveshotdogsstl.com/](http://www.steveshotdogsstl.com/))

**Lafayette Square**:

(WO) **Mayo Ketchup** (fast-casual Cuban/Dominican/Puerto Rican; [plantaingirl.com/](http://plantaingirl.com/))

(WO; R) **Eleven Eleven** (Tuscan/Californian, lovely space & service; [1111-m.com/](http://1111-m.com/))

**Downtown**: You'll find lots of good options along Washington and Locust Aves and in the hotels. A few suggestions:

**Brick River Cider** (nice dry ciders, great bar food; [www.brickrivercider.com/](http://www.brickrivercider.com/))

**Bridge Tap House & Wine Bar** (cool space, great bar, small plates; [www.thebridgestl.com/](http://www.thebridgestl.com/))

**Broadway Oyster Bar** (live music, historic building; [www.broadwayoysterbar.com/](http://www.broadwayoysterbar.com/))

**Fariñas** (Argentinian-inspired; [www.farinasrestaurantstl.com/](http://www.farinasrestaurantstl.com/))

**Finally, if you like craft beer**, check your menus for our favorite local offerings: **Civil Life** (British-style, great flavor), **Urban Chestnut** (German-style), and **Schlafly** (started the craft movement, still going strong). But there are many more, and some breweries are also great destinations serving food. [Here is a partial guide.](#)