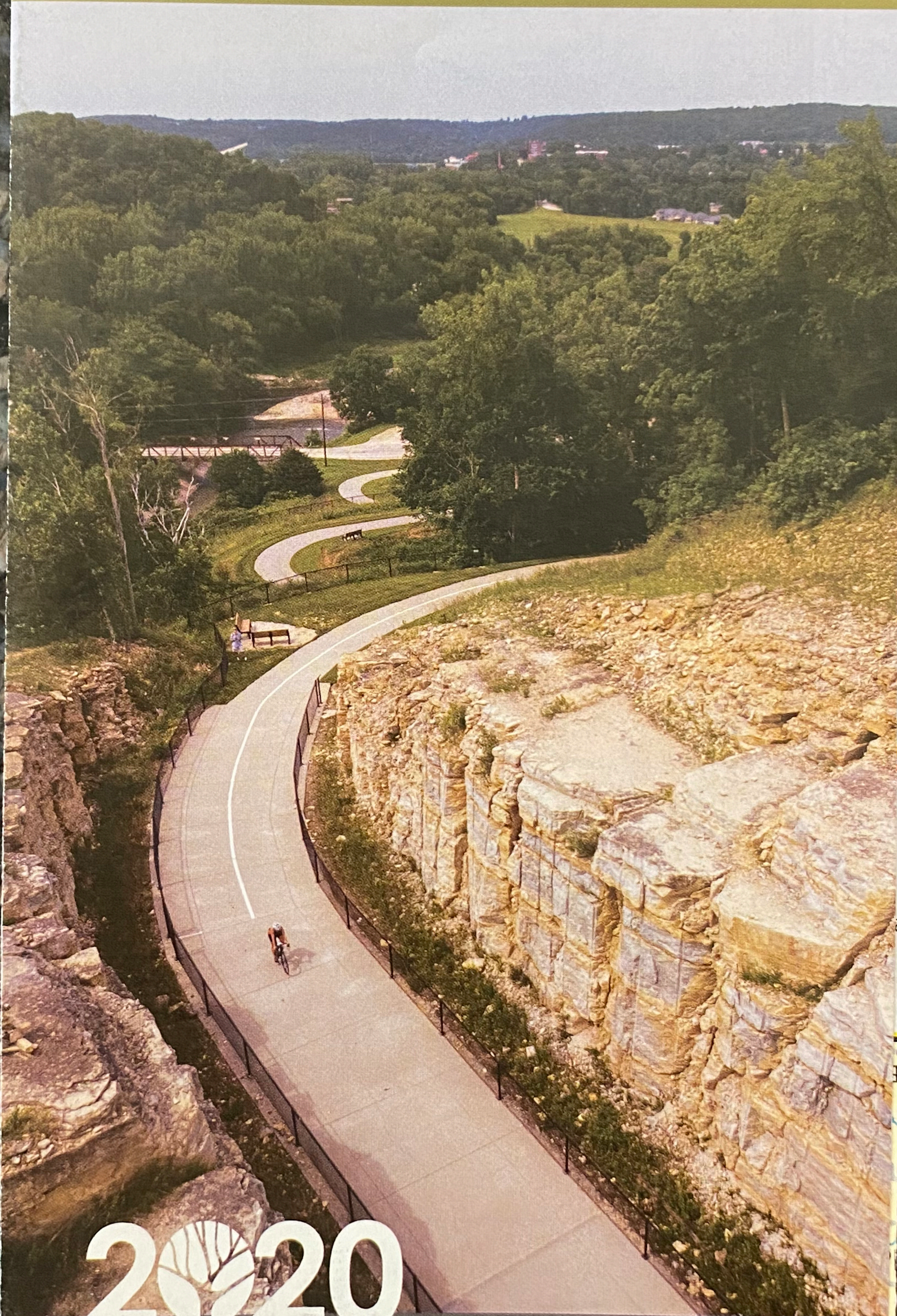


# IOWA

## 2019-2020 BICYCLE MAP



2020

Iowa State Parks  
CENTENNIAL

[iowadot.gov](http://iowadot.gov)



## WELCOME TO IOWA!

Iowa's quality trails, paved rural highway shoulders, and bike-friendly urban streets offer a myriad of ways to see our beautiful state from the seat of a bicycle. As you explore, we invite you to visit an Iowa state park! Iowa state parks showcase hundreds of miles of hiking and biking trails. Information in this map is provided to encourage bicycling as a routine and safe means of transportation. Also, biking is a great form of recreation and healthy exercise as we continue our quest to become the healthiest state in the nation.

