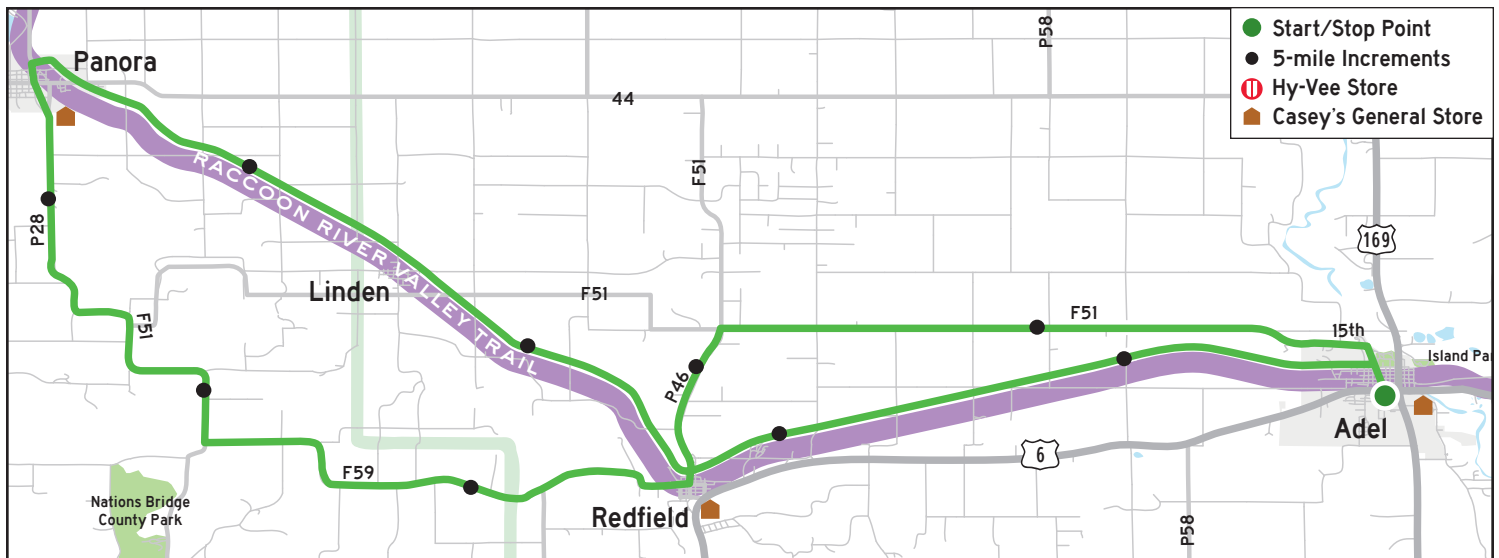


WELCOME TO IOWA, THE WORLD CAPITAL OF TRAILS!

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!



MIDDLE RACCOON RIDE

DALLAS & GUTHRIE COUNTIES, 49 MILES, PAVED ROADS AND TRAILS. PARKING AND RESTROOMS: TRAILHEADS AND BUSINESSES IN ADEL, REDFIELD, LINDEN AND PANORA.

There are at least eight ways to make this figure-8 ride, but it's never boring.

Starting in Adel, let's pedal county roads on the first half and the Raccoon River Valley Trail (RRVT; raccoonrivervalleytrail.org) on the return.

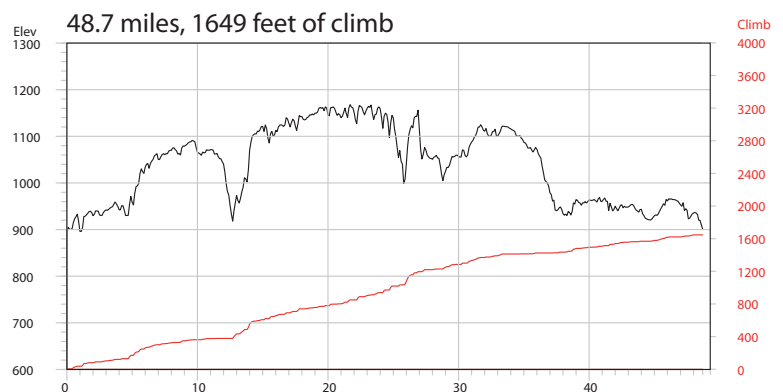
From downtown Adel, take a short ride west on the RRVT, then head north and west on 11th Street. Next, turn onto Grove Street, then 15th Street to 280th Street, which becomes F51. Rich farmland and tidy farms line both sides of the road. At El Paso Avenue (P46) turn south to Redfield. Refuel at Casey's on the south edge of town. On Saturdays, the Legion Hall serves a huge \$6 breakfast (6 to 9 a.m.); if you crave fried potatoes, get in line before by 7:30. After your break, pedal west on Thomas Street. It turns into county F59 as it climbs steeply out of the river valley. The ride flattens on the plateau between the Middle and South Raccoon rivers. Turn north on P28 (Wagon Road), which stair-steps its way west and north. You get a long, fast downhill to cross a branch of the Middle Raccoon River, then pay for it with steep climb into Panora. In Panora, bear left onto Third Street, then right on Clay Street at Heritage Park to reach trailhead for the RRVT. At Carmen's on the north side, stop for Midwestern or Mexican-style dishes.

The RRVT takes you to Linden, Redfield, and Adel, primarily below a canopy of trees that keeps the temperatures moderate in summer. Volunteers staff the Redfield station on weekends (daylong or yearly pass required).

Side trip: The Dallas County Courthouse (1902) in Adel, modeled after French chateaus, is considered one of Iowa's best examples of civic architecture. Brick streets ring the courthouse. The town's Sweet Corn Festival (mid-August) draws huge crowds (adelpartners.org).

Where to stay: Prairie View B&B (641-755-4356, prairieviewbb.com)

—Bob Morgan, *Biking Iowa*



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