

Iowa's multi-use trails (five miles or longer) Iowa has more than 1,400 miles of beautiful trails available for a variety of uses, including bicycling, hiking/running, skating, equestrian use, cross-country skiing, snowmobiling, and photography/nature study. The following list includes 52 of Iowa's trails that are at least five miles in length. There are also many other shorter trails throughout Iowa. Information about those trails can be obtained from local cities and county conservation boards. **For more details about the following trails, check out the Iowa DOT's Web site: iowadot.gov/iowabikes.**

Trail Name	Location	Length (Miles)	Surface Type	More Information
1 Ames Trail System	Within Ames	55	Asphalt/Concrete	cityofames.org/workswweb
2 Ankeny to Woodward Trail	Ankeny to Madrid, east of Woodward	22	Asphalt	a2wtrail.org
3 Cedar River Greenbelt and Harry Cook Trails	Mitchell to Osage	7	Limestone	osage.net/~mccb
4 Cedar River Trail	Within Cedar Rapids	11	Asphalt	www.linncountytrails.org/map.php
5 Cedar Valley Lakes Trail Network	Within Cedar Falls and Waterloo	75	Asphalt/Concrete	cedartrailspartnership.org
6 Cedar Valley Nature Trail	Evansdale to Hiawatha	54	Limestone/Asphalt	cedartrailspartnership.org
7 Charles City Trail System	Within Charles City	5	Asphalt	charlescity.govoffice.com
8 Chichaqua Valley Trail	Bondurant to Baxter	20	Asphalt	www.conservationboard.org/Pages/cvt.aspx
9 Cinder Path	Chariton to Humeston	14	Cinder/Limestone	inhf.org/iowatrails/cinderpath-intro.htm
10 Clive Greenbelt Trail	Within Clive	9	Asphalt	cityofclive.com/departments/parks-recreation/parks
11 Comet Trail	Conrad to beyond Beaman	7	Limestone	inhf.org/iowatrails/comet-intro.htm
12 Discovery Trail	Eagle Point Park to Riverview Park in Clinton	5	Asphalt/Concrete	inhf.org/iowatrails/clintondiscovery-intro.htm
13 Duck Creek Parkway	Davenport to Bettendorf	13	Asphalt/Concrete	inhf.org/iowatrails/duckcreek-intro.htm
14 Gay Lea Wilson Trail	Within Altoona, Pleasant Hill and east Des Moines	16	Asphalt	www.conservationboard.org/Pages/gwt.aspx
15 Great Western Trail	Des Moines to Martensdale	18	Asphalt	warrencb.org/areas/gwt/gwt.html
16 Heart of Iowa Nature Trail	Slater to west of Collins/east of Collins to Rhodes	27	Limestone	inhf.org/iowatrails/heartofiowa-intro.htm
17 Heritage Trail	Dubuque to Dyersville	26	Limestone	inhf.org/iowatrails/heritage-intro.htm
18 Hoover Nature Trail	Segments from Cedar Rapids to Burlington	24	Limestone	inhf.org/iowatrails/hoover-intro.htm
19 Iowa 330 Trail	Melbourne to U.S. 30	6	Asphalt	co.marshall.ia.us/departments/conservation
20 Iowa Great Lakes Trail System	Within Spirit Lake, Okoboji, Arnolds Park, Milford, Wahpeton, and West Okoboji	25	Asphalt	iowalakescorridor.com/play_outdoor.cfm
21 Iowa River Corridor Trail	Within Iowa City	12	Asphalt/Concrete	jccog.org/documents/trailsmapltr.pdf
22 Iowa Riverfront Trail	Along the Missouri River in Council Bluffs	7	Concrete	parksandrec.councilbluffs-ia.gov/documents/masterbike.pdf
23 Jefferson County Trail System	Throughout Jefferson County, near Fairfield	15	Limestone	jeffersoncountytrails.org
