



- ▬ Regional Trail
- ▬ Local Trail
- ▬ Singletrack Trail
- ▬ Bikeway
- ▲ Distance Markers (miles)

- 💧 Water Fountain
- 🚻 Restroom
- P Parking
- 🚤 Boat Access
- 🚲 Bike Shop
- 🏥 Hospital

Scale 1/2 MILES

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Ankeny

Bondurant

Altoona

Des Moines

HIGH TRESTLE TRAIL
TO SLATER, MADRID, AND WOODWARD

TO CHICHAQUA VALLEY TRAIL, BAXTER AND MINGO

WILSON TRAIL EAST
TRESTLE TRAIL

GAY LEA WILSON TRAIL

WILSON TRAIL EAST

MANHATTAN LUTHER KING JR. PK

UNION PARK

RASMUSSEN BIKE SHOP

BIKE COUNTRY

DMACC

Adventureland

GRAND VIEW UNIVERSITY

KYLE'S BIKE SHOP

Hickman Rd

Guthrie Ave

RASMUSSEN BIKE SHOP

GRAND VIEW UNIVERSITY

KYLE'S BIKE SHOP

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