

Knowing Your Way Around St. Louis

St Louis has many attractions, but what most CEA conference-goers will want to know is what is within reasonable walking distance from the conference hotel for those free-time moments on particular days and especially at night.

Conference Home Base: The Adam's Mark Hotel

Address: 4th & Chestnut Streets, St. Louis, Missouri 63102; Phone: 1-314-241-7400
(useful for checking out the location at a web site like MapQuest).

General Location: On the eastern side of the downtown area—just to the west and across from the famous Gateway Arch and the Mississippi River beyond.

Food and Refreshment within the Adam's Mark Hotel

The hotel itself offers several sites for dining and entertainment: Faust's, an award-winning restaurant featuring American and Continental cuisine; Chestnut's, for casual dining and buffets; AJ's, a sports and entertainment venue; Pierre's, a cocktail lounge featuring live soft jazz and rare works of art; and Tiffany Rose, the lobby lounge, featuring an afternoon tea.

City Attractions and Restaurants

Although you may wish to visit the official St. Louis web site <<http://www.explorestlouis.com>>, the following guide can scarcely do justice to the richness of the city's attractions, and those that might be reached by vehicle are best located on Internet maps of the city; e.g., the Anheuser-Busch Brewery (1½ hour tour) on Broadway; Soulard's Market near Broadway; Lafayette Square with its stately homes, some facing Lafayette Park; the Missouri Botanical Gardens and the SW garden neighborhood, along Route 44 (Exit 287); or further out (along Forest Park Avenue), the city's spacious Forest Park, which features the World's Fair Pavilion (hearkening back to the St. Louis World's Fair of 1904), the Saint Louis Zoo, the Saint Louis Art Museum, the Missouri History Museum, the Saint Louis Science Center, the Muni Opera House, and more.

The following guide focuses instead on three areas within walking distance of the conference hotel: (1) the Gateway Arch/Jefferson National Expansion Memorial Park area, (2) Laclede's Landing, and (3) several dining establishments up and down the streets of downtown St. Louis.

1. Exit the Adam's Mark Hotel and head eastward, crossing Memorial Drive toward the Gateway Arch in the Jefferson National Expansion Memorial Park area. If you descend and enter an underground area by the Arch, you can purchase tickets for a ride up inside the Arch to the top. You can walk through the Museum of Westward Expansion and Lewis & Clark's Great Journey West, as well as stopping by the Levee Mercantile, an 1870s general store.

You can also descend the 64 steps that take you to the riverside, where you can enjoy a sight-seeing cruise on a Gateway Arch Riverboat for a one-hour ride (\$10) or a two-hour dinner cruise (\$37)—2006 prices. Or you could simply have a bite to eat at the Arch View Café (sandwiches, snacks, drinks).

In the same general vicinity, along Riverfront Drive, one can take a carriage ride (\$25 for 15 minutes or \$45 for 30 minutes). The more adventurous might choose a helicopter ride (\$40 for 5 minutes).

2. Another tourist attraction, with numerous places to eat, is Laclede's Landing, about an eight-minute walk from the Adam's Mark Hotel. Named for Pierre Laclede (St. Louis's French founder), Laclede's Landing is a vibrant entertainment district just north of the Gateway Arch along the Mississippi. Once the hub of river trade where fur trappers rendezvoused, Laclede's Landing is now host to restaurants, music clubs, and shops found along the cobblestoned streets.

To get to Laclede's Landing from the Adam's Mark Hotel, exit the hotel, turn right (north) along 4th Street, and then turn right (east) on Washington, crossing Memorial Drive. Turn left (north) on 2nd Avenue, which takes you right into the Laclede's Landing area, with its line-up of cafés and bars, having names like The Feisty Bulldog, The Drunken Fish, and the Morgan Street Brewery, as well as a wax museum and comedy club (Laughs on the Landing).

3. For a sampling of food and beverage establishments in the downtown area, the list below is preceded by a pedestrian-friendly street guide keyed to the Adam's Mark Hotel to help you get your bearings.

If you exit the Adam's Mark Hotel on 4th Street, you are facing westward, with your back to the Mississippi River. The next street beyond in a westerly direction would be 5th Street, except it's called Broadway. But beyond Broadway is 6th Street, then 7th Street, 8th Street, and so on.

If you exit the Adam's Mark Hotel on 4th Street and turn left (south), you shortly reach Chestnut Street, in the vicinity of the Old Court House, where Dred Scott sued for his freedom in 1846. The next street south intersecting with 4th Street is Market Street, then Walnut Street.

If you exit the Adam's Mark Hotel on 4th Street and turn right (north), you soon reach Pine Street. The next street north intersecting with 4th Street is Olive Street, then Locust Street, St. Charles Street, Washington Street, Lucas Street, and Convention Plaza. (At Lucas and 6th Street is the Convention Center. At Convention Plaza and 6th Street is the Edward Jones Dome.)

Continuing: For formal or informal dining, at various levels of prodigality and thrift, are the following.

Steak or Steak/Seafood

Carmine's Steak House, 20 S. 4th Street, 241-1631
 Dierdorf & Hart's Steak House, 701 Market St., 421-1772
 Mike Shannon's Steaks and Seafood, 100 North 7th St. at Chestnut, 421-1540

Italian or Italian-American

Charlie Gitto's Pasta House, 207 N. 6th Street, 436-2828
 Joseph's Downtown, 107 N. 6th Street, 421-6366
 Kemoll's Italian Restaurant, #1 Metropolitan Square near Broadway & Olive, 421-0555
 J. F. Sanfilippo's, 705 N. Broadway, 621-7213 (N. & S. Ital. cuisine)
 Tony's, 410 Market St., 231-7007

Irish

Dubliner Irish Pub & Bistro, 1025 Washington, 421-4300 (requiring a longer walk)

Asian

Bamboo Bistro, 214 N. 4th St., 241-8884 (Thai, Vietnamese, Chinese)

Curry in a Hurry, 612 Olive Street, 241-7900 (Indian)

Hunan Manor Chinese Restaurant, 505 Pine Street, 231-2867 (Chinese)

Mexican or Mexican-American

Downtown Cantina, 711 Olive Street, 231-5620

ZuZu Handmade Mexican Food, 217 N. 7th Street, 241-9898

Upscale, Casual or Innovative Cuisine

400 Olive . . . An Urban Grille, 400 Olive Street, 554-7098

Teutenberg's, 701 Olive Street, corner of 7th & Olive, 241-8777

Café Cuisine or Bakery Café

St. Louis Bread Company, 116 N. 6th Street, 588-8423

Wehbe's Safari Club, 201 N. 6th Street, 231-5888

Sandwiches

Edible Difference, 615 Pine Street (7th Street), 588-8432 (breakfast/lunch)

Java Plus, Metropolitan Square, 211 n. Broadway, 436-1600 (coffee shop, 7 a.m.-4 p.m.)

Lion's Choice, 600 Pine Street, 421-5465 (roast beef sandwiches)