www.iowadot.gov

WELCOME TO IOWA!

The popularity of cycling is increasing with people searching for fun, healthy, and environmentally friendly ways to enjoy the beauty around them. We are lucky to add a breathtaking new bicycle and pedestrian trail to Iowa's trail system, built as part of the I-74 bridge over the Mississippi River in the Quad Cities, featured on the cover of this map. This beautiful structure connects Iowa and Illinois and provides a safe and efficient way to take in the beauty of the river. It's just one of the latest enhancements to a large system of bicycle trails in Iowa that provides paths for everyone from the off-roading, fat-tire enthusiast to kids on a leisurely weekend ride with the family.

So, clip in and explore Iowa's more than 2,800 miles of extensive, interconnected, multi-use trails, bike lanes, and side paths, which include rail lines that have been converted for trail use. In fact, Iowa leads the nation in rail-to-trail conversions. No matter what type of path you choose, each holds a wealth of Iowa history and some great opportunities to stop and soak in local culture along the way.

Iowa cities and counties are embracing cycling as a healthy recreational activity and a legitimate commuter option. They are creating new transportation options and working with bicyclers to ensure a safe and enjoyable experience statewide through amenities like dedicated bike lanes and side paths that provide a safer way for motorized vehicles and bicyclers to coexist. This map can also help you get to where you need to go on two wheels by providing traffic levels for Iowa's paved roads.

Whether you're a resident or a visitor, we welcome you to explore all that Iowa's trails and bicycle-friendly roads have to offer.

Sincerely,

Kim Reynolds
Governor of Iowa

Adam Gregg
Lt. Governor of Iowa

COVER PHOTOGRAPHY
Cyclists enjoy a ride on the multi-use path along the I-74 bridge. This path provides a scenic overlook of the Mississippi River, and connects to existing local paths in both Bettendorf, IA and Moline, IL. © Iowa DOT, all rights reserved.

Iowa DOT 2023-2024 MAP
IOWA BICYCLE MAP - FREE DISTRIBUTION ONLY
Printed on Recycled Paper

IOWA WELCOME CENTERS

Arnolds Park — 243 W. Broadway
Bloomfield — 301 N. Washington
Burlington — 400 Front St.
Council Bluffs — 509 23rd Ave.
Dubuque — 308 Main St.
Elk Horn — 4038 Main St.
Elkader — 29862 Osborne Road
Emmetsburg — 1121 Broadway St.
Lamoni — Interstate 35, exit 4
Missouri Valley — 2931 Monroe Ave.
Northwood — 4705 Wheelerwood Road
Sioux City — 1000 Larsen Park Road

All of Iowa's designated welcome centers offer wireless Internet.

Scenic overlook on the I-74 multi-use path that connects Bettendorf, IA and Moline, IL. Above and below, this overlook provides spectacular views of the Mississippi River and surrounding area. If you're feeling brave, take a look through the circular glass Oculus to see below the bridge.

TRAVEL INFORMATION

For information on Iowa attractions, accommodations, recreation, and festivals, contact:

Iowa Tourism Office
Iowa Economic Development Authority
1963 Bell Ave, Ste 200
Des Moines, IA 50315
800-345-IOWA
traveliowa.com

Trail data as of spring 2023.

MM 217 09-24-24

IOWA'S MULTI-USE TRAILS

The following list includes Iowa's multi-use trails that are 10 miles or longer in length.

These beautiful trails are available for a variety of uses that can include:

- bicycling
- hiking/running
- skating
- equestrian use
- cross-country skiing
- snowmobiling
- photography/nature study

There are also many other shorter trails throughout Iowa. You can get information about those trails from local cities and county conservation boards.

For more details about the following trails, visit the Iowa DOT's website:

