

## WELCOME TO IOWA!

From the Missouri River on our state's western edge to the Mighty Mississippi and all points in between, bicycling across Iowa provides families and friends with quality trails and other routes to see the great state of Iowa on two wheels. Information in this map is provided to encourage bicycling as a routine and safe means of transportation. Also, biking is a great form of recreation and healthy exercise as we continue our quest to become the healthiest state in the nation.

Iowa's bicycle trails, paved shoulders, shared roadways, and multiuse trails have quickly become destinations for adventures from all over the United States and abroad. In addition to the beautiful countryside, these visitors are treated to everything from quaint towns serving the best pie around to bustling cities. It's no wonder Iowa's bicycle-friendly reputation is known far and wide.

Whether you're looking for a quiet country ride or the experience that can only be found at one of Iowa's community festivals, our state awaits your visit. If you prefer a longer ride with the chance to pedal with thousands of other cyclists, be sure to join us for the annual, week-long ride across the state, RAGBRAI.

We hope you enjoy your ride through Iowa!

Sincerely,



Terry E. Branstad  
Governor of Iowa  
*[Signature]*  
Kim Reynolds  
Lt. Governor of Iowa  
*[Signature]*

Cards are free.  
Background image: Iowa DOT, 2013. Iowa DOT.  
Top to bottom: Raccoon River Valley Trail in Dows, © 2012 Dan Case; High Trestle Trail Bridge in Boone County, © 2014 Image courtesy of the Iowa Tourism Office; Raccoon River Valley Trail in Dows, © 2014 Image courtesy of the Iowa Tourism Office; Bob Kerrey Pedestrian Bridge over Missouri River near Council Bluffs, © 2009 McBride, courtesy of NHTSP Corp; Trail Run Trail in Decorah, © 2014 Image courtesy of the Iowa Tourism Office.

