

# 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!

## THE NOT LONG AND WINE-DING ROAD

POLK COUNTY, 40 MILES, PAVED ROADS AND TRAILS. PARKING AND RESTROOMS: HIGH TRESTLE TRAIL, ANKENY.

Enjoy the sights of the best of Iowa agriculture: corn, soybeans, and – believe it or not – grapes on this easy 40-mile ride. Begin on the High Trestle Trail in Ankeny near the water tower and fire station. As you make your way north, the landscape transitions quickly from rows of homes to rows of corn and soybeans; look for a pair of buffalo grazing on the west side of trail at 118th. Midway to Sheldahl, take a break at the Oasis, one of the nicest rest stops around (restroom and water bubbler). In Slater, refuel at the bike-friendly Take Down Bar, a Thursday evening destination for local riders (try the \$6 Italian sausage sandwich).

Return heading south on R38 (becomes NW 44th St.) and east on NW 142nd Ave. Locals gather at the Elkhart Pub on Main Street. The White Oak Winery near Elkhart ([whiteoakvineyards.com](http://whiteoakvineyards.com)) features live music on summer evenings. White Oak is one of the few central Iowa wineries on a paved road. Enjoy the vineyards tucked between the fields of corn and soybeans.

Side trips: If you get this close, you shouldn't miss the High Trestle Trail bridge between Madrid and Slater, the showpiece of Central Iowa Trails ([inhf.org](http://inhf.org)). It's just nine miles west of Slater.

Where to Stay: Two Bears Lodge (515-795-3880, [ibbg.com](http://ibbg.com))

—TJ Juskiewicz, RAGBRAI director