www.iowadot.gov/iowabikes/iowa-trails/multi-use-trails

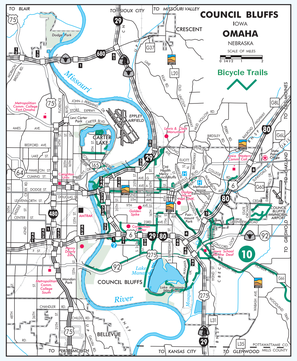
	TRAIL NAME	LOCATION	LENGTH (MILES)	SURFACE
1	Ames Trail System	Within Ames	55	Asphalt/Concrete
2	Ankeny Trail System	Within Ankeny	85	Asphalt/Concrete
3	Cedar River Trail	Within Cedar Rapids	14	Asphalt
4	Cedar Valley Trails	Within Cedar Falls and Waterloo	128	Asphalt/Concrete
5	Cedar Valley Nature Trail	Evansdale to Hiawatha	54	Asphalt
6	Chichaqua Valley Trail	Bondurant to Baxter	28	Asphalt
7	Cinder Path Trail	Chariton to Humeston	16	Cinder/Limestone
8	Clive Greenbelt Trail	Within Clive	11	Asphalt
9	Comet Trail and Wolf Creek Trail	Conrad to Gladbrook	10	Limestone/Asphalt
10	Council Bluffs Trail System	Within Council Bluffs	45	Asphalt
11	Discovery Trail/Clinton/Camanche Trail	Eagle Point Park in Clinton to west end of Camanche	14	Asphalt/Concrete
12	Duck Creek Parkway	Davenport to Bettendorf	14	Asphalt/Concrete
13	Flint River Trail	Des Moines County/ Burlington	12	Concrete/Limestone
14	Gay Lea Wilson Trail	Segments in Altoona, Pleasant Hill, Des Moines, and Ankeny	35	Asphalt
15	Great Western Trail	Des Moines to Martensdale	19	Asphalt
16	Heart of Iowa Nature Trail	Slater to west of Collins/east of Collins to Rhodes	27	Limestone
17	Heritage Trail	Dubuque to Dyersville	29	Limestone
18	High Trestle Trail	Ankeny to Woodward	25	Asphalt
19	Hoover Nature Trail	Segments from Cedar Rapids to Burlington	24	Limestone
20	Iowa 330	Melbourne to US 30	11	Asphalt
21	Iowa Great Lakes Recreational Trail	Within Spirit Lake, Okoboji, Arnolds Park, Milford, Wahpeton, and West Okoboji	30	Asphalt
22	Iowa River Corridor Trail	Within Iowa City	18	Asphalt/Concrete
23	Jefferson County Trail System	Throughout Jefferson County, near Fairfield	18	Limestone/Concrete
24	Jordan Creek Greenbelt Trail	Within West Des Moines	14	Asphalt/Concrete
25	Kewash Nature Trail	Keota to Washington	14	Limestone
26	Le Mars Recreational Trail	With Le Mars	12	Asphalt
27	Linn Creek Greenbelt Parkway	Within Marshalltown	17	Asphalt
28	Mahaska Community Recreational Trail	Within Oskaloosa (some on road)	14	Concrete
29	Mississippi Riverfront Trail	Within Davenport and Bettendorf	18	Asphalt/Concrete
30	Neal Smith Trail/Pat Dorrian Trails	Saylorville/Big Creek area to Hawthorne Park in Des Moines	26	Asphalt
31	North Ridge Park Trail	Within Coralville/North Liberty	10	Asphalt/Concrete
32	Old Creamery Trail	Vinton to Dysart	15	Limestone
33	Ottumwa Trail System	Along the Des Moines River in Ottumwa	16	Asphalt/Limestone
34	Park to Park Trail	McKinley Park in Creston to south end of Green Valley Lake State Park	15	Asphalt
35	Pioneer Trail	Holland to Reinbeck	12	Limestone
36	Prairie Farmer Recreational Trail	Calmar to Cresco	20	Asphalt
37	Prairie Lands Trail	Wright County	15	Limestone
38	Raccoon River Valley Trail	Jefferson to Clive (Waukee to Herndon Loop)	90	Asphalt
39	River City Greenbelt/Winnebago Trails	Within Mason City	18	Concrete
40	Rolling Prairie Trail	Allison to Shell Rock; Waverly to Readlyn	34	Asphalt
41	Sauk Rail Trail	Lake View to Carroll	33	Asphalt
42	Sioux City Trail System	Within Sioux City	26	Asphalt/Concrete
43	Summerset Trail	Indianola to Carlisle	14	Asphalt
44	T-Bone Trail	Audubon to Atlantic	21	Asphalt
45	Three Rivers Trail	Rolfe to west of Eagle Grove	32	Limestone
46	Trolley Trail/Clear Lake Trail	Ventura to Mason City	23	Asphalt
47	Trout Run Trail	Within Decorah	13	Asphalt
48	Twin Lakes Recreation Trail (some on road)	Around Twin Lakes in Calhoun County (some on road)	11	Concrete
49	Volksweg Trail	Pella to Red Rock Reservoir	14	Asphalt
50	Wabash Trace Nature Trail	Council Bluffs to Blanchard	63	Limestone/Asphalt
51	Wapsi-Great Western Line Trail	Howard to Mitchell counties near Riceville	27	Asphalt

