

# 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!

## MAFFIT LAKE PICNIC LOOP

**POLK COUNTY, 23 MILES, PAVED ROADS AND TRAILS. PARKING AND RESTROOMS: TRAILHEAD FOR GREAT WESTERN TRAIL.**

Pack your binoculars, a picnic lunch or dinner, and head toward Maffit Lake Reservoir, just a few pedal strokes southwest of Des Moines. Head south on the Great Western Trail. At McKinley Avenue—the first paved intersection—look for the street sign, turn west, cross a small bridge, and cruise on rolling county roads.

On the way, stop at Brown's Woods, with nearly two miles of nature trails, and the 260-acre Walnut Woods State Park along the Raccoon River for great birding.

At Maffit Reservoir, lean your bikes against one of the stately oaks at the picnic grounds on the east side of the lake. Bike around the lake and you've visited four counties: Polk, Dallas, Madison, and Warren.

On the return trip, go east on Maffit Lake Road to catch the Great Western Trail at Orilla, home to Bambino's, a fun country bar. Easy pedaling north on the converted railbed brings you back into Des Moines. At the trailhead, refuel at Orlando's, known for its thin-crust pizzas and salads.

Near dawn or dusk, be on the alert for whitetail deer along the trails. To avoid a collision, ring your bell and shout!

Where to stay: Butler House on Grand (515-255-4096, [butlerhouseongrand.com](http://butlerhouseongrand.com)).

