Route: Visitor's Center Loop
Mileage: 1.26 miles

- Start at Visitor’s Center
- Follow Pinetum Loop Rd
- Take first right
- Take immediate left
- Follow Manor House Lane to Bascom House
- Turn around at Bascom House back steps
- Hop back on Manor House Lane
- Take first right
- Follow Pinetum Loop Rd back to Visitor’s Center
Route: 5k loop
Mileage: 3.1m (3.2 if in middle of trail)

- Start at Visitor’s Center
- Follow Pinetum Loop Rd
- Take first right onto Trail House loop Rd
- Go through pedestrian door at Deer Fence
- At bus stop the road turns into Quarry Rd
- Go through pedestrian door at Deer Rd
- Road turns into Pinetum Loop
- End at Visitor’s Center
Route: 5 mile loop (5.2 if in middle of trail)

- Start at Visitor’s Center
- Follow Pinetum Loop Rd
- Take first right onto Trail House loop Rd
- Go through pedestrian door at Deer Fence
- Take first right after crossing Brush Creek bridge onto Lumber Shed Rd
- Take first left after you pass the Lumber Shed
- Take the left at the end of the field onto W. Valley Trail Rd which turns into Pine Amphitheater Rd
- Hop back onto Trail House Loop Rd
- At bus stop turn right onto Quarry Rd
- Right onto Freund Ridge Rd
- Run past Dana Brown Center
- Continue onto trail after crossing over Wetland Rd
- Take first left to run along wetland
- Turn left when trail dead ends
- Wetland trail ends at Bus Stop so turn right onto Quarry Rd
- Go through pedestrian door at Deer Fence
- Road turns into Pinetum Loop
- End at Visitor’s Center
Route: 5 Mile River Route
(5.2 if in middle of trail)

- Start at Visitor’s Center
- Follow Pinetum Loop Rd
- Take first right onto Trail House loop Rd
- Go through pedestrian door at Deer Fence
- Continue on Trail House Loop Rd until you get to the Trail house
- Right to run down stairs through Trail House
- Right onto Goddard River Trail
- Run down past Meramec River
- Left onto Barn Rd
- Take first left to run onto deer trail which will take you past cement blocks and small creek to the Glade
- Turn right at Glade to go towards Observation Deck
- Turn right at Observation Deck to run on Prairie Trail down hill
- Turn left at trees and continue downhill
- Turn left onto Quarry Rd
- Pass Bus Stop, pass over bridge and turn right onto Serpentine Wall Rd
- Turn left to head towards Wolf Run Lake
- Turn right after running along lake to hop on Wolf Run Trail
- Left on Nursery Rd
- Take first right at end of Wolf Run Trail (should see Pinetum Lake)
- Run through parking lot towards Visitor’s Center
- End at Visitor’s Center