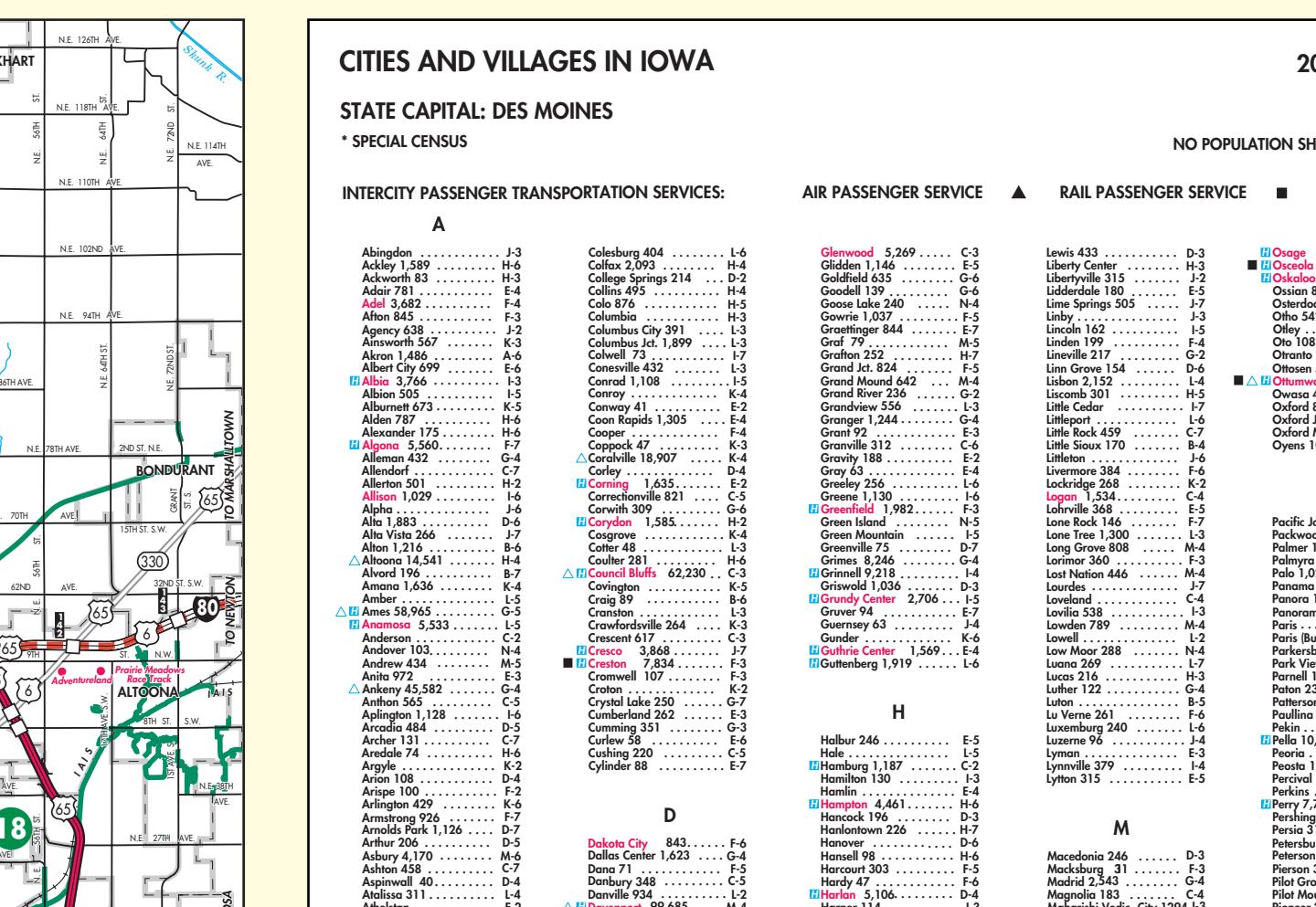
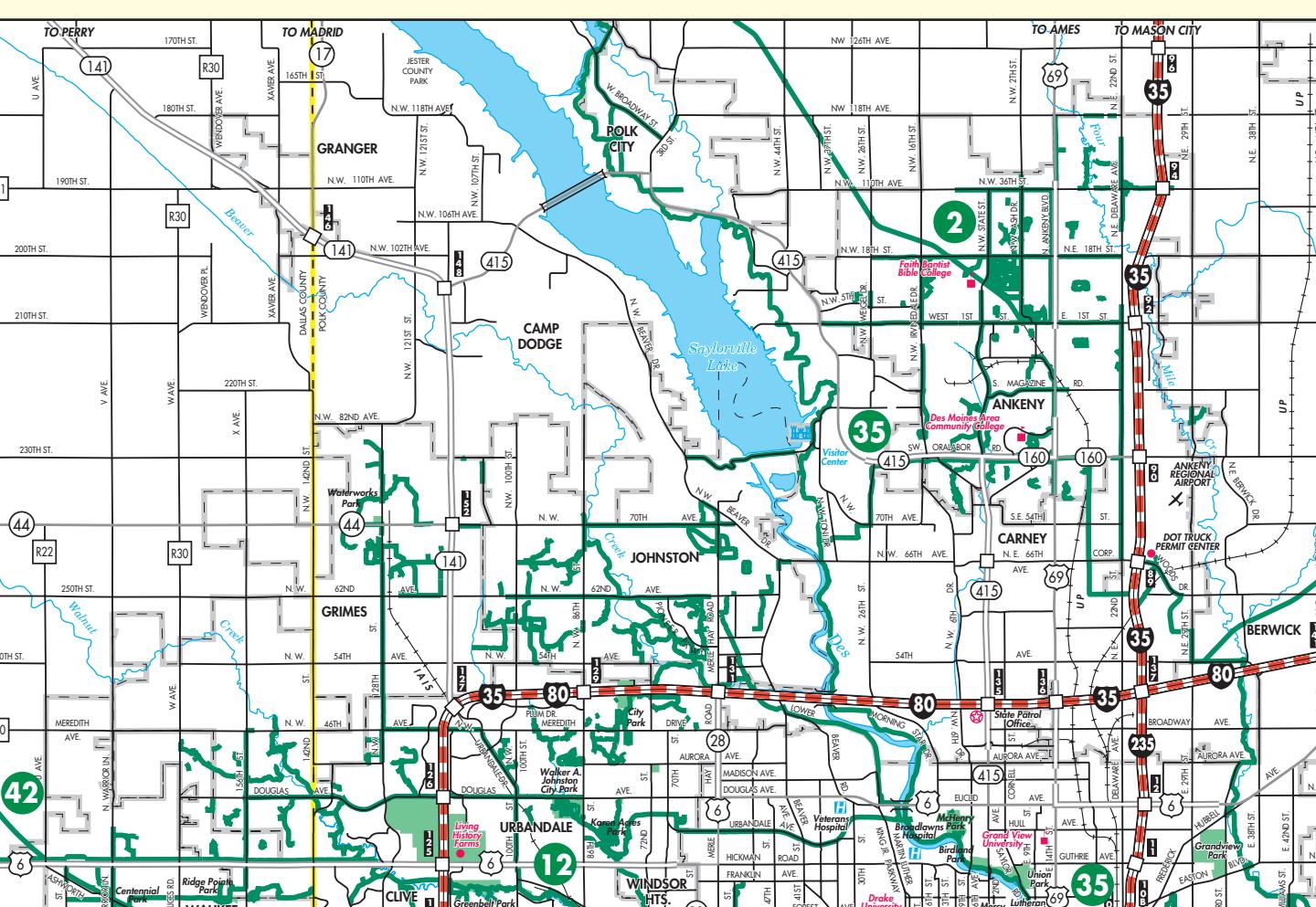
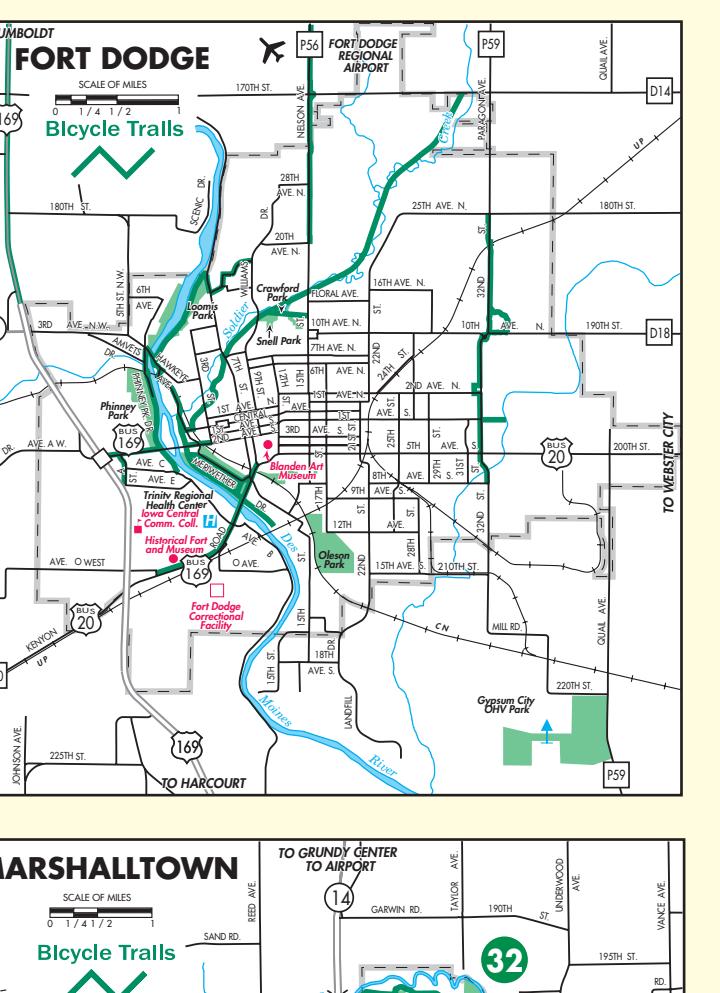
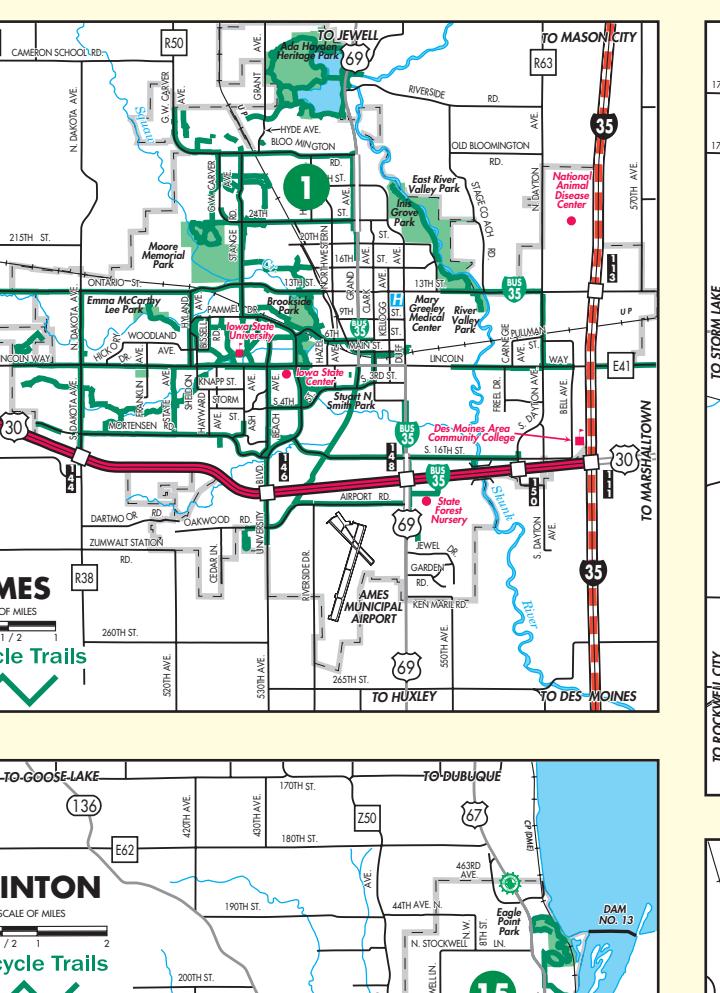
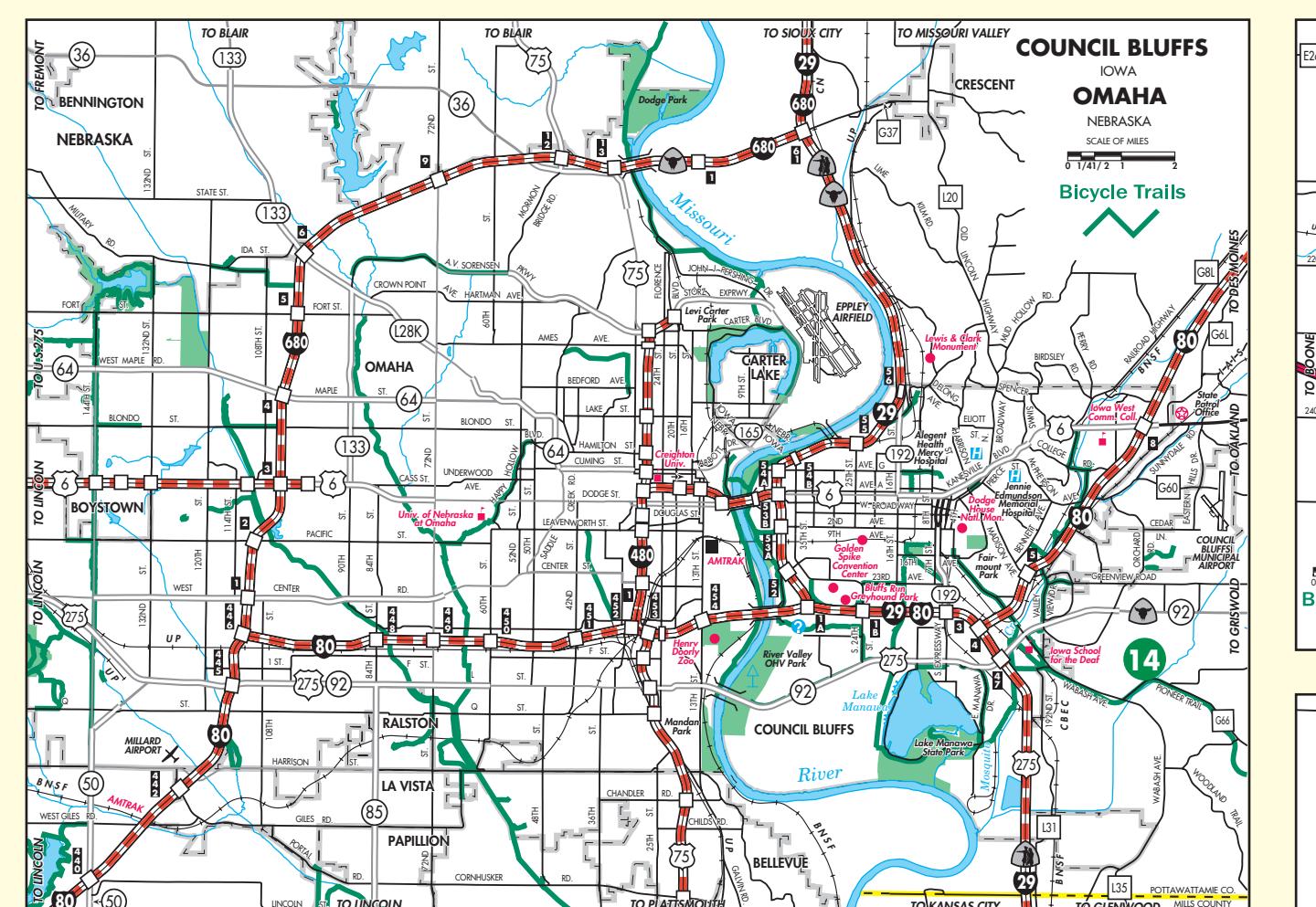
IOWA TRANSPORTATION MAP - FREE DISTRIBUTION ONLY

