

Simpson Park Trail Guide

The park was officially dedicated in 1991. Since that time additional parcels of land have been added to the park to increase park acreage to 170 acres. The main attraction to the park is a 72 acre lake. The lake was created by the dredging of sand and gravel prior to park ownership. Grand Glaize Creek provides the source of water as it heads toward the Meramec River. The lake is managed by the Missouri Department of Conservation as a fisheries resource. The lake is a stopover for many different species of waterfowl as they make their migratory journey each spring and fall.

Although not recently stocked the lake maintains a good fishery. Susceptible to occasional flooding by the Meramec River the lake is restocked with each inundation. Today a good population of largemouth bass exists. A boat ramp is located in the west side of the lake. No outboard motors are allowed. All state fishing rules and regulations apply.

Blue Heron Trail

.8 miles Flat Paved Treadway Hiker & Biker

Blue Heron Trail is a .8 mile one-way asphalt trail that runs along the south and west side of the lake. Biking, hiking and roller blading is allowed on the trail. The trail begins near the Blue Heron Shelter. Here you will find modern restrooms, drinking water, a fishing dock, and a playground. As you leave the shelter area the trail follows the high bank of the lake. Quickly you cut through an impressive wet bottomland woodland. This rather small area is very rich in tree diversity and is home to over 5 species of oaks. Water pools within this area as evident by the dark concentric rings on the base of the trees and the usually poor herbaceous layer on the woodland floor. Both are indicators of pooling water. This small area is a snapshot of what existed in the river valley prior to development. The trail ends on the west side of the lake at the boat ramp parking lot. The Blue Heron Trail is also linked to 3.2 mile Meramec Greenway Trail running from Valley Park to Kirkwood's Green Tree Park. Suitable for cross country skiing.

River Walk Trail

3.2 miles Flat Paved Treadway Hiker & Biker

River Walk Trail is part of the Meramec Greenway Trail, as envisioned, that will run the length of the Meramec River in St. Louis County. The 3.2 mile asphalt trail connects Simpson Park with Kirkwood's Greentree Park to the east and Valley Park's River Front Park to the west. Starting out from the parking lot trailhead just south of Marshall Road the trail crosses Grand Glaize Creek and parallels the Meramec River. Access to the river can be gained by way of a gravel bar off of River Walk Trail. This area is popular with local fishermen. The trail snakes its way through a bottomland woodland. Two large Burr Oaks can be found just east of the AMVETS. The trail continues along through Kirkwood's Green Tree Park.

From the same trailhead but going upstream along the river the trail user has a great view of the Meramec. Utilizing an old road the trail meets the Valley Park trail and continues just west of Highway 141. It is difficult to imagine that along this trail was once a series of clubhouses for its entire length. Floods just became too much forcing the people to move to high ground to escape the high waters and potential risks. A new one mile trail is being planned to cross Fishpot Creek and continue one mile upstream along the Meramec. Suitable for cross country skiing.