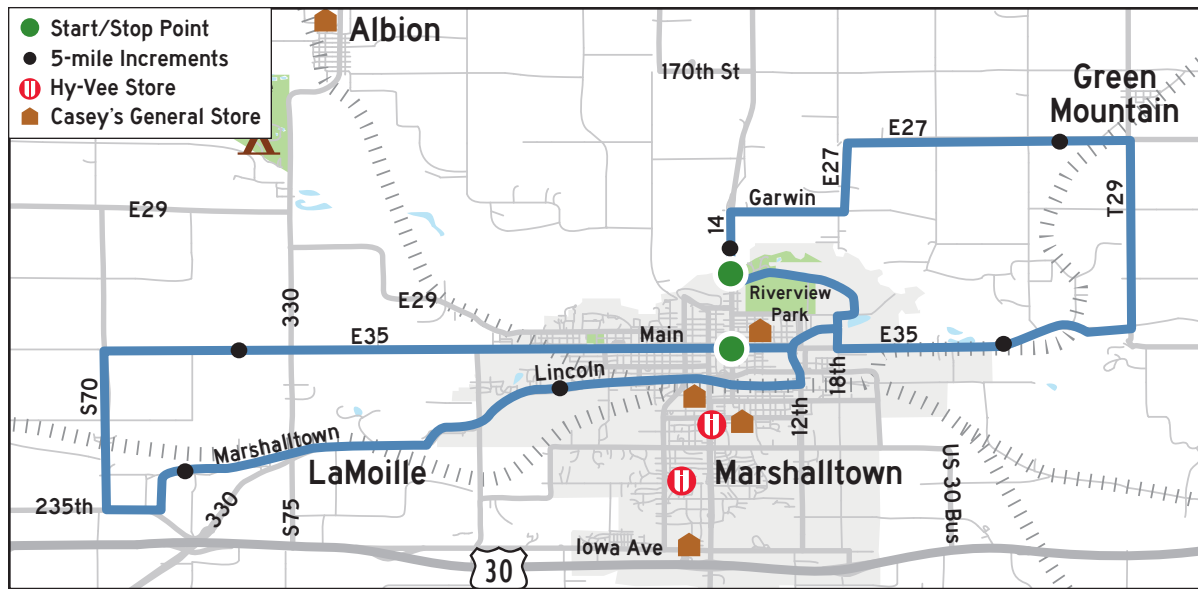


# WELCOME TO IOWA, THE WORLD CAPITAL OF TRAILS!

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!



## LOOPIN' MARSHALLTOWN

**MARSHALL COUNTY, 17 MILES (WEST LOOP), 19 MILES (EAST LOOP), PAVED ROADS AND TRAILS. PARKING AND RESTROOMS: ON MARSHALLTOWN SQUARE.**

It took an Iowa Supreme Court ruling in 1859 to stop the egg-, vegetable- and water-throwing battles over where to locate the county seat. Marshalltown, named in honor of John Marshall, the fourth chief justice of the United States Supreme Court, has been quieter ever since. Try these two loops.

**West Loop** Start at the Marshall County Courthouse and check out the impressive 19th-century homes on Main Street as you roll west. The view of the Iowa River Valley on your right is gorgeous. At 6.5 miles, hang a left onto S70 to pedal through the hamlet of LaMoille. Warning: the railroad tracks below the church in LaMoille are rough.

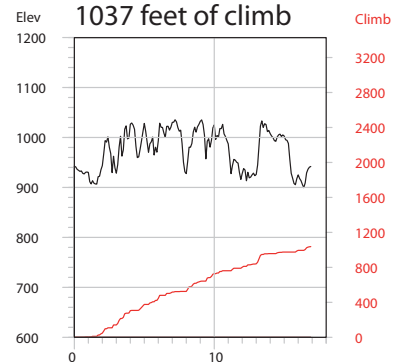
Catch E41 east at 8.9 miles. On your left, Linn Creek winds its way back to Marshalltown. You reach old Hwy 30 (the original Lincoln Highway) at 11.2 miles and follow it back into town.

**East Loop** Begin with full water bottles and an energy bar, because there are no convenience stores on this route. Hop on the Linn Creek Greenbelt Trail near the Marshalltown Cultural Center. The trail curves onto the Linn Creek levee as you head east. Ride under Third Avenue and continue on the trail to 18th Avenue, Turn south, then east on Main Street until you reach T29 (also called Wallace Avenue). Cross the Iowa River and climb a steep hill up before heading north toward Green Mountain. Enjoy a couple of nice rollers along this road before hooking to the west on E27, also known as Garwin Road, where you work four more hills. Turn south on Hwy 14, then east on Woodland to rejoin the trail to downtown.

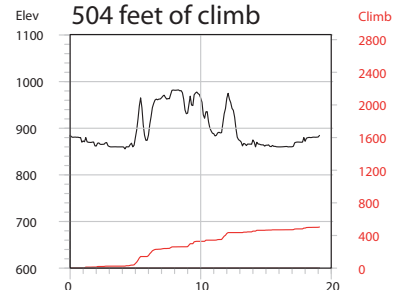
Where to stay: The Woodland B&B (641-753-5351, [thewoodland-bedandbreakfast.com](http://thewoodland-bedandbreakfast.com))

—Bob Morgan, *Biking Iowa* and Dana Bresler, Iowa Valley Bicycle Club

16.9 miles,  
1037 feet of climb



19.1 miles,  
504 feet of climb



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