## IOWA WELCOME CENTERS

Arnolds Park — 243 W. Broadway ☎  
Bloomfield — 301 N. Washington  
Burlington — 400 Front St. ☎  
Council Bluffs — Interstate 80, exit 1B ☎  
Davis City — Interstate 35, north of exit 4 ☎  
Dubuque — 308 Main St. ☎  
Elk Horn — 4038 Main St. ☎  
Elkader — Iowa 13, miles south of Elkader  
Emmetsburg — 121 Broadway St. ☎  
Lamoni — Interstate 35, exit 4 ☎  
Missouri Valley — U.S. 30, miles east of Missouri Valley ☎  
Nashua — 10 Amherst Blvd. ☎  
Northwood — Interstate 35, exit 214 ☎  
Percival — Interstate 29, exit 10, 2804 Crossroads Drive ☎  
Sergeant Bluff — Interstate 29, south of exit 141 ☎  
Sioux City — 1000 Larpen Park Road  
Underwood — Interstate 80, north of exit 17 ☎  
Wilton — Interstate 80, west of exit 271, west of Davenport ☎  
Wireless Internet  
All of Iowa's full-service interstate rest areas offer wireless Internet.

## TRAVEL INFORMATION

For information on Iowa attractions, accommodations, recreation, and festivals, contact:  
Iowa Tourism Office  
Iowa Economic Development Authority  
200 E. Grand Avenue, Des Moines, IA 50309  
515-225-3094 | 800-345-IOWA  
traveliowa.com



**Iowa's multiuse trails** (five miles or longer) Iowa has more than 1,800 miles of beautiful trails available for a variety of uses, including bicycling, hiking/runners, skating, equestrian use, cross-country skiing, snowmobiling, and photography/nature study. The following list includes 60 of Iowa's trails that are at least five miles in length. There are also many other shorter trails throughout Iowa. Information about those trails can be obtained from local cities and county conservation boards.

For more details about the following trails, visit the Iowa DOT's website: [www.iowadot.gov/iowabikes/multiusetrails.html](http://www.iowadot.gov/iowabikes/multiusetrails.html) or scan the QR code to the right with a QR reader on your smartphone or other mobile device.



### TRAIL NAME

1 Ames Trail System

2 Ankeny Trail System

3 Boone River Recreation Trail

4 Cedar River Greenbelt and Harry Cook Trails

5 Cedar River Trail

6 Cedar Valley Trails

7 Cedar Valley Nature Trail

8 Chariton Recreational Trailway

9 Chichaqua Valley Trail

10 Cinder Path Trail

11 Clear Creek Trail

12 Clive Greenbelt Trail

13 Comet Trail and Wolf Creek Trail

14 Council Bluffs Trail System

15 Discovery Trail Clinton/Camanche Trail

16 Duck Creek Parkway

17 Flint River Trail

18 Gay Lea Wilson Trail

19 Great Western Trail

20 Heart of Iowa Nature Trail

21 Heritage Trail

22 High Trestle Trail

23 Hoover Nature Trail

Segments from Cedar Rapids to Burlington

24 Iowana 330 Trail

25 Iowa Great Lakes Recreational Trail

26 Iowa River Corridor Trail

Throughout Jefferson County, near Fairfield

28 Jordan Creek Greenbelt Trail

Within West Des Moines

29 Keweenaw Nature Trail

Keota to Washington

30 Lamoni Recreational Trail

Within Lamoni

31 Le Mars Recreational Trail

Within Le Mars

32 Linn Creek Greenbelt Parkway

Within Oskaloosa (some on road)

