Regional Trails Map

Parking/Trail Head
Existing Trail
Planned Trail
American Discovery Trail
County Line
Mileage Between Points
Park/Open Space

0 2.5 5 10 MILES

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IOWA

Raccoon River Valley Trail
High Trestle Bridge
Neal Smith Trail
High Trestle Trail
Heart of Iowa Nature Trail
Chichaqua Valley Trail
Great Western Trail
Summerset Trail

Greene County
Boone County
Story County
Marshall County
Dallas County
Polk County
Jasper County
Guthrie County
Adair County
Madison County
Warren County

Jefferson, Grand Junction, Ogden, Boone, Ames, Nevada, Colo, State Center, Cooper, Rippey, Berkley, Luther, Kelley, Slater, Huxley, Cambridge, Maxwell, Collins, Rhodes, Melbourne, Herndon, Jamaica, Perry, Bouton, Woodward, Madrid, Sheldahl, Alleman, Dawson, Yale, Polk City, Elkhart, Baxter, Minburn, Granger, Ankeny, Mingo, Ira, Panora, Dallas Center, Johnston, Bondurant, Valeria, Linden, Urbandale, Altoona, Mitchellville, Colfax, Adel, Waukee, Clive, Pleasant Hill, Prairie City, Redfield, Menlo, Stuart, Dexter, De Soto, Van Meter, West Des Moines, Des Moines, Runnells, Earlham, Cumming, Norwalk, Carlisle, Hartford, Summerset, Churchville, Martensdale, Bevington, Indianola, Sandyville, Winterset

Johnston

TO POLK CITY
TO SLATER, MADRID, AND WOODWARD
HIGH TRESTLE TRAIL
NEAL SMITH TRAIL
SAYLORVILLE LAKE
DAM
Anken
DMACC
KYLE'S BIKE SHOP
Oralabor Rd
NW 26th St
Fisher Ln
Toni Dr
NW 70th
70th Ave
NW Beaver Dr
NW 66th
16th St
R56
State St
Corpor
SYCAMORE TRAIL
NW 54th
54th Ave
62nd Ave
SE 19th St
James St
100th St
156th St
DALLAS COUNTY
POLK COUNTY
Grimes
TRESTLE TO TRESTLE TRAIL
Meredith Dr
Meredith
Des Moines
Madison Ave
Merle Hay Rd
Merle Hay Mall
Aurora Ave
70th St
128th St
OPEN FALL 2013
WALNUT CREEK
Douglas Ave
BIKE WORLD
INTER-URBAN TRAIL
Urbandale Ave
Urbandale
RACCOON RIVER VALLEY TRAIL
CLIVE GREENBELT TRAIL
Hickman Rd
BARR BIKE & FITNESS
Waukee
Clive
Windsor Heights
Franklin Ave
BEAVERDALE BICYCLES
Beaver Ave
48th St
41st St
30th St
Martin Luther King Pkwy
DES MOINES RIVER
2nd Ave
Forest Ave
DRAKE UNIVERSITY
University Ave
Valley West Mall
FITNESS SPORTS
Kingman Blvd
BOULEVARD SPORTS
Polk Blvd
35th St
19th St
9th St
6th Ave
15th St
PRINCIPAL RIVERWALK 1.2 MILES
ICHI BIKE
WALNUT CREEK TRAIL
Ingersoll
Grand
GREENWOOD & ASHWORTH PARKS
10 miles Singletrack Trails
BILL RILEY TRAIL
GRAY'S LAKE
MEREDITH TRAIL
BIKE RENTAL
WATER WORKS PARK
Des Moines
Jordan Creek Pkwy
60th St
50th St
Ashworth Rd
Valley West Dr
22nd St
Vine St
Grand Ave
RASMUSSEN BIKE SHOP
8th St
Valley Junction
JORDAN CREEK TRAIL
VALLEY VIEW PARK
SCHEELS
Jordan Creek Town Center
West Glen Town Center
BIKE WORLD
Mills Civic Pkwy
Fuller Rd
West Des Moines
S 50th St
SW 63rd St
Park Ave
Loop 3.1 mi
RACCOON RIVER PARK
BROWN'S WOODS FOREST PRESERVE
RACCOON RIVER
WALNUT WOODS STATE PARK
DMACC
Grand Ave
Raccoon River Dr
McKinley
DES MOINES INTERNATIONAL AIRPORT
SW 14th St
SW 9th St
South Union St
E Porter Ave
Army Post
GREAT WESTERN TRAIL
Maffitt Lake Rd
BLANK PARK ZOO
FT. DES MOINES PARK
Fleur Dr
MADISON COUNTY
WARREN COUNTY
Orilla
Adams St
Norwalk
Beardsley
50th Ave
Cumming
TO MARTENSDALE
G14
R63

