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Celebrate and Enjoy Gateway Arch National Park's Green Spaces at National Public Lands Day on Saturday, September 24th

National Park Service and Gateway Arch Park Foundation to host free events at Gateway Arch National Park including yoga, Mississippi River cleanup, MonArch Migration Event, and B.A.R.K. Ranger activities

ST. LOUIS (September 13, 2022)—Celebrate National Public Lands Day at Gateway Arch National Park on Saturday, September 24! The National Park Service and Gateway Arch Park Foundation have teamed up to host a day of events that recognize how important green spaces are to our community. The public spaces at Gateway Arch National Park can be used to recreate, educate, and benefit our health and wellbeing.

“It has become increasingly apparent over the past few years just how important outdoor spaces are to our mental, physical and emotional health,” says Pam Sanfilippo, Program Manager, Museum Services and Interpretation, Gateway Arch National Park. “The Arch grounds are a place for everyone to enjoy – whether it’s to practice yoga, see butterflies migrating, or play fetch with your four-legged best friend. Join us on National Public Lands Day to experience firsthand the incredible spaces here at the park.”

National Public Lands Day is also the nation’s largest single-day volunteer event for public lands. The public is invited to participate in a Mississippi River cleanup event on the St. Louis Riverfront.

“Just like the Gateway Arch, the Mississippi River is one of our community’s most defining features, and we are committed to keeping the riverfront clean and welcoming for our residents and out-of-town visitors,” says Camille Brooks, Director of Programming and Events, Gateway Arch Park Foundation. “The Mississippi River is one of the largest sources of oceanic plastic debris, so we invite the whole community to help us keep litter out of the river and subsequently, out of our oceans.”

National Public Lands Day activities are free and open people of to all ages, with select activities open to pets.

Mississippi River Cleanup: 9 to 11 a.m. & 11 a.m. to 1 p.m.

Recruit friends and family to help clean up the St. Louis Riverfront! This event is organized by Gateway Arch National Park, Gateway Arch Park Foundation, Beyond Plastics and Living Lands & Waters, and volunteers can choose between two shifts. All volunteers will receive materials needed to stay safe

during the cleanup and be entered to win a drawing for prizes from partners. Interested volunteers should register online at archpark.volunteerhub.com.

Just Breathe Yoga Session Under the Arch: 9:30 to 10:30 a.m.

Join The Collective STL for Just Breathe, a free, all-levels yoga session under the north leg of the Gateway Arch. Attendees should [register online](#). Please bring a mat, towel and water.

MonArch Migration Event: 1 to 4 p.m.

Head to the Explorer's Garden, located in the park's [North Gateway](#) (near Laclede's Landing and the Eads Bridge), to learn about the endangered monarch butterfly and its patterns, and native plants. Discussions will include invasive and native plant species, as well as urban ecology.

B.A.R.K. Ranger Activities: 2 to 5 p.m.

Put your paws up for the dog-friendly Gateway Arch National Park! Bring your furry friend to the park for special [B.A.R.K. Ranger](#) activities. (B.A.R.K. stands for: Bag your pet's waste, Always leash your pet, Respect wildlife, and Know where you can go.)

From 2-5 p.m., stop by the B.A.R.K. Ranger table in the Arch west entrance plaza to find out how your pup can become a B.A.R.K. Ranger. At 3 p.m. join Australian shepherd Molly and chocolate lab Leila, 2022 B.A.R.K. Superintendents, for a ranger-led walk through Gateway Arch National Park. Walk attendees should meet at the B.A.R.K. Ranger table west entrance plaza.

NPS Fee-Free Day: All Day

NPS has designated National Public Lands Day on Saturday, September 24 a fee-free day, in which the entrance fee at all NPS sites is waived. At Gateway Arch National Park, the \$3 entrance fee included in each adult Tram Ride to the Top ticket and adult Documentary Movie ticket is waived.

Gateway Arch Visitor Reminders

Visitors to the Arch must enter the monument at the glass west entrance, which faces the Old Courthouse. The Arch legs are exits only. Entrance to the Arch Visitor Center and the Museum at the Gateway Arch is free.

Arch visitor parking at a discounted rate is now available at the Stadium East Garage in downtown St. Louis. Please visit gatewayarch.com/plan-your-visit/parking for more information and to pre-purchase parking. With each parking purchase, \$1 will go to support educational and community programs at the park through Gateway Arch Park Foundation.

The Tram Ride to the Top of the Arch sells out early and often. Visitors are strongly encouraged to purchase tram ride tickets in advance at gatewayarch.com/buytickets. Please plan to arrive at least 30 minutes ahead of your scheduled tram time. For more information, visit nps.gov/jeff or gatewayarch.com, or call 877-982-1410.

About Gateway Arch National Park:

Gateway Arch National Park is a unit of the National Park System that commemorates Thomas Jefferson's vision of a unified continental nation and St. Louis' role as the gateway to the American West during the 19th century and preserves the Old Courthouse as the site of the Dred Scott case. The park includes the Gateway Arch, the Arch grounds and the Old Courthouse, located on the riverfront in downtown St. Louis. It is open daily from 9 a.m. to 6 p.m. The Old Courthouse is currently closed. The park is closed on

Thanksgiving, Christmas Day and New Year's Day. Most programs are FREE of charge and open to the public. Many programs and events at the park benefit from the generous support from park partners Gateway Arch Park Foundation, Jefferson National Parks Association, and Bi-State Development. For more information about Gateway Arch National Park, visit [NPS.gov/jeff](https://www.nps.gov/jeff).

About Gateway Arch Park Foundation:

[Gateway Arch Park Foundation](https://www.gatewayarchpark.org/) is the official philanthropic partner and conservancy for Gateway Arch National Park. Its mission is to ensure the Gateway Arch, its grounds, neighboring public spaces, and attractions are a vital, welcoming, well-supported resource to the community and nation for generations to come. It seeks to fulfill its mission by providing for ongoing conservation, preservation and education at the park, in addition to hosting, facilitating and promoting community programs that bring the park and its surrounding areas in Downtown St. Louis to life. The Foundation is part of an alliance that helps meet this mission, which includes the National Park Service, Bi-State Development, Great Rivers Greenway, Jefferson National Parks Association, and the City of St. Louis. For more information, visit [ArchPark.org](https://www.archpark.org/).

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