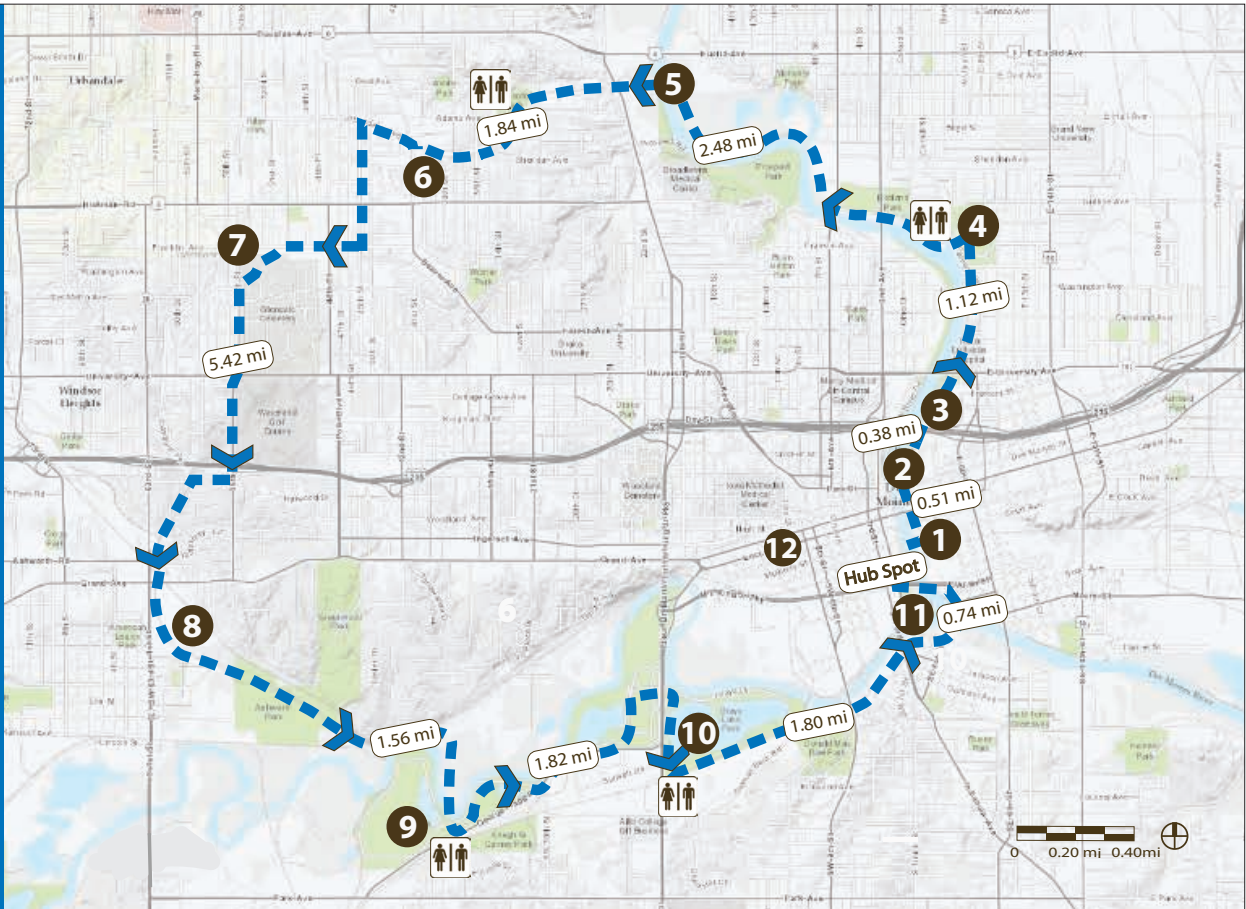




# CHUCK'S URBAN 18-MILER



## Experience neighborhoods & parks 18.0 miles

You'll see the best of Des Moines on this urban route. After leaving the Hub Spot, head up the John Pat Dorrian Trail past the Brenton Skating Plaza, the **Iowa Women of Achievement Bridge (1)**, the **Robert D. Ray Asian Garden (2)**, and the **Greater Des Moines Botanical Garden (3)**. Head north a couple of miles on the Neal Smith Trail, then detour a half mile east for a whirl on the hand-carved, turn-of-the-century replica Heritage Carousel in **Union Park (4)**.

Return to the trail and head north along the Des Moines River, following the Central Iowa Trails signs. Cross the river on the Inter-Urban Trail (former streetcar road) and the **Wakonsa Bridge (5)**, and swoop along the Urbandale Avenue bike lanes. For food or drink, **Beaverdale (6)** offers several bike-friendly options, including GoodSons and Saints. Turn south (left) on 48th Street and ride to Franklin Avenue (traffic signal). Turn right (west) and pedal about four blocks to the **Waveland Trail (7)** trailhead (just beyond a brick senior center). Follow the trail through the Glendale Cemetery and along side the Waveland Golf Course. After crossing I-235, rejoin the Waveland Trail as it heads west and south before joining the **Walnut Creek Trail (8)**. Connecting trails pass through **Des Moines Water Works Park (9)** (second in size only to NYC's Central Park) and **Gray's Lake Park (10)**, another trail hub.

Bill Riley and Meredith trails lead to **Principal Park (11)**, home of Triple-A baseball's Iowa Cubs. A slew of eateries,

architectural highlights, and public art await you in downtown Des Moines. Two more bike/walk bridges span the Des Moines River as part of The Principal Riverwalk. Mullet's (south of Principal Park) and The High Life Lounge and el Bait Shop (north of Principal Park) are bike-friendly.

**Side Trips** The Des Moines Art Center in Greenwood Park, the Pappajohn Sculpture Park between Locust and Grand from 10th to 15th streets in downtown Des Moines, and the stunning Iowa State Capitol (completed in 1886) with five domes gilded with tissue paper-thin sheets of 23-karat gold.

### More Good Stuff

- [catchdesmoines.com](http://catchdesmoines.com)
- [dmbotanicalgarden.com](http://dmbotanicalgarden.com)
- [heritagecarousel.org](http://heritagecarousel.org)
- [goodsonsbeaverdale.com](http://goodsonsbeaverdale.com)
- [saintspub.com](http://saintspub.com)
- [iowacubs.com](http://iowacubs.com)
- [principal.com/riverwalk](http://principal.com/riverwalk)
- [thehighlifelounge.com](http://thehighlifelounge.com)
- [elbaitshop.com](http://elbaitshop.com)
- [desmoinesartcenter.org](http://desmoinesartcenter.org)
- <http://www.legis.iowa.gov/Resources/tourCapitol.aspx>

**Route Scout** Chuck Corwin, Team Wingtip and a Des Moines native