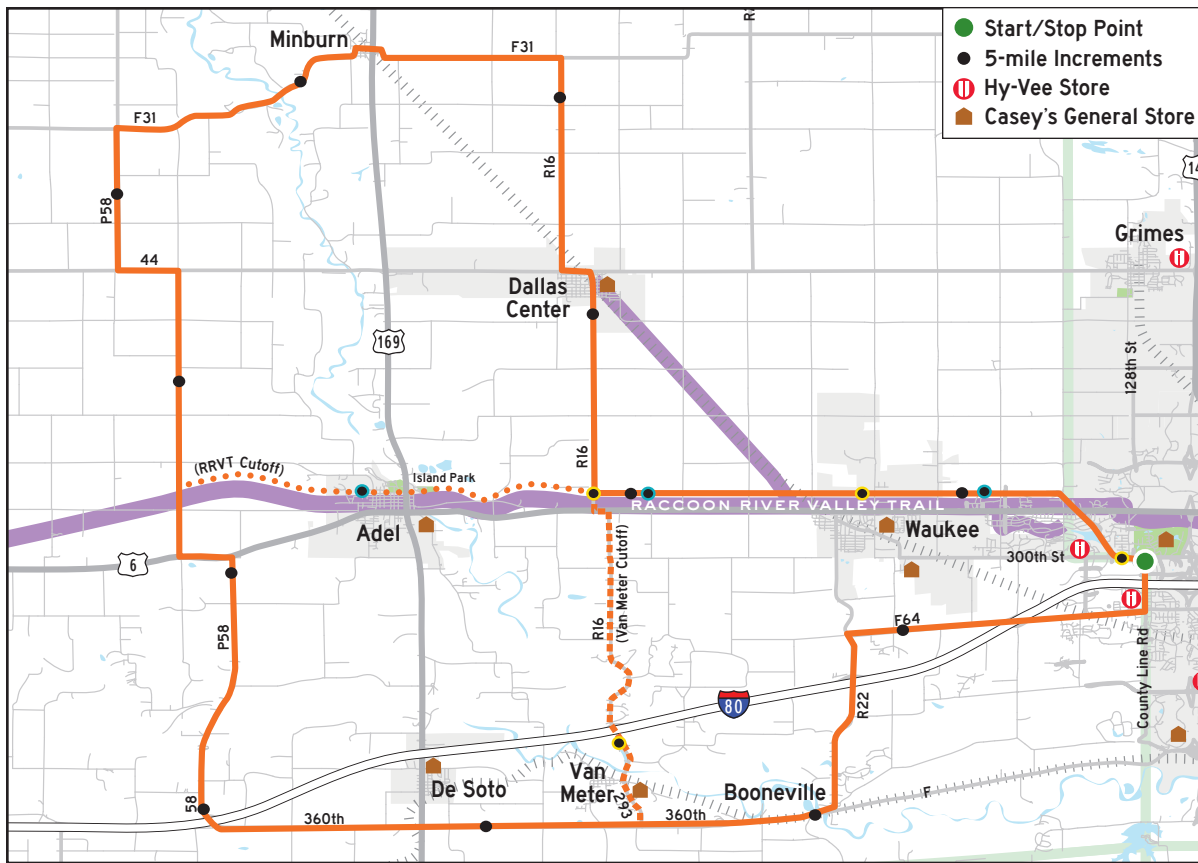


WELCOME TO IOWA, THE WORLD CAPITAL OF TRAILS!

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!



THREE TICKETS TO PARADISE

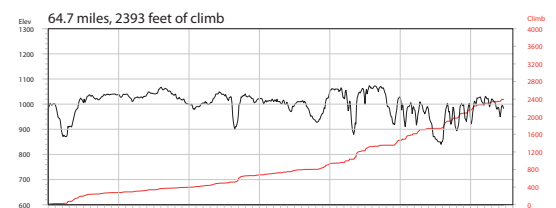
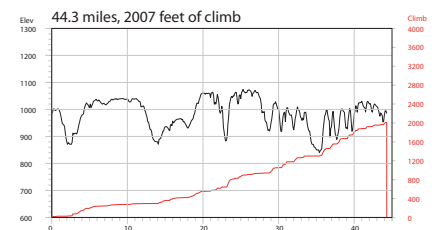
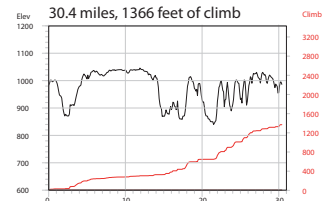
DALLAS COUNTY, 30 MILES (VAN METER CUTOFF), 44 MILES (RACCOON RIVER VALLEY TRAIL CUTOFF), 65 MILES (COMPLETE LOOP), PAVED ROADS AND TRAILS. PARKING AND RESTROOMS: 60TH AND ASHWORTH RD, WEST DES MOINES.

To the late Des Moines surgeon and UltraCycling Hall of Fame inductee Dr. Bob Breedlove, any day on the bike in central Iowa was “another day in paradise.” Find your own bliss on the routes “out west” in Dallas County where Dr. Bob and friends trained for transcontinental bike rides. Each loop is as beautiful a hill ride as you’ll find. Choose a distance that meets your schedule. A favorite is the section with Panther Creek on P58. Bonus points to the loops that connect to the Raccoon River Valley Trail (raccoonrivervalleytrail.org), a favorite rail-to-trail conversion.

Side trips: The Bob Feller Museum (bobfellermuseum.org) is less than two miles off the route in Van Meter. It’s worth the trip to check in on the remarkable Cleveland Indian Hall-of-Famer who pitched his first Major League game before graduating from high school right down the road. Nearby, the tenderloin sandwiches at Fat Randy’s Bar & Grill frequently rate in the Top Five in state competition.

In Adel (adeliowa.org), classic brick streets ring the 1902 Dallas County Courthouse, on the National Register of Historic Places. Brick and clay industries are still part of the local story, as is the Sweet Corn Festival the second weekend in August.

—Forrest Ridgway, Bike World and Dr. Bob support team



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