33 Mahaska Recreational Trail

Within Davenport and Bettendorf

34 Mississippi Riverfront Trail

Within Spirit Lake, Okoboji, Arnolds Park, Milford, Walpeton, and West Okoboji

35 North Ridge Park Trail

Within Coralville/North Liberty

36 Old Creamery Trail

Vinton to Dows

37 Ottumwa Trail System

Along the Des Moines River in Ottumwa

38 Park to Park Trail

McKinley Park in Creston to south end of Green Valley State Park

39 Pioneer Trail

Holland to Reinbeck

40 Prairie Farmer Recreational Trail

Calmar to Cresco, north of Elma

41 Raccoon River Valley Trail

Jefferson to Clive (segments near Perry and Dallas Center)

42 Rock Creek Recreational Trail

Grinnell to Rock Creek Park

43 Rolling Prairie Trail

Allison to Shell Rock/Waverly to Readlyn

44 Sac and Fox Trail

Within Cedar Rapids

45 Sauk Rail Trail

Lake View to Carroll

46 Sheldon Recreational Trail

Within Sheldon

47 Sioux City Trail System

Within Sioux City

48 Solon Trail

Solon to Lake Macbride

49 Storm Lake Lake Trail

Around Storm Lake (some on road)

50 Summerset Trail

Indianola to Carlisle

51 T-Bone Trail

Audubon to Atlantic

52 Three Rivers Trail

Rolle to west of Eagle Grove

53 Trolley Trail/Clear Lake Trail

Ventura to Mason City

54 Trout Run Trail

Within Decorah

55 Twin Lakes Recreation Trail

Around Twin Lakes in Calhoun County (some on road)