MAP CONTINUES OTHER SIDE

Please support the sponsors of this map

Altoona
Rasmussen Bike Shop N-5
307 8th St SW
515-967-4414
rasmussenbike altoona.com

Ankeny
Bike Country J-2
825 East First
515-964-5623
bikecountry.com

Kyle's Bike Shop H-3
1840 SW White Birch
515-965-0333
kylesbikes.com

Clive
Barr Bike & Fitness E-7
1710 NW 86th St
515-223-6111
barrbike.com

Des Moines
Beaverdale Bicycles G-6
2701 Beaver Avenue
515-274-9626
BeaverdaleBicycles.com

Boulevard Sports G-7
4211 Chamberlain Dr
515-255-8433
blvdbikes.com

Des Moines Bicycle Collective I-8
617 Grand Ave
515-288-8022
dsmbikecollective.org

Ichi Bike I-8
311 E Walnut St.
515-274-0397
ichibike.com

Urbandale
Bike World F-6
6600 Douglas Ave
515-255-7047
bikeworldiowa.com

West Des Moines
Bike World C-9
5950 Village View Dr
515-222-1880
bikeworldiowa.com

Rasmussen Bike Shop F-8
301 Grand Ave
515-277-2636
rasmussenbike shop.com

Scheels B-9
101 Jordan Creek Pkwy
515-727-4065
ScheelsSports.com

Windsor Heights
Fitness Sports E-7
7230 University Ave.
515-277-4785
FitnessSports.com

RESOURCES

Des Moines Area Regional Transit Authority (DART)
Take your bike on most transit buses
ridedart.com

Getting Around DM area
Alternate transportation
drivetimedesmoines.org

Greater Des Moines Convention & Visitors Bureau
seedesmoines.com

Iowa Dept. of Natural Resources
Water and land trails
iowadnr.gov/trails

Iowa Dept. of Transportation Bicycle information
iowadot.gov/iowabikes

Des Moines Area Metropolitan Planning Organization
dmampo.org

Running/Walking

Capital Striders
capitalstriders.org

Dam to Dam, Iowa's Distance Classic
damtodam.com

Greater Des Moines Volkssports Assn.
ava.org/clubs/greaterdesmoinesvolkssportassn

