

CENTRAL IOWA'S TWO WHEEL TREK

The CENTRAL IOWA BIKE ROUTE connects Big Creek State Park, Ledges State Park and Springbrook State Park as it ambles through 14 charming towns, both large and small. The 91 mile route is relatively flat, with a few “challenging” hills as you make your way across the picturesque valleys of the Des Moines and Raccoon rivers. Lodging can be found in three towns and campgrounds are available at Ledges State Park and Springbrook State Park.

Bicycle Route Description:

Note: It is not necessary to ride State Hwy 210 to reach Slater. At the intersection of R38 and Hwy 210, proceed north .3 miles on gravel. Turn east and ride .5 miles adjacent to RR tracks.

You may ride the paved Raccoon Valley Trail between Yale and just west of Adel. A daily trail pass is required, and can be purchased at the trailhead.

Detailed directions for the route between Granger and Polk City of big Creek: Ride east of Granger on F31 (2.1 miles); turn left or north on NW 121st St (1 mile); at golf course road, turn right on NW 118th which becomes N. Beaver Dr., which becomes NW 107th; at the T, turn left on 106th for .5 miles; turn left at cemetery onto 112th and travel across the mile long bridge over Saylorville Lake. After the bridge, you may either take the bike trail to Big Creek State Park or continue on the road to Polk City. To reach big Creek State Park, ride .25 miles after the bridge; on the right side of the road there is a paved parking lot at a trail access. This trail takes you to Big Creek State Park.

Overnight Vehicle Parking:

Arrangements must be made in advance to leave your vehicle in any of Iowa's state parks overnight. Park rangers will direct you to the lot designated for overnight parking, generally a visitor parking lot adjacent to the campground.

Overnight Accommodations:

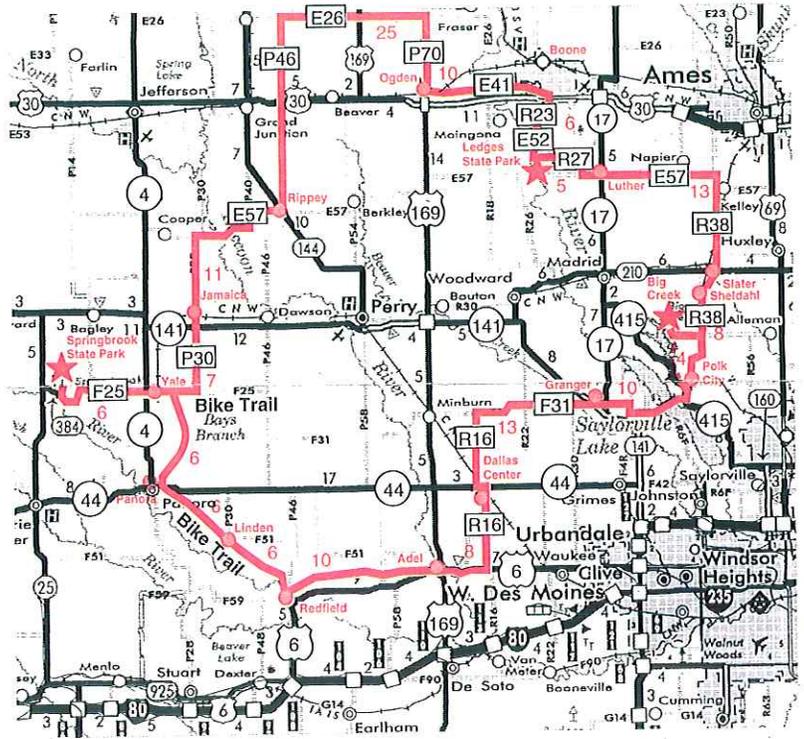
Town	Hotel/Motel	Phone Number
Boone	Boone Super 8	515-432-8890
Boone	Baymont Inn	515-432-8168
Boone	Econo Lodge	515-432-4322
Dallas Center	Yellow Swan Bed and Breakfast	515-992-3118
Panora	www.panora.org/guide.html	

Safety Tips:

- Central Iowa Bike Route primarily runs along county highways. Ride on the right side of the road and obey all traffic laws. Stay alert at intersections.
- Do not create a traffic jam. Ride in double or single file, as traffic dictates.
- Wear a helmet. Even a slow fall from a bicycle is enough to create serious injury.



CENTRAL IOWA BIKE ROUTE



Big Creek State Park	4	14	27	35	45	51	57	63	69	75	82	93	118	128	134	139	152	160
Polk City	10	23	31	41	47	53	59	65	71	78	89	114	124	130	135	148	156	
Granger	13	21	31	37	43	49	55	61	68	79	104	114	120	125	138	146		
Dallas Center	8	18	24	30	36	42	48	55	66	91	101	107	112	125	133			
Adel	10	16	22	28	34	40	47	58	83	93	99	104	117	125				
Redfield	6	12	18	24	30	37	48	73	83	89	94	107	115					
Linden	6	12	18	24	31	42	67	77	83	88	101	109						
Panora	6	12	18	25	36	61	71	77	82	95	103							
Yale	6	12	19	30	55	65	71	76	89	97								
Springbrook State Park	6	13	24	49	59	65	70	83	91									
Yale	7	18	43	53	59	64	77	85										
Jamaica	11	36	46	52	57	70	78											
Rippey	25	35	41	46	59	67												
Ogden	10	16	21	34	42													
Boone	6	11	24	32														
Ledges State Park	5	18	26															
Luther	13	21																
Slater	8																	
Big Creek State Park																		

Central State Park Bike Route

Facilities and Service Available

	Restroom	Food	Restaurants	Drinking Water	Camping	Lodging
Big Creek State Park	X	X	X			
Slater	X	X	X	X		
Luther	X	X		X		
Ledges State Park	X		X	X		
Boone	X	X	X	X	X	
Ogden	X	X	X	X		
Rippey	X	X	X			
Jamaica	X	X		X		
Yale	X	X	X			
Springbrook State Park	X	X	X			
Panora	X	X	X	X	X	
Linden	X	X		X		
Redfield	X		X			
Adel	X	X	X	X	X	
Dallas Center	X	X	X	X		
Granger	X	X	X			
Polk City	X	X	X	X		
Big Creek State Park	X	X	X			

▲ Mileage shown illustrates the Central State Park Bike Route, which is a 160-mile ride in its entirety, starting at Big Creek State Park and ending at Big Creek State Park. Route may be ridden in either direction.

