

Walking in nature offers immediate and long lasting health benefits.

*"We're wired to be connected to nature. Cool things happen when you're exposed to nature-for two hours a week," said Dr. Brent Bauer, Mayo Clinic, Rochester, MN*

*2020 is the 100<sup>th</sup> anniversary of the Iowa state park system, and to help celebrate, Iowa's Walking Club, the Nebraska Trailblazers, and the DNR have created 20 walks in 20 Iowa state parks.*



**Choose your park, grab your map and instructions, and *start walking!***

Directions to the start locations can be found at [iowaswalkingclub.org/20in2020](http://iowaswalkingclub.org/20in2020)

*"I fell in love with Iowa because of the amazing experience of walking on well designed, interesting walks with passionate walkers."*

*~Nora H,  
Iowa's Walking Club member*

Questions?  
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**f** [iowaswalkingclub](https://www.facebook.com/iowaswalkingclub)  
[iowaswalkingclub.org](http://iowaswalkingclub.org)

**f** [nebraskawander](https://www.facebook.com/nebraskawander)  
[netrailblazer.club](http://netrailblazer.club)



**2020**  
Iowa State Parks  
CENTENNIAL

**Have fun,  
get fit,  
make  
friends**

**Walk with  
Iowa's Walking Club  
and the  
Nebraska Trailblazers**



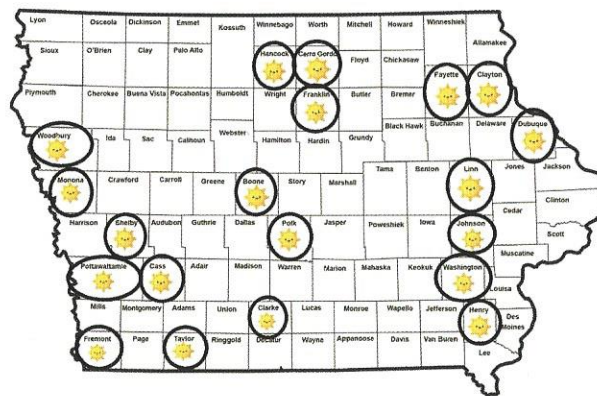
## ***Iowa's Walking Club and the Nebraska Trailblazers***

have been promoting physical fitness through non-competitive sporting events for more than 30 years. Our club events are designed to help children and adults have fun, get fit, and make friends.

We are affiliated with the American Volkssport Association, America's Walking Club (AVA).

## **FAST FACTS**

- ◆ Each park has one route about 5K (3.1 miles) long and another about 10K (6.2 miles) long.
- ◆ Routes are carefully laid out with easy to follow maps and step-by-step directions. \$3 fee for AVA credit.
- ◆ Routes are open dawn to dusk from May 1 through October 15, 2020.
- ◆ Walks are open to everyone and are done at your own pace and at your convenience.
- ◆ Designated trail walks will be held at many parks. For a complete list see the [iowawalkingclub.org](http://iowawalkingclub.org) website. Highlights:
  - \* May 1-3 will have three designated trail walks and a bike ride in north central Iowa.
  - \* October 2-4 will have a "Regional Roundup" with three designated trail walks in southwestern Iowa.



## **STATE PARKS**

- Big Creek**, Polk City, Polk County
- Beeds Lake**, Hampton, Franklin County
- Geode**, Danville, Henry County
- Lake Anita**, Anita, Cass County
- Lake Darling**, Brighton, Washington County
- Lake Macbride**, Solon, Johnson County
- Lake Manawa**, Council Bluffs, Pottawattamie County
- Lake of Three Fires**, Bedford, Taylor County
- Ledges**, Madrid, Boone County
- Lewis and Clark**, Onawa, Monona County
- McIntosh Woods**, Ventura, Cerro Gordo County
- Mines of Spain State Rec Area**, Dubuque, Dubuque County
- Palisades-Kepler**, Mt. Vernon, Linn County
- Pikes Peak**, McGregor, Clayton County
- Pilot Knob**, Forest City, Hancock County
- Prairie Rose**, Harlan, Shelby County
- Stone**, Sioux City, Woodbury County
- Stephens State Forest**, Woodburn, Clarke County
- Volga River State Rec Area**, Fayette, Fayette County
- Waubonsie**, Hamburg, Fremont County