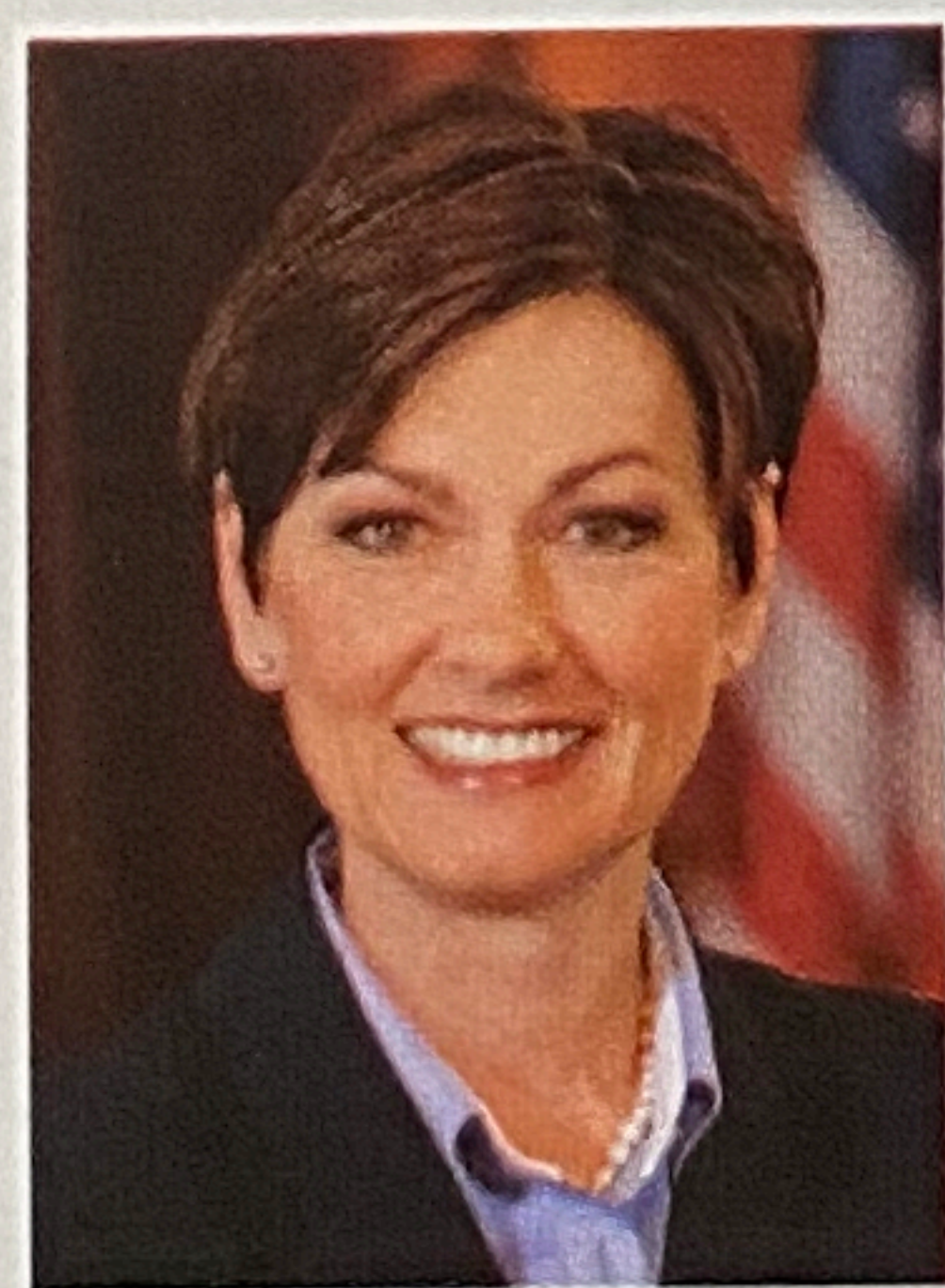
The year 2020 is the 100th anniversary of the Iowa state park system. Iowa was an early leader in the nation for creating state-protected park lands, mirroring the national movement to set aside valuable natural spaces for the enjoyment of all.

Iowa is now home to more than 100 state parks, preserves, and forests. More than 15 million people visit these beautiful places every year, which can be found along the banks of the Missouri River, the bluffs of the Mississippi, and at dozens of peaceful, gorgeous destinations along the way. Each state park has a unique story about what makes it special.

At Iowa's state parks, you can hike along a wooded trail, bike to a scenic overlook, or spend the day boating and fishing with your family. If you like outdoor adventure, we have you covered.

Iowa is a special place and our state parks are great points of pride. We invite you to help us celebrate 100 years by planning a visit to an Iowa state park in the near future. Safe travels and enjoy Iowa's outdoors!

Sincerely,



*Kim Reynolds*

Kim Reynolds  
Governor of Iowa



*Adam Gregg*

Adam Gregg  
Lt. Governor of Iowa

### COVER PHOTOGRAPHY

Trout Run Trail, Decorah, IA - **Brian Abeling \ Abeling Photo**

