

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!

HILLY 40

POLK COUNTY, 40 MILES, PAVED ROADS AND TRAIL. PARKING AND RESTROOMS: CHICHAQUA VALLEY TRAIL.

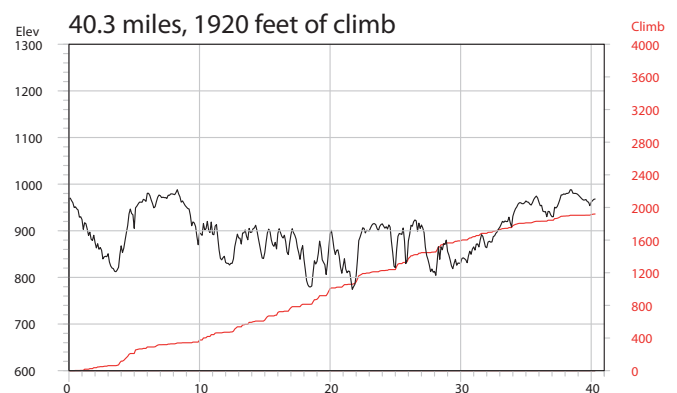
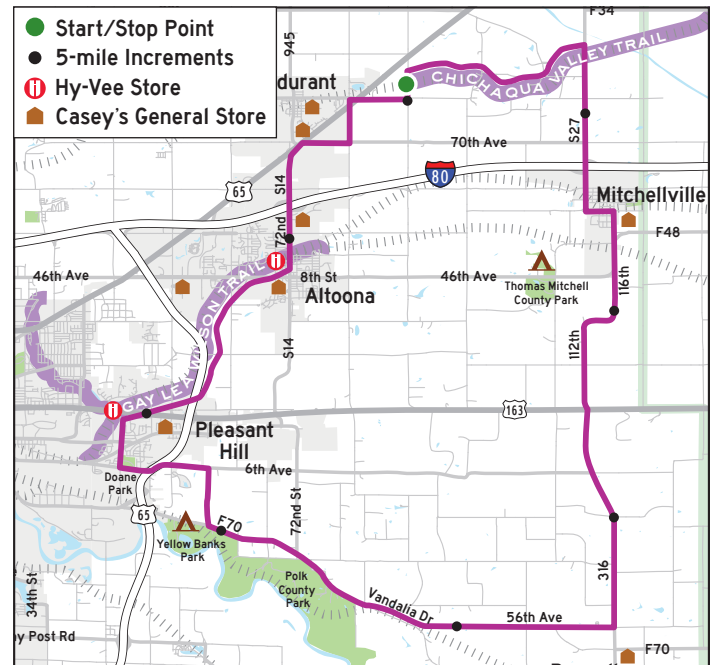
Call it hills, or call it hellish hills, this is a great training ride with a splendid mix of scenery. This 40-miler on the east side of the Des Moines metro area bundles suburban cities, small towns, and countryside on Central Iowa's network of hard-surface trails and low-volume county roads. Make refueling or restroom stops at one of six Casey's stores on the loop.

Beginning at the Chichaqua Valley Trailhead east of Bondurant, head east on the pancake-flat rail-to-trail conversion, then turn south onto rolling Polk County roads. South of Mitchellville, stay alert for auto traffic on about a half mile of old Hwy 6. Then jump back onto paved two-lane roads to enjoy more rural settings. At south edge of Pleasant Hill, shift to your granny gear before heading up Hickory Boulevard – it's a quad-burner. For a nice lunch or dinner, tack on a half mile leg west on asphalt trail to Copper Creek on the edge of Pleasant Hill (Okoboji Grill or Legends are excellent).

Side trip: Yellow Banks Park (conservationboard.org) is a hidden gem.

Where to stay: Butler House on Grand (515-255-4096, butlerhouseongrand.com); The 1900 Inn (877-577-0149, the1900inn.com)

— Joe Robinson, Team Hoochiepuckers



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