56 Volkswagen Trail

Pella to Red Rock Reservoir

57 Wabash Trace Nature Trail

Council Bluffs to Blanchard

58 Wapsi-Great Western Line Trail

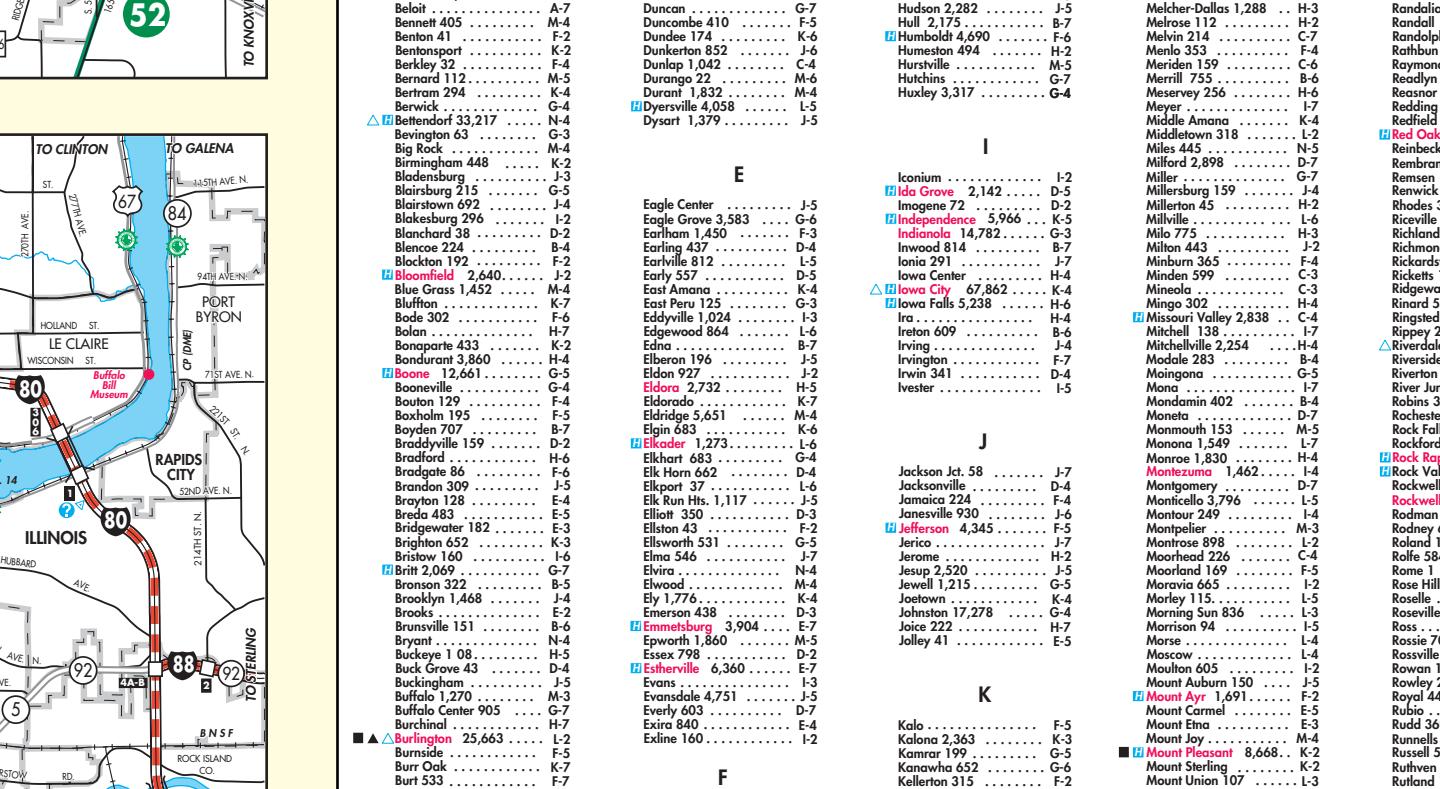
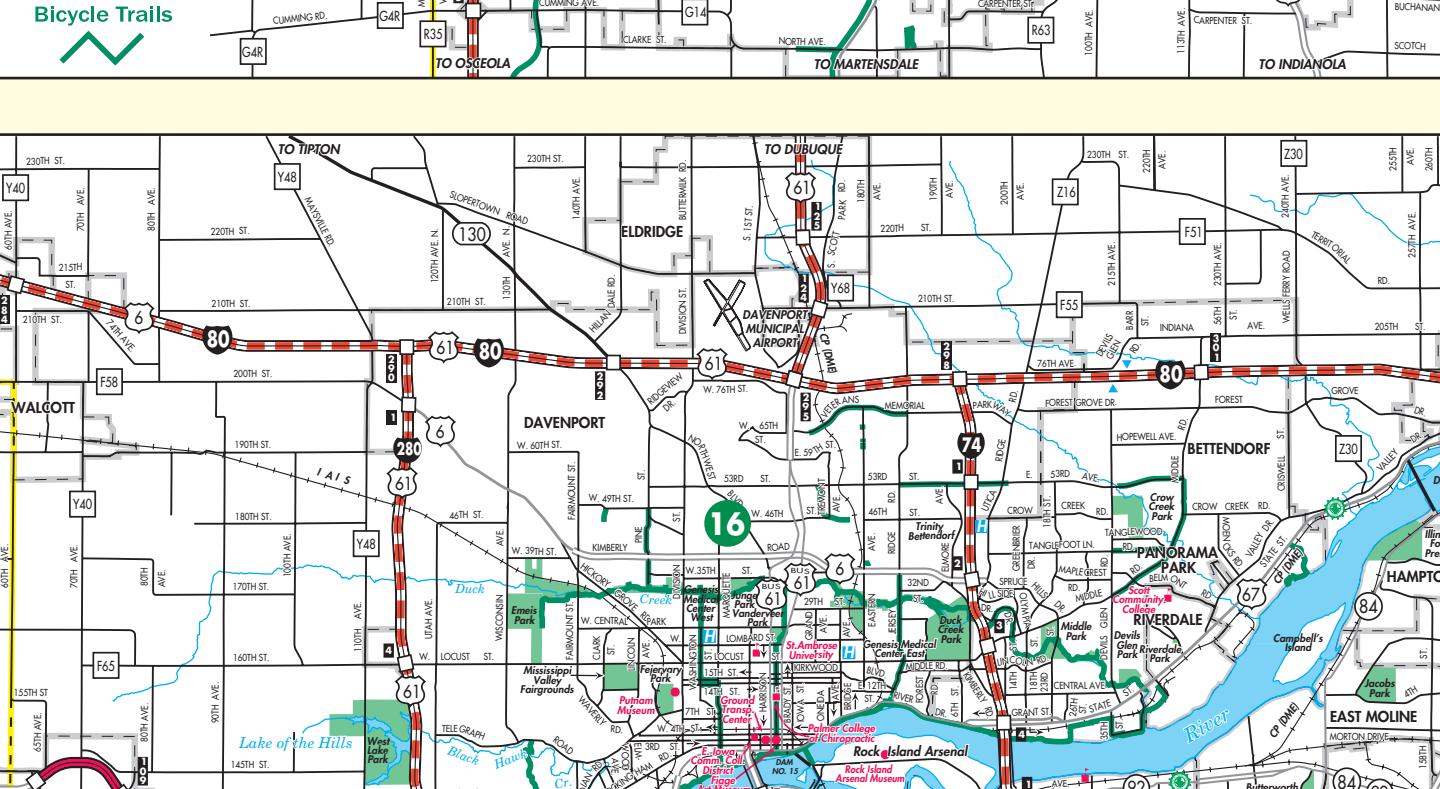
