

# American Society for Neurochemistry

2020 Annual Meeting  
St. Louis/St. Charles

## Local host recommendations



# Stay in the Embassy Suites headquarter hotel!



**EMBASSY  
SUITES**

by HILTON™

- All suite rooms, \$159/\$149 (student)
- Complimentary cooked-to-order breakfast & evening reception (w/adult beverages) every day
- Attached to Convention Center
- Complimentary parking & shuttle (3 miles) to local sites
- Gym, pool



# Transportation from/ to airport

8 miles from Lambert International Airport to Embassy Suites/Convention Center

➤ Uber ~\$21 each way



➤ Lyft ~\$21 each way



➤ Cab ~\$26 each way, proceed to Taxi Zones

➤ Rental Car – free, convenient parking at Embassy Suites

# Visit Streets of Saint Charles Entertainment District!

15 restaurants/bars, all good. Walking distance.  
Great place for hanging out and visiting

<https://www.thestreetsfstcharles.com/>



## ➤ Suggestions

➤ Prasino



➤ Firebird Grill



➤ Mission Taco



➤ First Watch



➤ Bar Louie



➤ Dewey's Pizza



➤ Wasabi



➤ Narwhals Crafted – open soon



# Visit Historic Main Street in St. Charles!

Many shops/restaurants/bars. Looks out onto the Missouri River. Cobblestone street. Fun stroll

Main Street things to do: <https://www.discoverstcharles.com/things-to-do/main-street/>

Historic Main Street Map:

[https://assets.simpleviewinc.com/simpleview/image/upload/v1/clients/stcharles/MM\\_Spring\\_merchants19\\_43417661-5b23-4100-a920-babc52dfff34.pdf](https://assets.simpleviewinc.com/simpleview/image/upload/v1/clients/stcharles/MM_Spring_merchants19_43417661-5b23-4100-a920-babc52dfff34.pdf)

## ➤ Suggestions

- Bella Vino ☆
- Salt & Smoke ☆
- Bike Stop Cafe
- Trailhead Brewery
- The Rack House Kitchen Wine Whiskey
- Hendrick's BBQ
- Little O's Old Time Soda Fountain
- Kilwins Chocolate & Ice Cream



# Ride the St. Charles Trolley!

- Pick up at Embassy Suites/Convention Center
- 40 min loop, free to ride
- Streets of St. Charles, Ameristar Casino, Historic Main Street
- Trolley hours 11:00 am - 8:00 pm



# Check out some other activities

- Ameristar Casino restaurants & bars



- Climb So Ill at the Steel Shop  
Indoor Rock Climbing



- Katy Trail (biking/running/walking)



- Lewis and Clark Museum