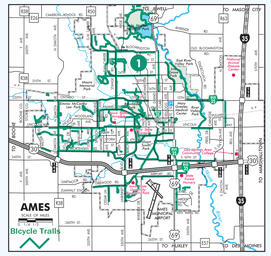
TRAIL COURTESY

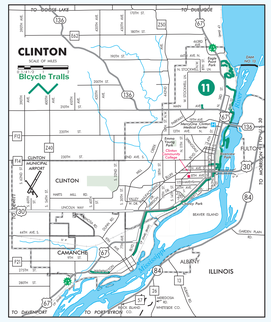
- Yield to pedestrians.
- Use the right side of the trail, except when otherwise designated.
- Obey all traffic signs and move to the side when looking at a scenic view.
- Be predictable by riding in a straight line.
- Always pass on the left.
- Use a bell and/or your voice when passing.
- Be cautious when crossing street intersections.
- Follow all trail rules and hours.
- Respect the rights of property owners.
- Watch for other trail users.
- Ride at a safe speed.
- Use lights when riding at night.

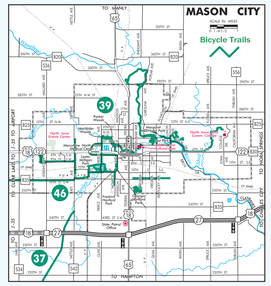
INVOLVEMENT IN A CRASH

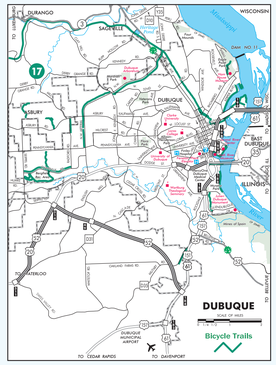
- Be sure your bicycle is out of the path of traffic.
- Contact law enforcement to report the crash by calling 911.
- Describe as many details as possible, including possible injuries and location of the crash.
- Exchange insurance and contact information with all involved in the crash.
- Report the crash to your insurance company.
- Check your bicycle for damage before continuing your ride.
- Always seek medical help. You may not feel an injury immediately.

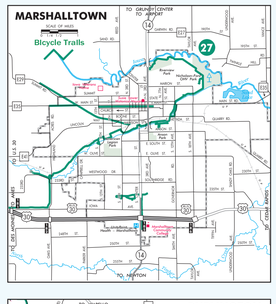


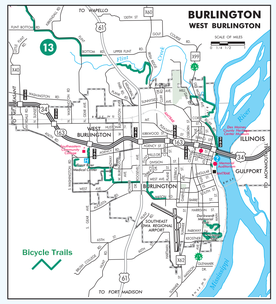












BICYCLING RULES OF THE ROAD

RIDE ONLY WHERE PERMITTED
Bicyclists are allowed on almost all Iowa roads except for interstates, highways with posted minimum speed limits, and streets where bicyclists are prohibited by local ordinance.

OBEY ALL TRAFFIC SIGNS, SIGNALS, AND LANE MARKINGS

ALWAYS RIDE WITH THE FLOW OF TRAFFIC AND ON THE RIGHT
Ride in the right lane, except when passing another vehicle, preparing for a left turn, or avoiding hazards.

PASS ON THE LEFT
Always pass a vehicle or bicycle on the left. First move to the left lane. After overtaking the vehicle, return to the right lane once reaching a safe and clear distance in front of the vehicle.

SIGNAL YOUR INTENTIONS WHEN TURNING OR STOPPING
Use your left hand to signal when you plan to turn, change lanes, or stop.

RIDING AT NIGHT (SUNSET TO SUNRISE)
Always use a white light on the front and red light or reflector on the rear, both visible for a distance of at least 300 feet.

LIMIT RIDERS TO THOSE YOUR BICYCLE IS DESIGNED AND EQUIPPED TO CARRY
Exceptions include adult bicyclists carrying a child securely attached to the bicycle in a seat or trailer designed to carry children.

