



# McIntosh Woods State Park

## 5K

Cerro Gordo County, Iowa



# McIntosh Woods State Park 5K

43.125603, -93.458142

1200 East Lake Street, Ventura, Iowa 50482

Two 5K walks are offered: 1. McIntosh Woods and 2. Ventura Trail Access (remote start; see other directions)

## 5K WALK DIRECTIONS

1. With Smokey Bear behind you, walk 20 feet towards park entrance road to trail
2. Left onto trail
3. Follow trail. Check Point: What kind of tree is featured in the Interpretive sign \_\_\_\_\_? At first and second trail intersections stay straight.
4. At U-shaped road turn left. Keeping left go up hill and enter grassy area. Clear Lake is ahead. Pass restrooms on your right. Go to beach.
5. At beach, turn around and keep lake on left. Walk through parking and boat dock area. Watch for traffic.
6. At shelter house keep left by lake shore, walking on grass. Ahead see boardwalk and small red building, a bird blind. Follow boardwalk to bird blind.
7. Exit bird blind area on boardwalk to left. Pond is on your right.
8. Turn right, cross bridge. Keeping lake on your left and continue uphill. A bench waits at top of hill to reward your climb and offers lake views.
9. Find Yurt camping area on right. These may be rented. Please respect their privacy.
10. Go past Yurts keeping lake on left. Exit park to East Lake Street through open gate (1 mile). Cross road, watching for traffic and turn right. Walking on left side of road, facing traffic, walk to McIntosh Woods park sign.

**NOTE:** This concludes the first of 3 “loops” through the park.

11. Turn right back into the park on park entrance road.
  12. Continue to road Marked “Yurts Turn around 1/10 mile” sign. Turn right
  13. At the first trail marked by hiker sign, turn left
  14. Go on trail to grass area. Lake is ahead
  15. Turn left going over bridge; left again
  16. At bird blind turn right and take boardwalk to parking area (1.5 miles)
  17. Turn left and find hikers sign on your right.
  18. Go on trail to large parking lot, cross, heading to lake shore. Watch for traffic.
  19. Turn left. Lake is on your right.
  20. Go to beach and continue to point of land
  21. Turn around and walk past playground equipment to parking lot, and up to restrooms. Behind the restrooms find gravel path (2 miles)
- NOTE:** This concludes the 2nd “loop”
22. Go on gravel path to edge of the woods. Turn left and go to road. Watch for tree roots on descent to road.
  23. Follow road to T intersection. Turn right, lake is on left.
  24. Walk on road a short distance. Turn left on next road to the bird blind.
  25. Just past the bird blind/pond, turn right. Cross bridge. At hiking trail sign turn right.
  26. Exit trail to road. Turn right after a short distance turn left and return to Smokey Bear.
  27. Continue past Smokey Bear, go on first loop into campground in a counterclockwise direction. Modern restrooms will be in center of loop. Return to Start/Finish.



# Sisters' Prairie Trail

## 5K

Cerro Gordo County, Iowa



# Sisters' Prairie Trail 5K

43.122267, -93.477474

2082-2000 242nd St, Ventura, IA 50482

START FROM McINTOSH WOODS: Leaving the park turn left onto East Lake Street. At first stop sign turn left. Continue until just past the cemetery. Find the fishing jetty and ADA bathrooms on your left. Ventura Marsh is on the right. Turn left into free parking area. This walk includes the Three Sisters Prairie Trail which is located on private property. Please respect private property and stay on the trail.

## 5K WALK DIRECTIONS

1. START: at the watershed interpretive signage turn around and follow paved trail as it turns left.
2. Continue on trail into wooded area.
3. A bench is located at .4 miles after hill climb.
4. Go to stop sign facing trail, cross road 242nd Street (slight jog to the right). Watch for cars.
5. Trail continues on other side of road.
6. Go to yield sign, cross road 237th Street turn to L., and continue on trail. (1 mile)
7. Trail continues in easterly direction. Find signage signifying the start of "Three Sisters Bike Trail". Continue on trail. At N 43.10660 W 93.47239 (1.5 miles) signed marked with AVA TURN AROUND.
8. Return to START on same trail.