IMT DSM Marathon Running Club
desmoinesmarathon.com

Living History Farms Race
lhf.org

Paddling/Rowing

Central Iowa Paddlers
paddleiowa.org

Iowa Rivers Revival
iowarivers.org

Bicycling

Bike Iowa
bikeiowa.com

Des Moines Bicycle Collective
dsmbikecollective.org

Des Moines Cycle Club
dmcycleclub.com

Iowa Bicycle Coalition
iowabicyclecoalition.org

Iowa Valley Bicycle Club
marshalltownbikeclub.com

Lake Country Cyclists
lakecountrycyclists.com

Madison County Cycle Club
madisoncountycycleclub.org

Paired Iowans Going Someplace (PIGS)
pigstandem.home.mchsi.com

Triathlon Training

Altoona Triathlon Club
altoonatriathlonclub.com

Des Moines Triathlon Club
dsmtri.com

Thrive Multisport
thrivemultisport.com

Triathlon Racers of Iowa
triracers.com

Zoom Performance
GetZoomPerformance.com

Environmental/Park Associations

Central Iowa Trail Association
centraliowatrails.com

Des Moines Audubon Society
dmaudubon.org

Friends of Central Iowa Trails
FriendsCIT.org

Friends of Des Moines Parks
friendsofdmparks.org

Iowa Geocachers Organization
iowageocachers.org

Iowa Natural Heritage Foundation
inhf.org

Raccoon River Valley Trail Assn.
raccoonrivervalleytrail.org

Sponsors

Alta Planning + Design
altaplanning.com

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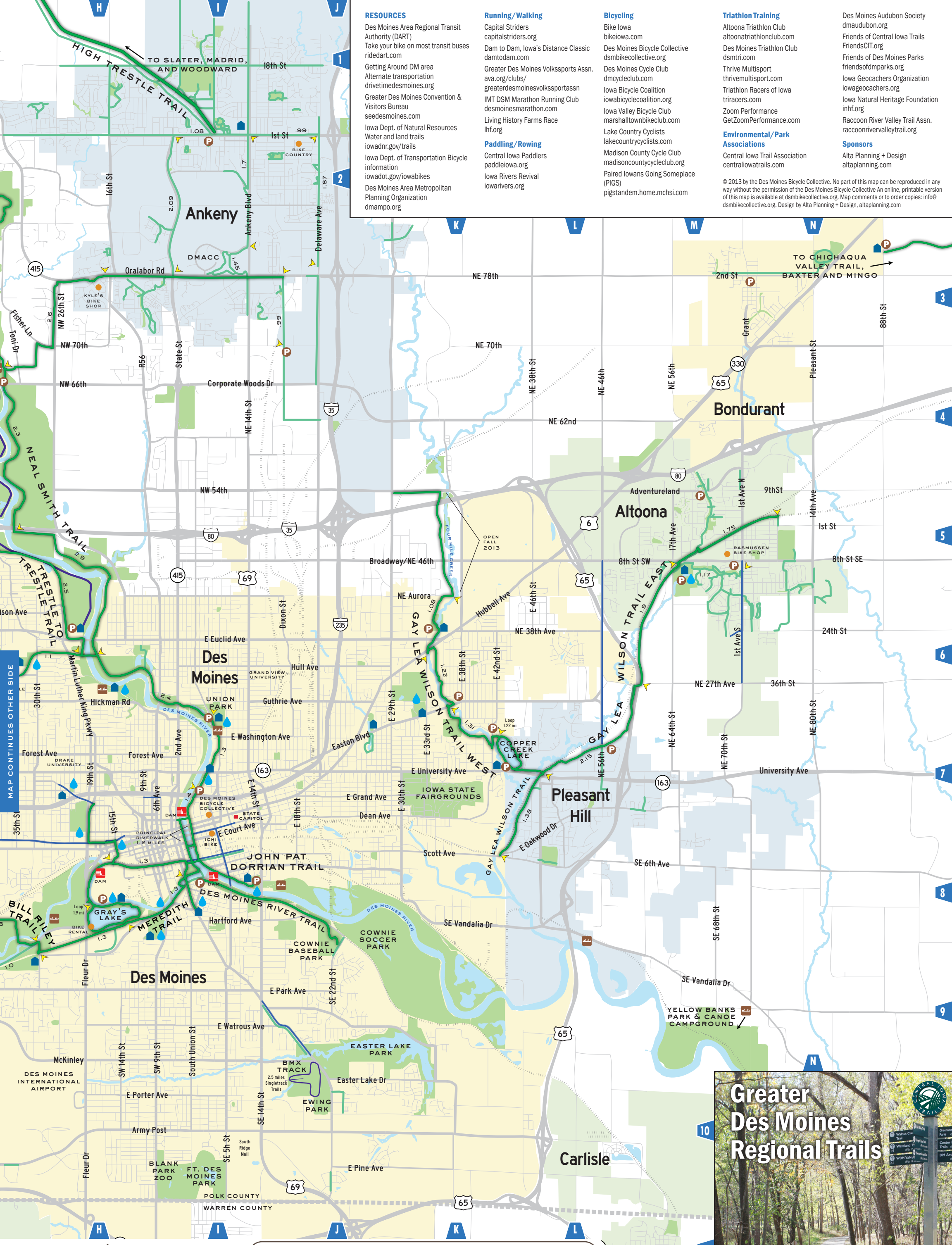

Regional Trail
Local Trail
Singletrack Trail
Bike Lane
Distance Markers (miles)
Water Fountain
Restroom
Parking
Boat Access
Bike Shop

Scale 0 1/2 1 MILES

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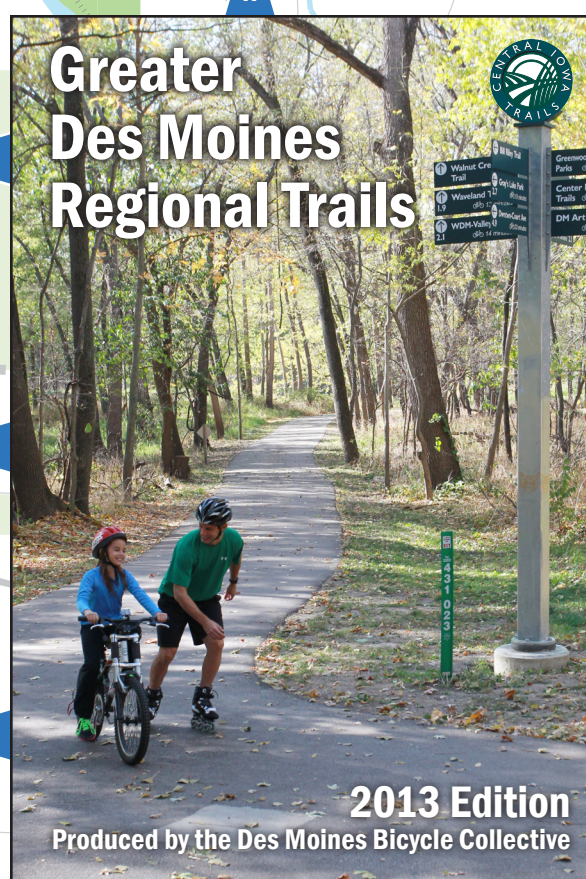
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Iowa Health Des Moines
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The Great Outdoors Fund
www.greatoutdoorsfund.org