

# 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!

## HEART OF NATURE, HEART OF IOWA

STORY COUNTY, 33 MILES, PAVED ROADS. PARKING AND RESTROOMS: RIVER VALLEY PARK.

Start your ride out of Ames following sidepaths on East 13th Street and Dayton Avenue to East Lincoln Way (old Lincoln Highway) to Nevada. Lincolnway bike lanes on the road make this leg easy. Sixth Street in Nevada (pronounced “Ne-VAY-dah”) has two great stops for breakfast at the Snack Time Restaurant or lunch at Mi Casita across the street. Continue a few blocks south to I Avenue and turn west. I Avenue becomes S14. At the south edge of town use caution to cross busy Hwy 30. Stay on S14 for about 7.5 miles, then west on E63. In four miles you cross the Skunk River to reach Cambridge. The Water Street Bar and Grille one block south of E63 is the stop-off point in town.

If you want to get off the county roads for a while to enjoy more wildlife and scenery, stay on S14 for 1.5 miles, take the Heart of Iowa Nature Trail (compacted limestone surface) west to Slater (seven miles), then hop on the bike lanes on R38 back to Ames. Otherwise, from Water Street in Cambridge go back to E63 and turn west. In about six blocks, turn north on Park Street, which becomes 580th. Soak up the views of the Skunk River Valley as the road leads you back to Lincoln Way.

Side trips: Iowa State University ([iastate.edu](http://iastate.edu)), Reiman Gardens ([reimangardens.iastate.edu](http://reimangardens.iastate.edu)) draws steady crowds year-round.

Where to stay: MonteBello B&B Inn ([montebellobandbinn.com](http://montebellobandbinn.com), 515-296-2181).

—Lisa Hein, Iowa Natural Heritage Foundation

