



Lake MacBride State Park

5K & 10K

Johnson County, Iowa



Lake MacBride State Park 5K & 10K

41.798711, -91.564960

3525 Highway 382 NE; Solon, IA 52333

5K & 10K WALK DIRECTIONS

Continue into the park from the walk box at the entrance. Drive forward to the T intersection/stop sign. Turn left onto the one-way road and proceed to the beach parking lot. Walk down the sidewalk through the Boat Rental building breezeway and turn RIGHT onto the boat rental deck. The walk starts at the BEACH TO DAM trailhead between the end of the deck and the brown wooden service building. (Handicap drop off is possible in the small parking lot at this point.)

1. Hike the Beach to Dam trail (1.38 miles) to the Lake Macbride Dam. (2K) (Keep the lake on your left, you will cross one boat ramp parking lot).
2. Make your way across the dam and around the large rock at the far end.
3. Enjoy the sights and sounds of Macbride Falls. (The spillway was blasted out of solid rock in 1957.)
4. Turn around and hike back across the dam. At the far side of the dam, climb the limestone steps to your LEFT and continue forward across the grassy picnic area to the wooden swing (overlooking Coralville Reservoir and Macbride Dam).
5. Continue hiking over the grassy picnic area toward the Fisheries Management building.,
6. Once at the road, continue hiking on the asphalt roadway for approximately ¼ mile to the Coralville boat ramp. CHECKPOINT: How many bouys are visible in the water by the boat ramp?
7. 5k walkers, turn around and follow the Beach to Dam trail back to the start point. 10k walkers continue to 8).

8. Continue past the boat ramp, up a slight hill and curve. Shortly after the curve, turn LEFT off the roadway, onto the North Snowmobile Trail. (3K)
9. Walk this trail approximately 1 ¾ miles to the north entrance to the park. There is a Y intersection in the trail at approximately (7K). Veer LEFT and continue on the snowmobile trail to the park entrance. (This trail has some moderate to steep hills and some awesome wooded views.)
10. Turn RIGHT and walk along the tree line about a city block to a small gravel parking lot. (8K)
11. Continue past the parking lot to the North Shore Trailhead. Hike the crushed limestone North Shore Trail approximately ¼ mile to the first fishing jetty that juts out into the lake.
12. Walk out onto the T-jetty and take in a beautiful view of Lake Macbride's north arm.
13. Turn around and hike back to the trailhead of the North Shore Trail. (9K) Turn LEFT on the road toward the beach (THIS IS A ONE WAY ROAD WITH ONCOMING TRAFFIC, SO PLEASE USE CAUTION.)
14. Hike the remaining ½ mile back to the beach parking lot and your starting point.