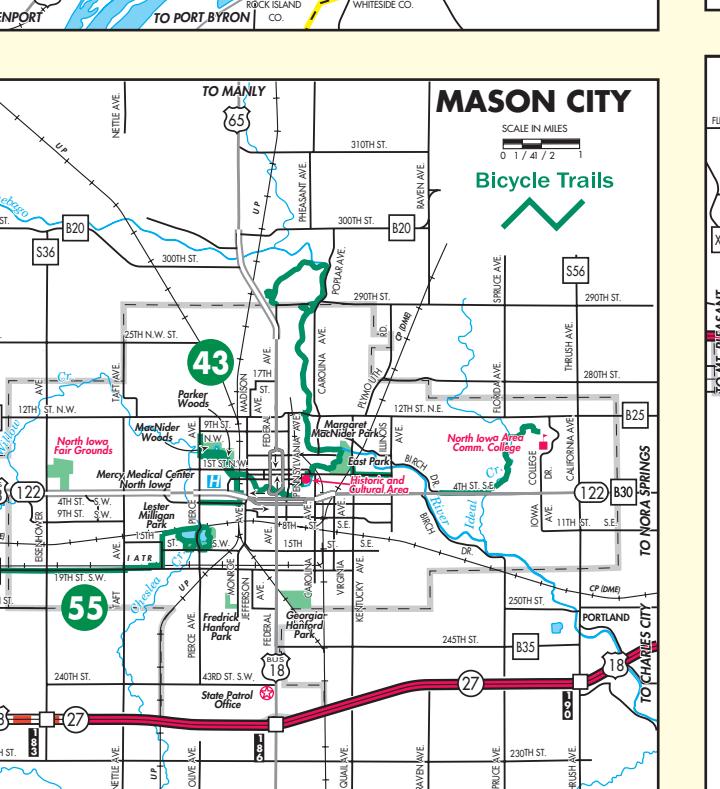
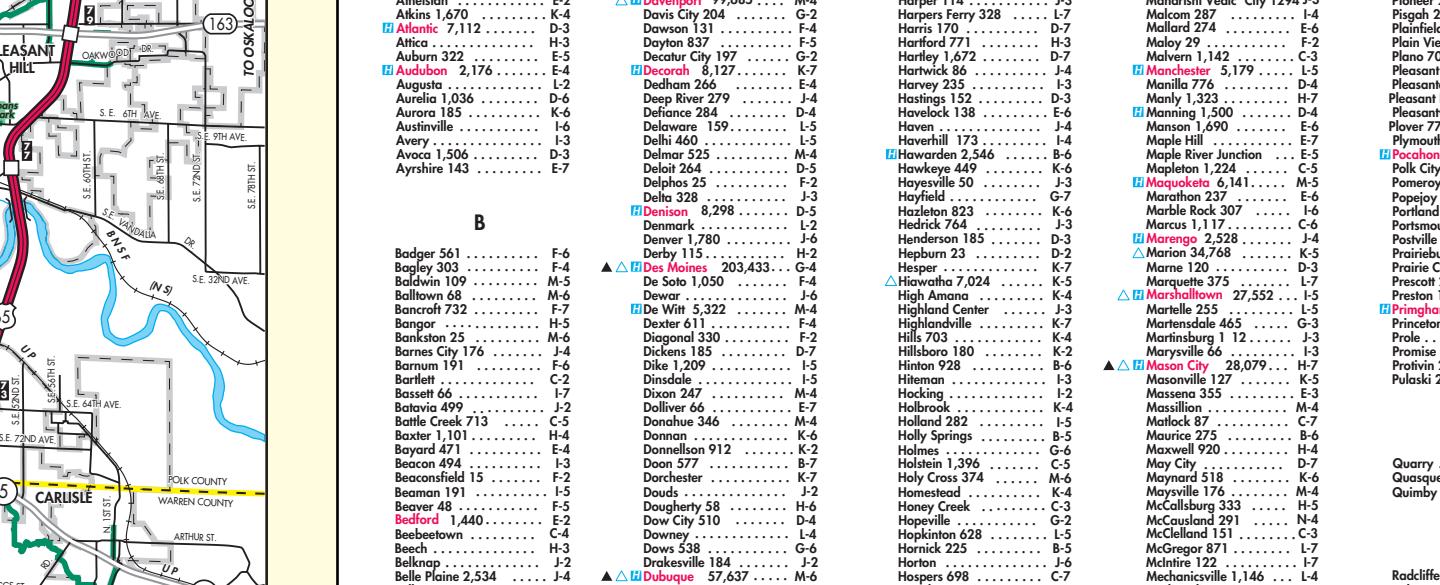
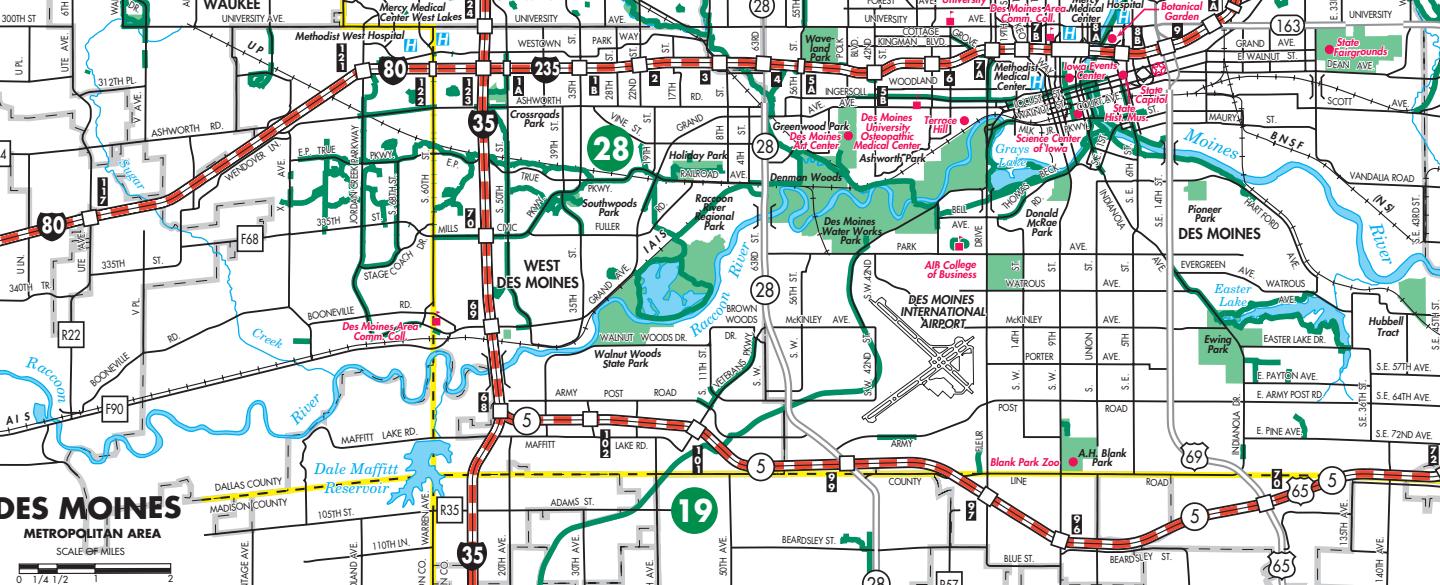
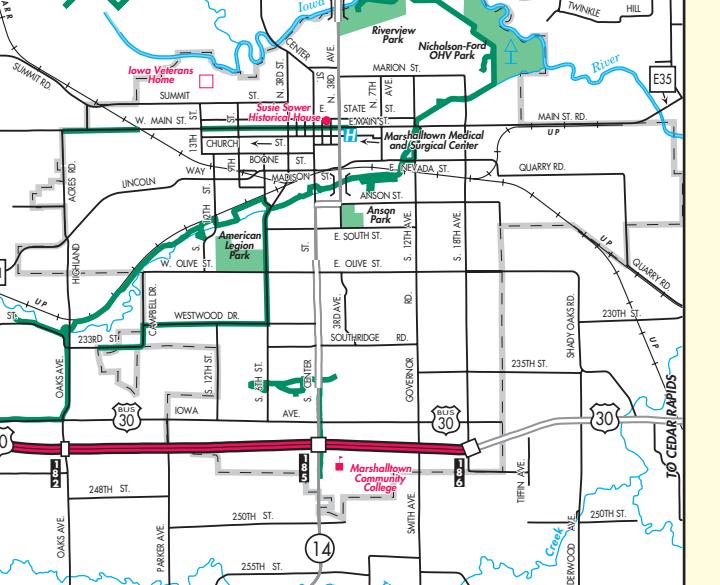
Howard to Mitchell counties near Riceville