24 Jordan Creek Trail	Within West Des Moines	12	Asphalt/Concrete	wdm-ia.com/Index.aspx?page=209
25 Kewash Nature Trail	Keota to Washington	14	Limestone	co.washington.ia.us/departments/conservation/kewash_trail.htm
26 Lake Manawa Trail	Around Lake Manawa in Council Bluffs	5	Asphalt	parksandrec.councilbluffs-ia.gov/documents/masterbike.pdf
27 Linn Creek Greenbelt Parkway	Within Marshalltown	9	Asphalt	inhf.org/iowatrails/linncg-intro.htm
28 Mahaska Community Recreation Trail	Within Oskaloosa (some segments on streets)	11	Concrete	www.teammahaska.org
29 Mississippi Riverfront Trail	Within Davenport and Bettendorf	5	Asphalt/Concrete	bettendorf.org/egov/docs/1160411406_965270.pdf
30 Neal Smith and John Pat Dorrian Trails	Saylorville/Big Creek area to Hawthorne Park in Des Moines	28	Asphalt	ci.des-moines.ia.us/departments/PR/newtrails/Maps.htm
31 North Ridge - North Liberty Trail	Within Coralville/North Liberty	5	Asphalt/Concrete	northlibertyiowa.org/map/parks/park_locations.htm
32 Old Creamery Trail	Vinton to Dysart	15	Limestone	inhf.org/iowatrails/oldcreamery-2001map.htm
33 Pioneer Trail	Holland to Reinbeck	12	Limestone	inhf.org/iowatrails/pioneer-intro.htm
34 Prairie Farmer Recreational Trail	Calmar to Cresco	20	Asphalt	inhf.org/iowatrails/prairie-trans.htm
35 Raccoon River Valley Trail	Jefferson to Clive	56	Asphalt	raccoonrivervalleytrail.org
36 River City Greenbelt & Winnebago Trails	Within Mason City	13	Limestone/Concrete	inhf.org/iowatrails/rcg-intro.htm
37 Rock Creek Recreational Trail	Grinnell to Rock Creek Park	6	Asphalt	iowadnr.gov/parks/images/maps_pictures/rockcrkmap.pdf
38 Rolling Prairie Trail	Allison to Shell Rock; Waverly to Denver	21	Asphalt/Limestone	butler-bremer.com/web/rollingprairietrail
39 Sac and Fox Trail	Within Cedar Rapids	8	Limestone	indiancreeknaturecenter.org/trails.asp
40 Sauk Rail Trail	Lake View to Carroll	33	Asphalt/Limestone	iowabicyclecoalition.org/trails/sauk.htm
41 Sioux City Trail System	Within Sioux City	25	Asphalt/Concrete	siouxlandtrails.org
42 Solon Trail	Solon to Lake Macbride	5	Gravel	iowadnr.gov/parks/images/maps_pictures/macbridemap.pdf
43 Storm Lake Laketrail	Around Storm Lake	5	Concrete	stormlakechamber.com/visitors/maps.htm
44 Summerset Trail	Indianola to Carlisle	11	Asphalt	warrencb.org/areas/st/st.html
45 T-Bone Trail	Segments from Audubon to Atlantic	15	Asphalt	auduboncounty.com/parks.asp
46 Three Rivers Trail	Rolfe to west of Eagle Grove	40	Limestone	inhf.org/iowatrails/3rivers-intro.htm
47 Trolley Trail	Clear Lake to Mason City	8	Asphalt	inhf.org/iowatrails/rcg-intro.htm
48 Trout Run Trail	Within Decorah	8	Asphalt	trailsofwinneshiek.org/trailmap.htm
49 Twin Lakes Trail	Around Twin Lakes in Calhoun County (Some on Road)	11.5	Concrete	inhf.org/iowatrails/twinlakes-intro.htm
50 Volksweg Trail	Pella to Red Rock Reservoir	14	Asphalt	www2.mvr.usace.army.mil/RedRock\recreation\trails\default.cfm
51 Wabash Trace Nature Trail	Council Bluffs to Blanchard	64	Limestone	inhf.org/iowatrails/wabash-intro.htm
52 Wapsi-Great Western Trail	Howard to Mitchell counties near Riceville	12	Limestone	osage.net/~mccb