

# WELCOME TO IOWA, THE WORLD CAPITAL OF TRAILS!

Here you will find over 1,200 miles of multi-use trails in all corners of the state, and over 670 miles just in central Iowa. Our county road system also offers opportunities to bicycle and explore our beautiful land, small towns, and to meet many friendly people. Enjoy your ride!

## DUTCH TREAT

JASPER, MARION, AND MAHASKA COUNTIES,  
70 MILES, PAVED ROADS.

**PARKING AND RESTROOMS: ROCK CREEK STATE PARK MARINA (OUTHOUSE); MODERN RESTROOMS AVAILABLE IN THE CAMPGROUND JUST UP THE ROAD.**

You might not see tulips, but this ride brings Holland to you.

Starting at Rock Creek State Park (about three miles southwest of Kellogg) head east from the marina on the bike trail that runs along County Road F-27. Although the road heads south on T-38, you have the option of taking a 2.5-mile dogleg east into Grinnell on the Grinnell Area Recreation Trail. This adds five miles to your route, well worth it if you need a coffee or a bike shop. Find Bikes to You ([bikestoyou.com](http://bikestoyou.com)) and its neighbor, Saint's Rest coffee shop, on the main square.

The most difficult mile is along busy Hwy 6 at the intersection of T-38 and Hwy 6. There is a paved shoulder but it has rumble strips. At the top of a long hill, turn south on T-38 again, toward Sully.

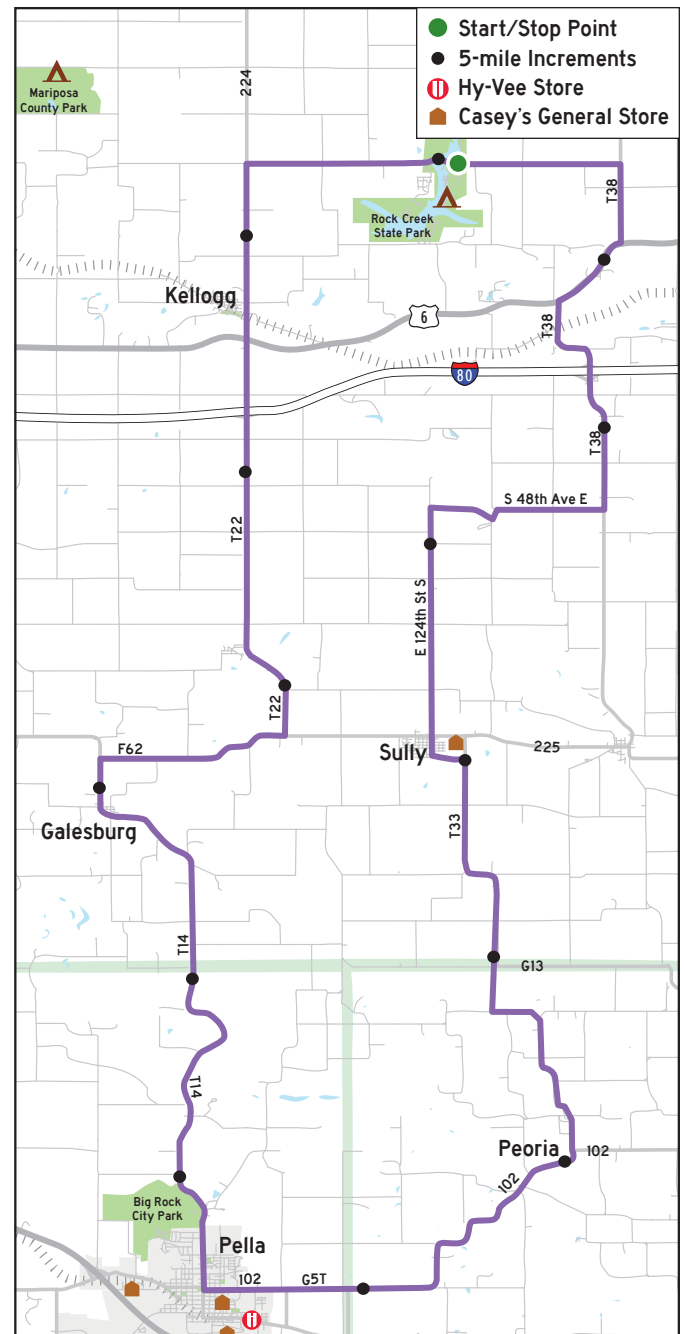
Refuel at Casey's in Sully or bike into town to the Coffee Cup Cafe ([coffeecupcafe.com](http://coffeecupcafe.com)) for a great breakfast. This is the cafe where Lance Armstrong ate to-die-for coconut cream pie on RAGBRAI in 2006.

Continue south to Pella, a college town steeped with Dutch tradition, windmills and other attractions ([pella.org](http://pella.org)). This is approximately the halfway point. Many riders dine at Smokey Row on the town square ([smokeyrow.com](http://smokeyrow.com)) and seek out Dutch letters – flaky S-shape pastries filled with almond paste – at one of the many bakeries. Iowa Bike & Fitness is just north of Smokey Row and another Casey's is conveniently located on the way out of town.

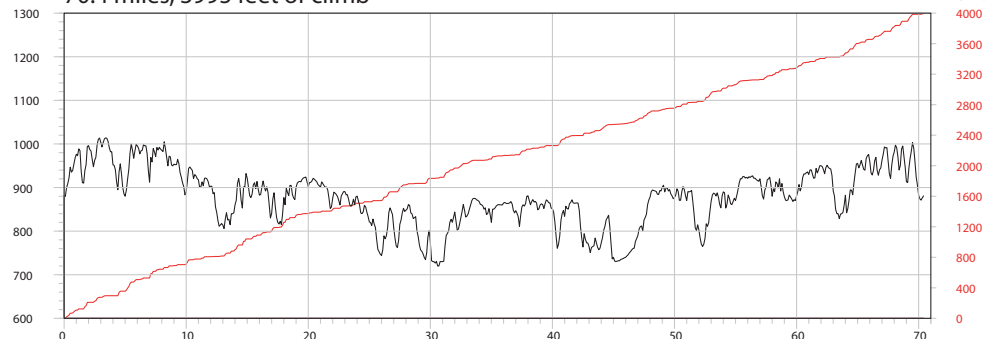
Fill your water bottles before leaving Pella on T-14; there are no services in tiny Galesburg and Killduff. Your next rest and refuel will be at the Best Burger Cafe RV Park and Truck Stop at the intersection of Interstate 80 and T-22 ([iowasbestburgercafe.com](http://iowasbestburgercafe.com)).

It is only about 12 miles back to Rock Creek on Hwy 224 and F-27, but save some energy. This last section is loaded with some awesome rollers that your quads will remember.

—Pat and Gabrielle Coughlin, Team Cow



Elev 70.4 miles, 3995 feet of climb



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