59 Wapsi-Great Western Line Trail

Howard to Mitchell counties near Riceville

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Howard to Mitchell counties near Riceville



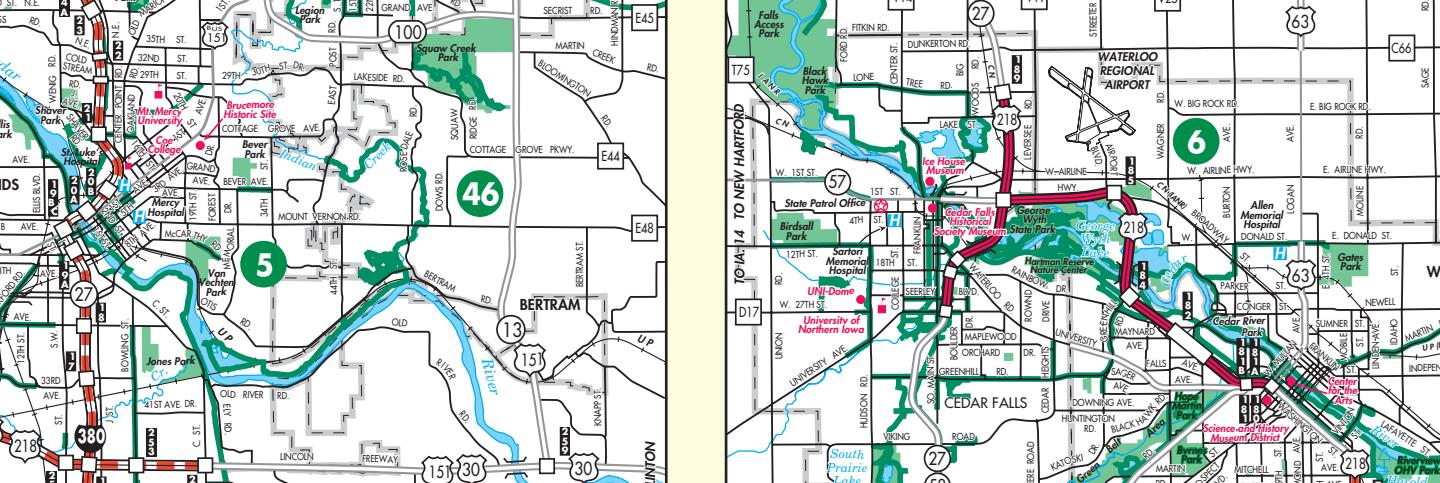
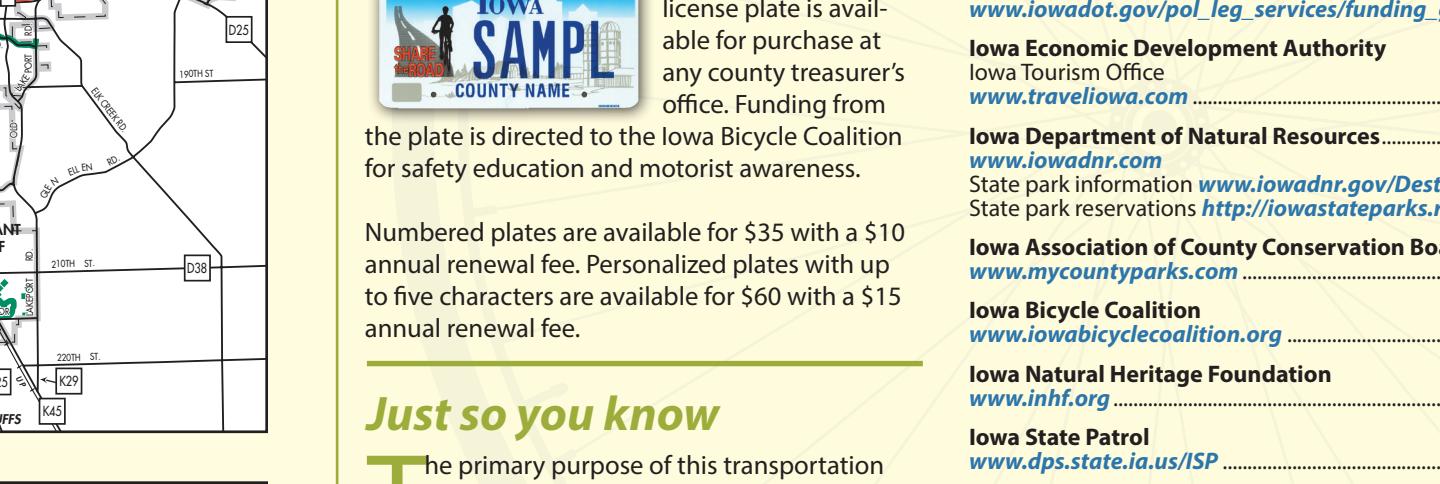
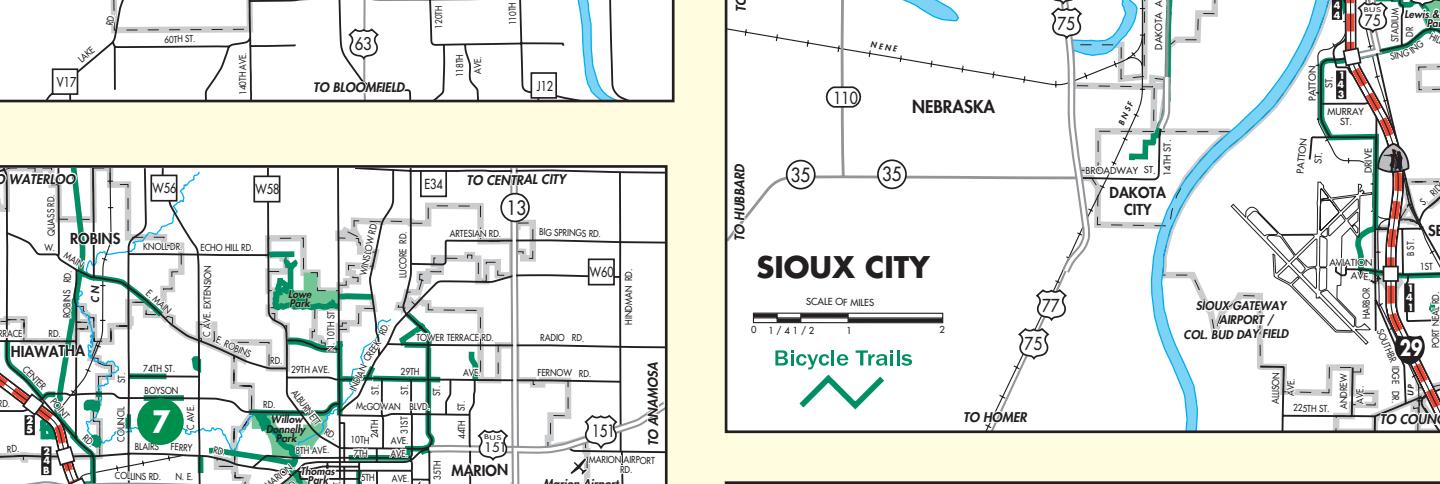
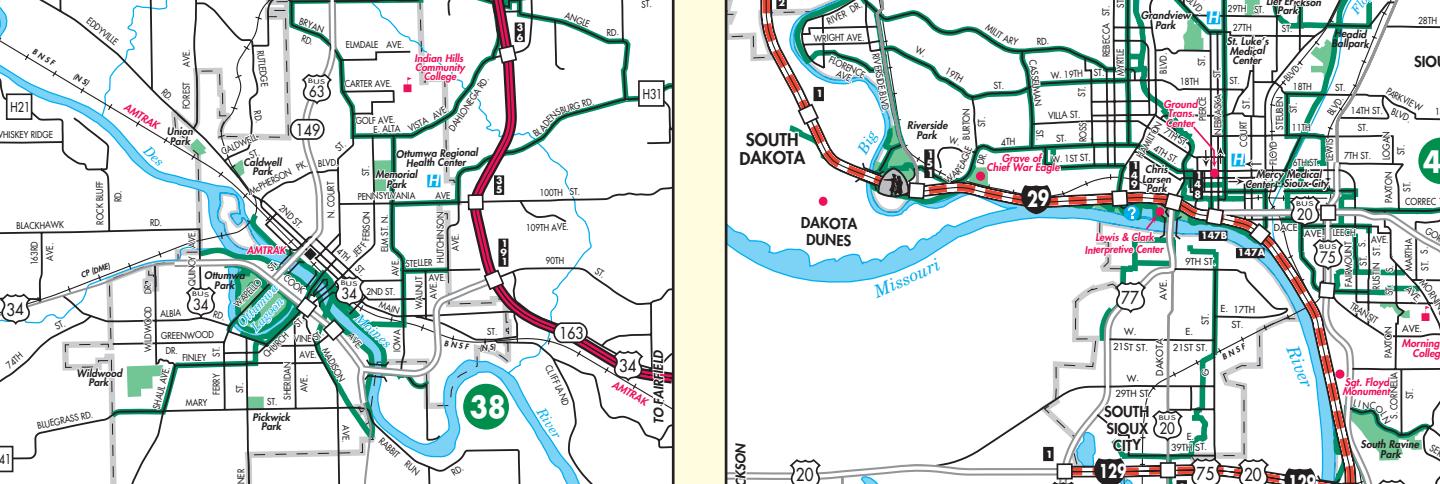
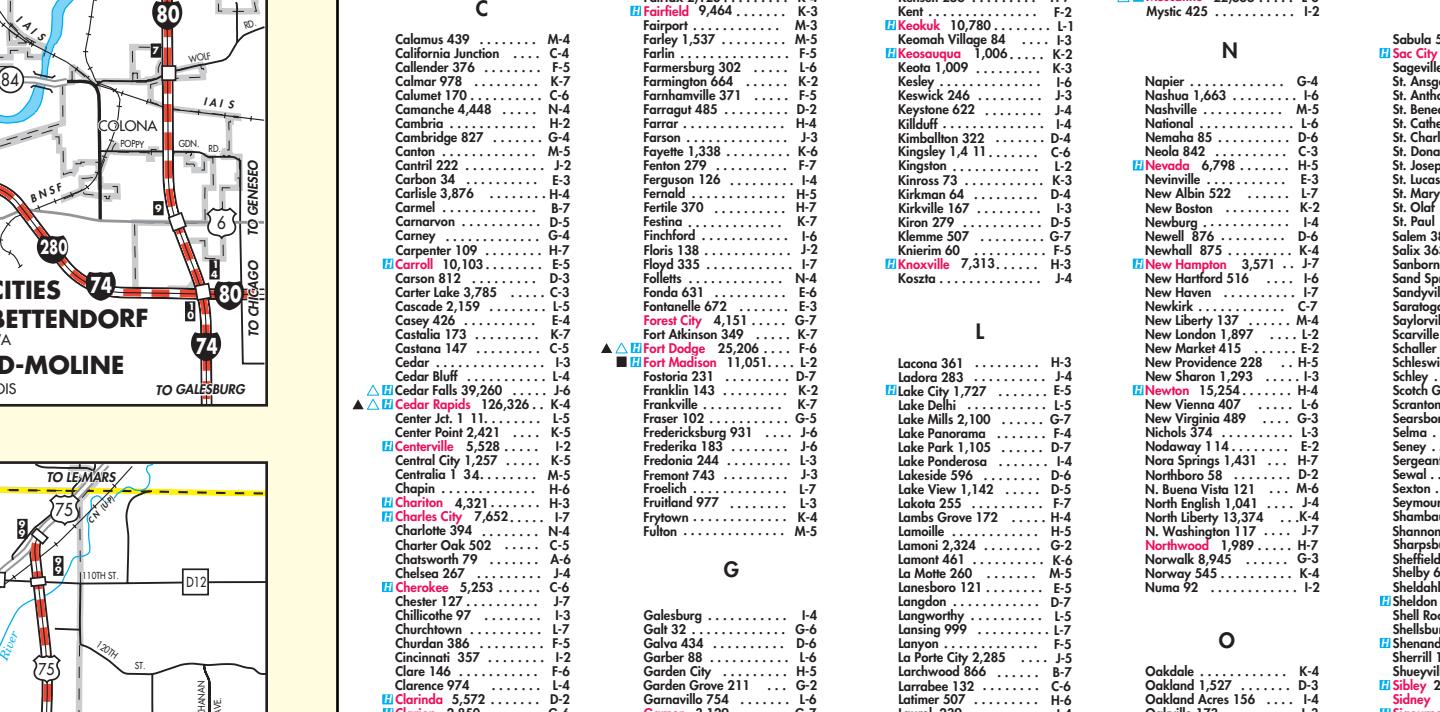
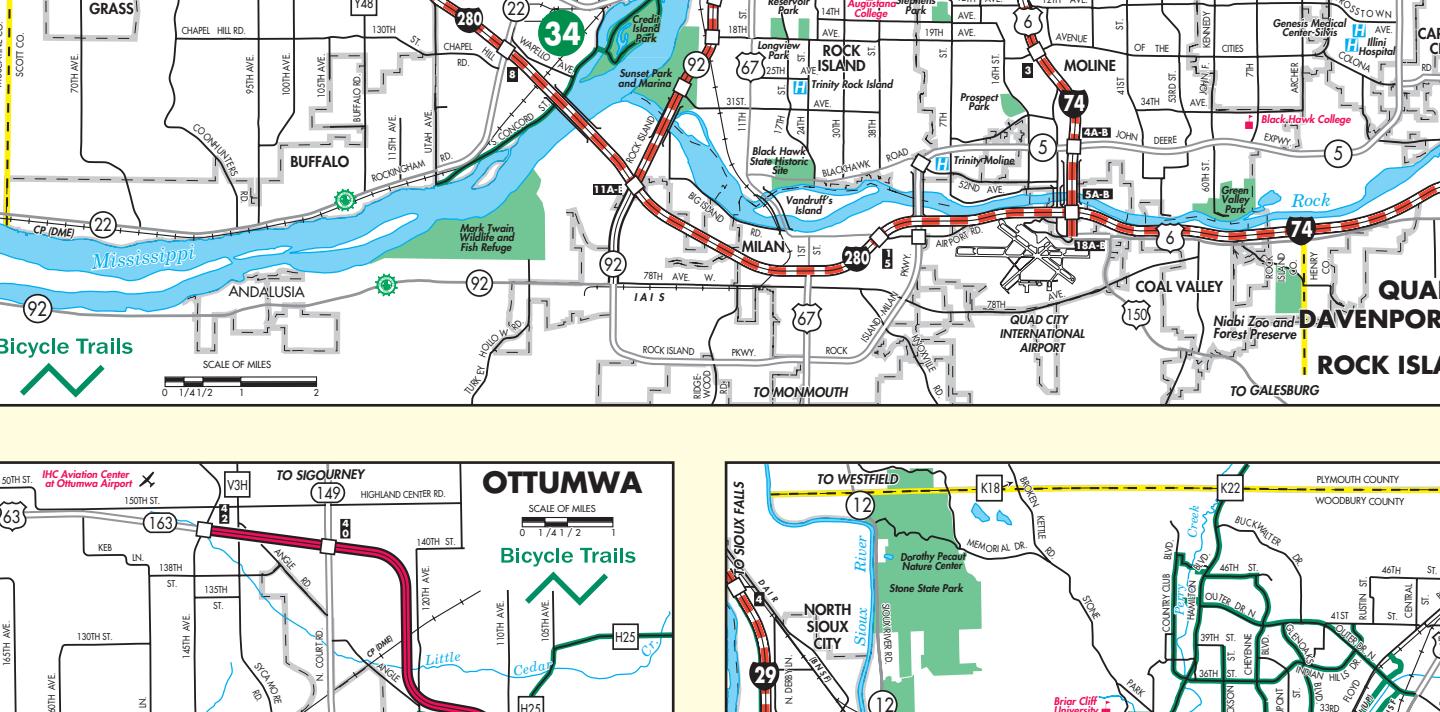
2-V-1 METHOD FOR PROPER HELMET FIT