STOP FOR SCHOOL BUSES WITH FLASHING SIGNAL LIGHTS

These laws are current as of May 4, 2023.
Please verify the Iowa Bicycle Laws at *iowabicyclecoalition.org/bikelaws*

ABC QUICK CHECK

A AIR — B BRAKES — C CHAIN, CRANKS & CASSETTE

QUICK QUICK RELEASE — CHECK CHECK IT OVER

2-V-1 METHOD FOR PROPER HELMET FIT

2 Two fingers above the eyebrows to the bottom of the helmet.

V Straps form a "V" under your ears.

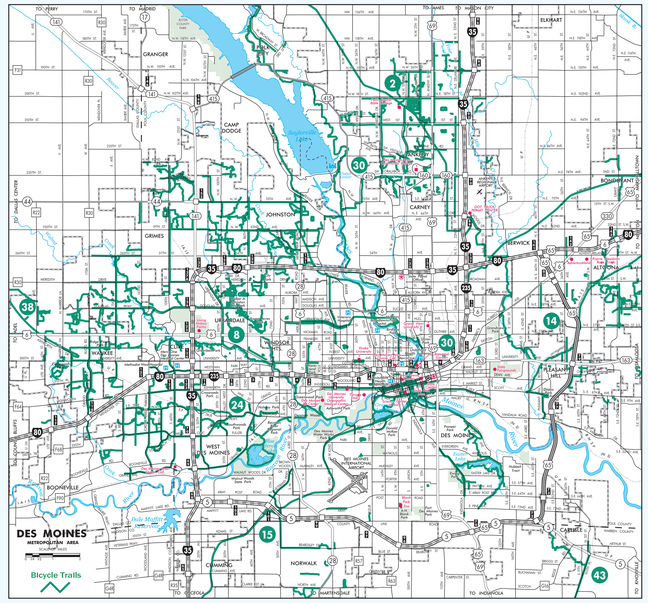
1 One finger between strap and chin.

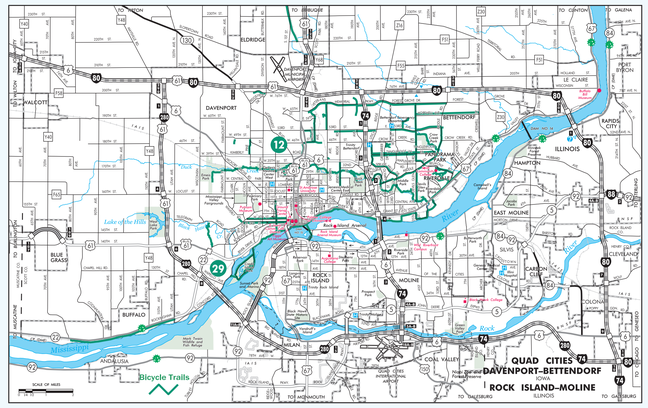
E-BIKES

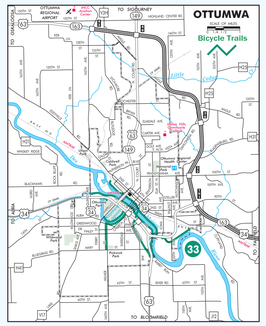
E-bikes follow the same rules as human-powered bicycles. E-bikes are:

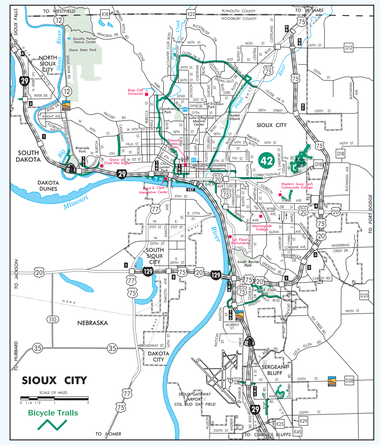
Allowed on bicycle lanes or multi-use paths, but local jurisdictions may restrict use on certain paths.

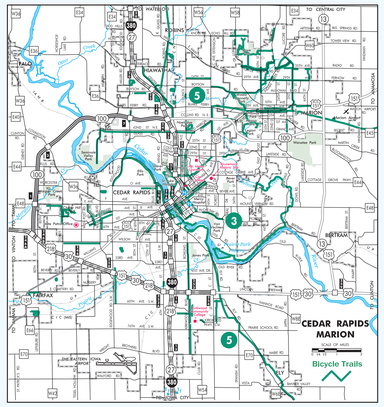
SPEED 20 Not permitted to exceed the posted speed limit, or 20mph if no speed limit is posted.

