Forest Park - London Tea Room (25ish miles)

Left Grand/Lagoon Drive
L - Skinker
R - Wydown
L - DeMun (cross sidewalk)
R - Alamo
L - Seminary Place (cross Clayton)
Into Bellevue
R - Bruno
L - Sutton
Cross Manchester
R - Greenwood (@T)
Continue right to merge
Onto Big Bend x 1 block
R - Oxford (shopping center)
L - Deer Creek bike path
Veer left to cross creek into Pacific
L - Sutton
R - Lockwood
Through Webster
L - Sherwood Drive (before underpass)
Follow left into West Frisco
R - Rock Hill
L - West Glendale (past 44 overpass)
Cross Elm, pass rec center
L - Colebrook
R - Chestnut
R - Selma
L - Florence
L - Edgar, quick
R - Florence

Veer L - onto South Old Orchard
(stay left near park)
Into Garden
CAREFUL crossing Laclede Station Rd
L - Wilshusen
R - Weil (big downhill!)
R - bike path
L - across River Des Peres onto Christy Greenway
R - Holly Hills
L - Morganford
Optional Stop LONDON TEA ROOM @ Hartford
(near Tower Grove)
R (north) - Morganford
R - Arsenal
L - Tower Grove
Stay northward through park
Cross Vandeventer & Manchester
L - Chouteau
R - Taylor
Cross Forest Park Blvd
L - West Pine
L - Grand in park
Veer R to stay on Grand,
Return to parking lot.