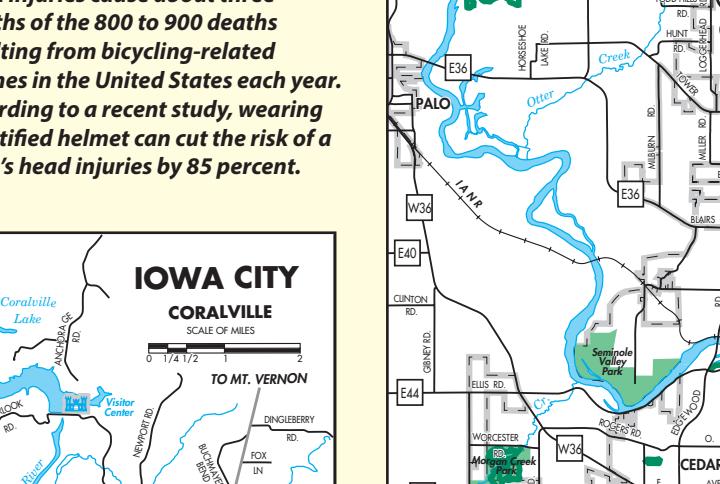
FINGERS ABOVE THE EYEBROWS  
TO THE BOTTOM OF THE HELMET

V MAKE A "V" SHAPE AROUND THE BOTTOM OF THE EARS

1 FINGER UNDER THE STRAP  
BENEATH THE CHIN.



2-V-1 METHOD FOR PROPER HELMET FIT

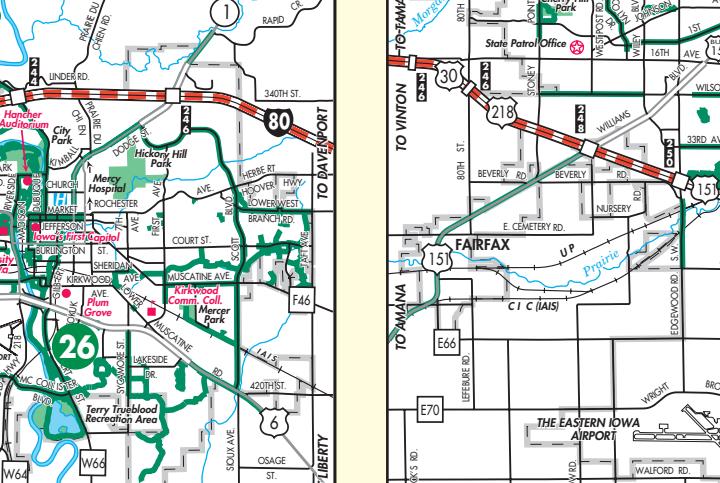


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**BICYCLE MAP**