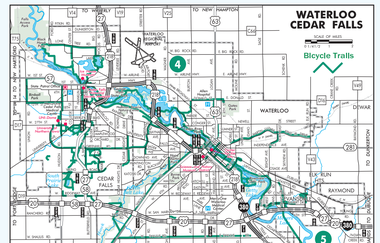


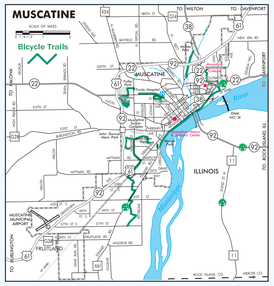


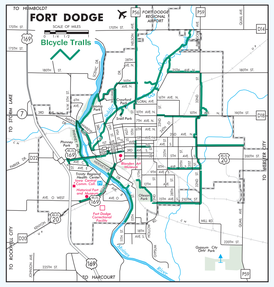


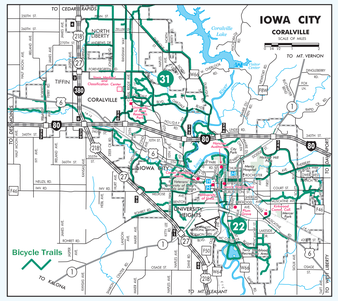












CITIES AND VILLAGES IN IOWA

2020 POPULATION 3,190,369

STATE CAPITAL: DES MOINES

COUNTY SEATS IN RED

* SPECIAL CENSUS

NO POPULATION SHOWN FOR UNINCORPORATED PLACES

INTERCITY PASSENGER TRANSPORTATION SERVICES: AIR PASSENGER SERVICE ▲ RAIL PASSENGER SERVICE ■ URBAN BUS SERVICE △ HOSPITAL ✚

A
Abington J-3
Ackley 1,599 ..... H-6
Ackworth 73 ..... E-4
Adair 791 ..... E-4
Adel 6,153 ..... F-4
Agency 630 ..... G-3
Ainsworth 521 ..... L-3
Akron 1,558 ..... A-5
Albert City 677 ..... E-6
Albia 3,663 ..... J-4
Albion 446 ..... H-5
Alburnett 675 ..... K-5
Alden 747 ..... F-5
Alexander 164 ..... H-6
Algona 5,487 ..... F-7
Allerton 451 ..... J-4
Alleman 430 ..... H-3
Allison 968 ..... G-6
Alpha 52 ..... J-6
Alta 1,987 ..... G-3
Alta Vista 227 ..... J-6
Alton 1,248 ..... B-6
Altoona 14,565 ..... F-4
Alvord 205 ..... B-7
Amana 1,548 ..... K-6
Ames 66,427 ..... G-5
Ames 66,427 ..... G-5
Anamosa 5,450 ..... L-5
Anita 1,016 ..... E-3
Anderson 105 ..... N-2
Andrew 380 ..... M-5
Anita 963 ..... E-3
Ankeny 67,887 ..... G-4
Anthon 472 ..... C-3
Aplington 1,116 ..... J-6
Arcadia 525 ..... D-5
Archer 67 ..... H-2
Arcadia 61 ..... H-6
Argyle K-2
Arion 92 ..... E-3
Arlington 419 ..... K-6
Armstrong 875 ..... G-7
Arnolds Park 1,150 ..... A-2
Arthur 223 ..... D-3
Ashton 5,943 ..... H-6
Ashton 436 ..... C-7
Atalissa 1,000 ..... L-6
Atlantic 6,706 ..... E-3
Auburn 2,192 ..... D-5
Auburn 2,192 ..... D-5
Audubon 2,053 ..... E-3
Augusta L-3
Aurelia 868 ..... D-6
Aurora 189 ..... K-6
Austinville L-5
Avoca 1,453 ..... D-3
Ayrshire 153 ..... E-7

