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Clydesdale Park Trails

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Try this set of trails for a pleasant, private winter walk because it's all asphalt and wide open with marginal shade. There is no contending with mud and when the sun is out, it can warm you a bit.

Where • 9801 Green Park Road. Tesson Ferry Road (Highway 21) north of Lindbergh Boulevard and east on Green Park Road.

How long • Two miles of short, contiguous trails that include the one-mile fitness trail, which is part of the St. Louis County 30/30 Hikes program — 30 hikes you can do in 30 minutes each.

Surface • Like-new asphalt.

Difficulty • Gentle hills the entire length of the trail heading downhill to Gravois Creek, on the north side of the park, and uphill to return.

User's notes • This time of year, walkers and joggers can use this to keep in shape; bicycles and inline skaters are at a minimum this time of year, as are children in the playgrounds. The trail has several fitness stations where you can exercise. The fitness stations include wide floors for pushups, stretching or other movement. The north side of the park serves as access points to Grant's Trail and a new connector built by Great Rivers Greenway.

Facilities • Restrooms are marked closed for the winter. The closest facilities are on Tesson Ferry Road.

Wheelchair accessible • Very, but expect an excellent workout.

Parking • Along the south side of the park.

Dogs • On leash.

More information • alturl.com/fdvye