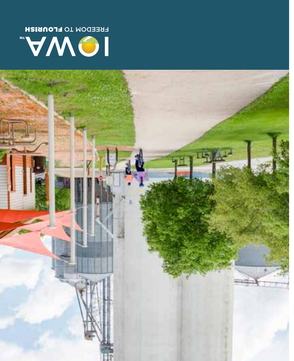


IOWA
FREEDOM TO POLLINISH

IOWA BICYCLE MAP

2025-2026

WELCOME TO IOWA!

Few outdoor activities satisfy our desire for fitness, freedom, and adventure like climbing on our bicycles and riding with family and friends. We're proud to host some of the best bicycling in the country—where Iowans and visitors of all ages and backgrounds share an instant connection and celebrate a spirit of camaraderie and discovery.

No matter which direction your compass points, our communities foster a passion for bicycling with organized rides and marked lanes for bike commutes, and they're eager to host thousands of riders for the annual RAGBRAI trek across Iowa each July showcasing our statewide cycling culture.

Many Iowa cities and counties are interconnected through a robust system of more than 2,800 miles of multi-use recreational trails that include our nation's top ranking in rail to trail conversions. The Raccoon River Valley Trail at Redfield, featured on the cover of this map, is one of these former rail lines. Connecting 14 central Iowa communities, it serves as the longest paved loop trail in the nation, offering bicycling enthusiasts a unique stop at the historic depot that harkens to our past.

The state, counties, and local municipalities continue to support improvements in our trail infrastructure to ensure a fun, high-quality riding experience. And we've worked to enhance your protection in crosswalks and reduce driver distractions to create safer travels for bicyclists and motorists.

Whether you're in search of city streets, highways, trails, or dirt paths, we welcome you to chart your next journey on two wheels in bicycle-friendly Iowa.

Sincerely,

Kim Reynolds
Governor of Iowa

Chris Cournoyer
Lt. Governor of Iowa

COVER PHOTOGRAPHY
Redfield, Iowa looking westbound on a summer's day. Redfield is another oasis along the Raccoon River Valley Trail.
Photo by Pat O'Bryan, cyclist.

IOWA TRANSPORTATION MAP • FREE DISTRIBUTION ONLY

RICH IOWA HISTORY & WARM HOSPITALITY

Relax at one of the picnic tables near the historic depot.

Savor one of the treats or drinks supplied by Redfield community members who volunteer their time to serve cyclists.

Young cyclists pause to learn about abolitionist John Brown.

In 1859, Brown passed through the Redfield area with freedom seekers escaping slavery in Missouri. They followed a secret route north through Iowa as part of the Underground Railroad, risking their lives for liberty on the path to Canada.

This effort was part of the broader conflict over slavery in the Kansas Territory, a struggle that helped ignite the Civil War. Iowans played a courageous role in this fight for freedom—this site honors their legacy.

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 2025.

MM 217 07-28-26

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/modes-travel/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	50	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.

IOWA WELCOME CENTERS

Arnolds Park
243 West Broadway

Bloomfield
301 North Washington

Burlington
400 North Front Street

Cedar Falls
6510 Hudson Road

Council Bluffs
509 23rd Avenue

Davenport
102 South Harrison Street

Dubuque
280 Main Street

Elk Horn
4038 Main Street

Elkader
29862 Osborne Road

Le Claire
117 South Cody Road

Lamoni
209 Spruce Drive

Missouri Valley
2931 Monroe Avenue

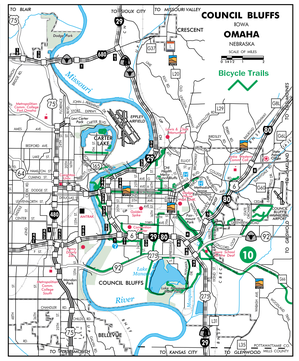
Northwood
4705 Wheelerwood Road

Percival
2083 Crossroads Drive

Sabula
305 South Avenue

Sioux City
1000 Larsen Park Road

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


COUNCIL BLUFFS
IOWA
OMAHA
NEBRASKA
HOME OF MILES
Bicycle Trails
TO BLAIR
TO MISSOURI VALLEY
TO CRESCENT
TO COUNCIL BLUFFS
TO KANSAS CITY
TO GLENWOOD
Missouri River
Carter Lake
Eppley Airfield
Offutt AFB
Bellevue
Papillion
Gretna
Springfield
Plattsmouth
Nebraska City
Peru
Shenandoah
Glenwood
Hamburg
Tarkio
Rock Port
Fairfax
Atlantic
Anita
Adair
Guthrie Center
Panora
Yamhill
Dexter
Lenox
Corning
Creston
Afton
Mount Ayr
Bethany
Albany
Princeton
Bellevue
Maquoketa
Monticello
Anamosa
Mount Vernon
Lisbon
Wilton
Durant
Tipton
Stanwood
Clarence
Lowden
Wheatland
Long Grove
Eldridge
Walcott
Blue Grass
Buffalo
Princeton
Bettendorf
Davenport
Riverdale
Port Byron
Cordova
Camanche
Clinton
Fulton
Lost Nation
Sabula
Savanna
Morrison
Thomson
Fadvance
Mt Carroll
Savanna
Stockton
Cedar Falls
Waterloo
Evansdale
Raymond
Hudson
Gilbertville
Janesville
Waverly
Denver
Tripoli
Fredericksburg
Nashua
Plainfield
Dunkerton
Independence
Aplington
Parkersburg
Aurora
Allison
Dike
Grundy Center
Reinbeck
Gladbrook
Traer
State Center
Haverhill
Marshalltown
Albion
Melbourne
Liberty
Ames
Nevada
Colfax
Mingo
Sheldahl
Slater
Baxter
Maxwell
Collins
Story City
Zearing
Hubbard
Radcliffe
Ellsworth
Iowa State University
Hiawatha
Marion
Robins
Alburnett
Center Point
Urbana
Blairstown
Prairie City
Monroe
Newton
Kellogg
Lynnville
Sully
Malcom
Deep River
Millersburg
Ladora
Otley
Prole
Runnells
Carlisle
Indianola
Norwalk
Mitchellville
Santiago
Allerton
Pleasanton
Lineville
Corydon
Woodburn
Davis City
Decorah
Calmar
Postville
Luana
Garnavillo
Guttenberg
Elkader
Strawberry Point
Edgewood
Colesburg
Delhi
Earlville
Cascade
Dyersville
Farley
Peosta
Asbury
Dubuque
Epworth
Bellevue
Sabula
Bellevue
Maquoketa River
Wapsipinicon River
Cedar River
Iowa River
Skunk River
Des Moines River
Nishnabotna River
Nodaway River
Platte River
Grand River
Thompson River
Little Sioux River
Boyer River
Raccoon River
Middle River
North Raccoon River
South Raccoon River
Coon River
Iowa River
Cedar River
Wapsipinicon River
Maquoketa River
Turkey River
Volga River
Yellow River
Upper Iowa River
Little Maquoketa River
Bloody Run Creek
Big Creek
Bear Creek
Little Bear Creek
Walnut Creek
Raccoon River
Beaver Creek
North Raccoon River
Boone