B
Badger 522 ..... F-6
Bagley 237 ..... F-4
Balfour 79 ..... M-5
Bancroft 699 ..... F-7
Bangor K-5
Bardolph 20 ..... J-3
Barnes City 156 ..... J-4
Barnum 59 ..... J-3
Barrett K-5
Bassett 45 ..... L-2
Battle Creek 700 ..... E-2
Baxter 962 ..... H-4
Bayard 495 ..... E-3
Beacon 40 ..... J-4
Bedford 1,535 ..... N-3
Bennett 140 ..... L-6
Beaver 45 ..... F-5
Belle Plaine 2,330 ..... J-5
Bellevue 2,363 ..... H-5
Belmond 2,403 ..... G-6
Bem K-5
Bennett 247 ..... M-6
Benton 29 ..... F-2
Bentonsport K-2
Berkley 30 ..... G-5
Bernard 159 ..... E-7
Bertram 269 ..... K-4
Bettendorf M-6
Bethesda 29,302 ..... F-4
Benington 37 ..... G-3
Bevington J-4
Bidwell 24 ..... K-2
Bloomfield J-5
Blairsburg 224 ..... E-6
Blairstown 1,288 ..... J-3
Blanchard 148 ..... E-3
Blencoe 65 ..... E-2
Blockton 146 ..... E-3
Bloomfield 2,488 ..... J-5
Blue Grass 1,666 ..... M-6
Bode 302 ..... F-6
Bode 302 ..... F-6
Boone 12,460 ..... G-5
Bonaparte K-2
Bondurant 5,781 ..... G-4
Boone 12,460 ..... G-5
Boonesboro F-4
Boyden 761 ..... H-3
Boyer F-3
Brooklyn 1,139 ..... J-5
Brooks 40 ..... K-5
Brunsville N-2
Bryant H-6
Buck Grove 34 ..... E-6
Buckingham J-3
Buffalo 1,267 ..... G-5
Buffalo Center 1,077 ..... G-6
Bussey 387 ..... J-3
Buck Grove 34 ..... E-6
Burlington 23,982 ..... L-5
Burnside E-3
Burton K-2
Bussey 387 ..... J-3
Buffalo Center 1,077 ..... G-6
Bussey 387 ..... J-3
Calmar 1,123 ..... K-2
Calumet 146 ..... C-6
Camanche 4,570 ..... M-2
Cambridge 427 ..... G-4
Carlisle 4,160 ..... H-4
Carnarvon D-5
Carpenter K-2
Carroll 10,321 ..... E-5
Carson 754 ..... D-3
Carter Lake 3,791 ..... C-3
Cascade 2,129 ..... L-5
Casey 387 ..... E-3
Castalia 145 ..... K-7
Castana 84 ..... E-3
Catlin J-3
Cedar Bluffs L-4
Cedar Falls 45,773 ..... H-6
Cedar Rapids 137,710 ..... K-5
Center Junction L-5
Center Point 2,379 ..... K-5
Central City 1,424 ..... K-3
Centerville 5,124 ..... J-4
Centralia 74 ..... M-5
Chapin H-4
Chariton 4,192 ..... J-3
Charles City 7,396 ..... H-7
Charlotte 389 ..... M-4
Chatsworth 73 ..... A-4
Chelsea 229 ..... J-4
Chelsea 229 ..... J-4
Chester 139 ..... J-3
Chillicothe 76 ..... L-3
Churdan 363 ..... F-5
Churdan 363 ..... F-5
Clarinda 5,214 ..... E-2
Clarion 2,929 ..... H-6
Clarksville 1,264 ..... J-6
Clarksville 1,264 ..... J-6
Clearfield 278 ..... E-4
Clear Lake 7,687 ..... H-7
Cleghorn 240 ..... G-6
Clermont 686 ..... K-5
Clermont 686 ..... K-5
Climbing 180 ..... B-5
Clinton 26,469 ..... M-6
Clio 50 ..... J-3
Clive 18,601 ..... G-4
Clutier 213 ..... J-5
Coburg 24 ..... E-2
Coburg 24 ..... E-2
Cogburn 701 ..... K-5
Coin 176 ..... D-2
Colfax 2,386 ..... L-4
Collins 1,255 ..... H-4
Colo 855 ..... H-5
Columbus City 393 ..... J-5
Columbus Jct. 1,830 ..... L-5
Colwell 53 ..... E-3
Conesville 252 ..... L-3
Coon Rapids 1,302 ..... E-3
Corning 1,562 ..... E-2
Correctionville 766 ..... E-3
Corwith 356 ..... G-6
Cosgrove 32,318 ..... G-4
Coulter 35 ..... L-3
Council Bluffs 62,799 ..... E-3
Covington K-5
Cowrie 73 ..... E-6
Crawford E-3
Crawfordsville 277 ..... K-3
Creston 7,616 ..... E-3
Crippen 3,888 ..... K-5
Crystal 7,526 ..... F-5
Cumberland 231 ..... E-3
Cumming 436 ..... G-3
Cushing 214 ..... E-3
Cylinder 87 ..... E-7

