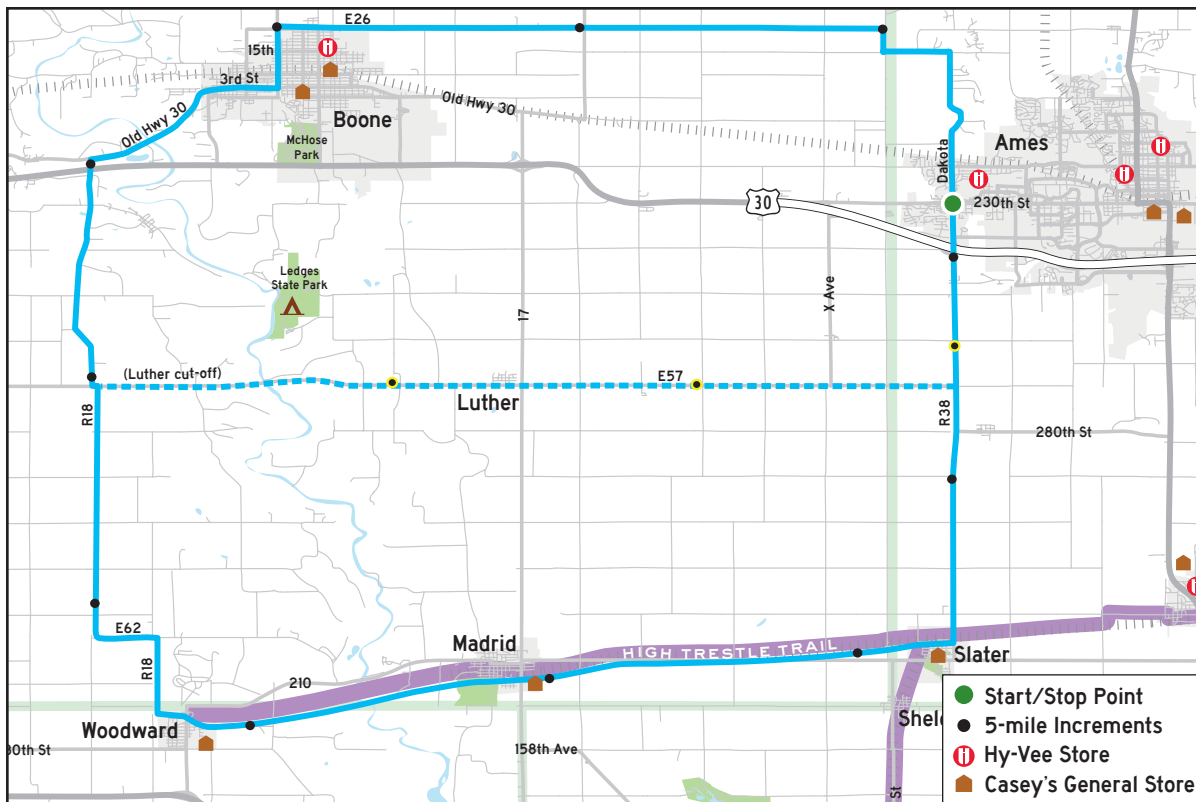


WELCOME TO IOWA, THE WORLD CAPITAL OF TRAILS!

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!

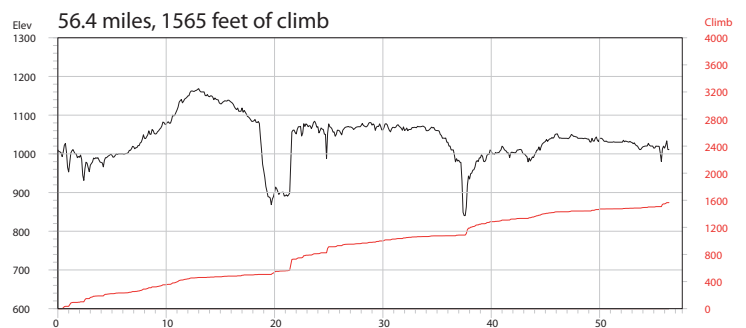


RIVER VALLEYS AND TRAIL ART

BOONE AND STORY COUNTIES, 57 MILES (FULL ROUTE); 43 MILES (CUTOFF), PAVED ROADS AND PAVED TRAILS. PARKING AND RESTROOMS: WEST TOWNE PUB, AMES.

This scenic route mixes hills with a trail conversion and an iconic bike/walk bridge and sculpture. Park at the West Towne Pub and head north out of Ames on South Dakota. Cross Lincoln Way and continue north on North Dakota for 3.3 miles and turn left (west) onto Cameron School Road. In one mile, turn right (north) onto R38 and in one-half mile, turn left (west) onto E26, which you will take all the way to Boone.

Two miles west of Hwy 17, pull off to check the view northeast – you can see forever! In Boone, turn left (south) onto Story Street. A Casey's is just .75 mile down the road. Turn right onto 11th Street, left on Division, right on 10th, left on Marion, right on 8th, left on Ringgold, and right on Third Avenue to traverse through town. Third transitions to E41, the old Lincoln Highway, which descends into the Des Moines River valley. Approximately one mile past the bridge, turn left (south) on R18. Use caution to cross busy Hwy 30.



Continue south on R18 to Woodward and connect with the High Trestle Trail (inhf.org). The jaw-dropping bridge across the Des Moines River is just 2.5 miles east. Twin 42-foot-tall towers on each side include dark bands of rocks that represent geologic coal veins found in local limestone deposits, and the 41 steel frames over the bridge represent support cribs within an old-fashioned coal mine.

In Madrid, The Flat Tire Lounge – just 12 feet from the trail – draws in plenty of riders. Down the road in Slater, stop at the bike-friendly Take Down Bar before turning north (left) on R38, with dedicated bicycle lanes all the way to Ames. End the trip in Ames at West Towne Pub with a burger and a cold one!

Where to stay: Two Bears Lodge (515-795-3880, ibbg.com); MonteBello B&B Inn (515-296-2181, montebellobandbinn.com)

—Rich Ketcham, GeoBike.com



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