D
Dakota City 759 ..... F-6
Dallas Center 1,901 ..... G-4
Dana 38 ..... F-5
Danbury 320 ..... E-3
Dancy E-3
Davenport 101,724 ..... M-4
Dawson 103 ..... J-4
Dayton 772 ..... F-5
Decorah 8,067 ..... H-7
Decorah 8,067 ..... H-7
Dedham 224 ..... E-4
Deep River 249 ..... J-4
Defiance 245 ..... D-4
Delhi 1,000 ..... K-5
Delta 420 ..... K-3
Delmar 542 ..... M-4
Delphos K-5
Delphos K-5
Delta 264 ..... J-3
Denison 8,243 ..... E-3
Denmark M-6
Denver 1,919 ..... J-6
Derby 90 ..... E-4
Des Moines 214,133 ..... G-4
De Soto 910 ..... F-4
Dexter F-4
De Witt 5,354 ..... M-4
Dike 1,000 ..... H-5
Dingwall F-2
Dickens 146 ..... D-7
Dike 1,000 ..... H-5
Dillon F-4
Dixon 202 ..... M-4
Doon 556 ..... G-6
Donahue 335 ..... M-6
Donnan K-6
Donnellson 885 ..... M-6
Doon 839 ..... G-6
Dorchester K-6
Doudna J-4
Dougherty 62 ..... H-6
Douds 1,000 ..... L-5
Dow City E-4
Dows 520 ..... G-6
Drakesville L-4
Dubuque 59,667 ..... H-7
Dumont 634 ..... J-6
Dunbar F-4
Dunkerton H-6
Dunlap 1,069 ..... E-3
Dunlap 1,069 ..... E-3
Durant 1,866 ..... M-6
Dyersville 4,706 ..... H-7
Dysart 1,223 ..... M-5
Earlham 1,488 ..... G-4
Early 275 ..... E-2
Eldora 2,687 ..... J-5
Elgin 1,209 ..... L-6
Elkader 1,874 ..... H-7
Elk Horn 659 ..... E-4
Elliott 39 ..... L-6
Ellsworth 1,069 ..... J-4
Elma 1,146 ..... H-6
Elkhart 1,088 ..... G-4
Elkader 1,874 ..... H-7
Elkhart 1,088 ..... G-4
Elkport 39 ..... H-7
Elk Horn 659 ..... E-4
Elliott 39 ..... L-6
Ellsworth 1,069 ..... J-4
Elma 1,146 ..... H-6
Elwood M-4
Ely 2,329 ..... K-4
Emmetsburg 3,706 ..... E-7
Epworth 2,023 ..... M-5
Ericson 146 ..... E-3
Estherville 6,479 ..... E-7
Evans L-3
Everly 1,000 ..... E-2
Exira 1,000 ..... E-3
Exira 1,000 ..... E-3
Eldora 2,687 ..... J-5
Elwood M-4
Ely 2,329 ..... K-4
Emmetsburg 3,706 ..... E-7
Epworth 2,023 ..... M-5
Ericson 146 ..... E-3
Estherville 6,479 ..... E-7
Evansdale 5,900 ..... H-5
Everly 1,000 ..... E-2
Exira 1,000 ..... E-3
Exira 1,000 ..... E-3

F
Fairbank 1,111 ..... J-6
Fairfax 2,828 ..... K-4
Fairfield 9,436 ..... L-4
Farragut E-2
Farley 1,766 ..... M-5
Farmersburg 271 ..... K-3
Farmington 579 ..... K-3
Farnhamville 383 ..... G-5
Farragut 490 ..... E-2
Farragut 490 ..... E-2
Farson L-3
Fayette 1,226 ..... K-6
Fenton 297 ..... F-6
Ferguson 82 ..... J-5
Fernald 91 ..... E-5
Farragut 490 ..... E-2
Farragut 490 ..... E-2
Farragut 490 ..... E-2