

Big Woods Loop 9.1 miles

Big Woods Trail
Lone Tree Road Trail
Cedar Valley Lakes Trail

Moments from downtown Cedar Falls, this loop travels around Big Woods Lake and to Black Hawk Park. Visit the Cedar Falls Rotary Club's prairie restoration and cycle along open spaces and residential areas, the forested bank of the Cedar River, Cottage Row's homes, and Island Park on your return to downtown Cedar Falls.

Did you know? The area of Snag Creek was home to the first European in the area, Paul Somoneau-a French fur trader!



Cedar River Loop 16.4 miles

South Riverside Trail
Cedar Valley Lakes Trail

Connecting the downtown areas of Cedar Falls and Waterloo, this loop skirts Washington Park in Cedar Falls, the floodplain forests in George Wyth State Park and Hartman Reserve, and runs through the industrial area in northwest Waterloo, while providing views of the Cedar River.

Did you know? George Wyth State Park represents the northernmost point of the American Discovery Trail in the country!



UNI Loop 2.6 miles

UNI Preserve Trail
Cedar Prairie Trail

Travel along babbling brooks and prairie preserves before entering the University of Northern Iowa campus. You'll also pedal through Rowland Park and past The Falls Aquatic Center. Take time out to visit the College Hill art galleries, bookstores, coffee shops, and the Heart Center for the Arts' sculpture garden.

Did you know? The UNI Preserve Trail is the only Glassphalt trail in the metro area. It consists of asphalt and recycled glass!



Downtown Cedar Falls

is a nationally recognized Great American Main Street and Iowa Cultural District that includes shopping, dining, museums, and night life. It's bicycle friendly, too, with lots of bike racks, trails, and on-road cycling accommodations.



Trail Guide Sponsors

Iowa Northland Regional Council of Governments
www.inrcog.org

Cedar Trails Partnership, (800) 845-1955
www.cedartrailspartnership.org

Cedar Valley Bicycle Collective
219 W. 4th St., Waterloo
cyclicollective.org

Cedar Valley Cyclists
P.O. Box 2463, Waterloo
www.cedarvalleycyclists.org

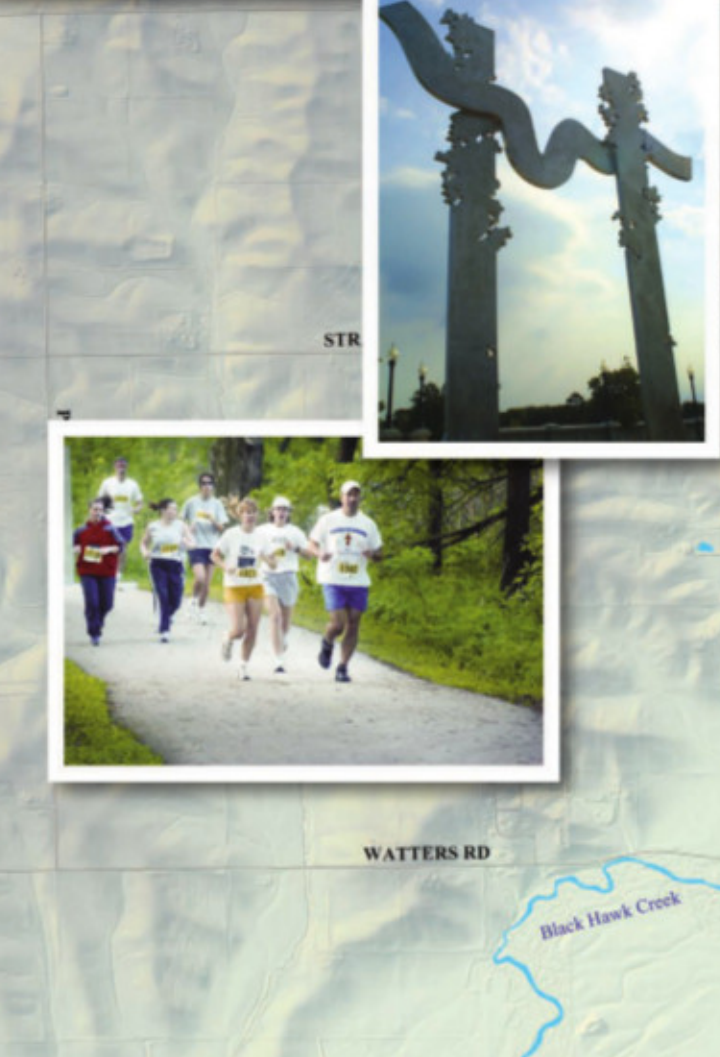
Outfitters
Crawdaddy Outdoors
207 E. Bremer Ave., Waverly, (319) 352-9129
www.crawdaddyoutdoors.com

Schools
402 Viking Plaza Dr., Cedar Falls, (319) 277-3033
www.schools.com

Bike Shops
Bike Tech
217 Washington St., Cedar Falls, (319) 266-5979
www.biketech.com

Europa Cycle & Ski
4302 University Ave., Cedar Falls, (319) 277-0734
www.europacycle.com

Running Stores
The Runner's Flat
120 Main Street, Cedar Falls, (319) 277-1154
www.the.runnersflat.com



Trail Emergency Access System

Trail Emergency Access System (TEAS) signs are mounted on benches, sign posts, restrooms, and shelters within close proximity to the trails. Each sign contains a simple ID code (such as "06 J44") indicating to Public Safety Officials the location of a 911 call. If you are in need of emergency assistance while on the trails, please call 911 and be prepared to relay the nearest TEAS ID code.



Cedar Trails Partnership

The Cedar Trails Partnership is a nonprofit, all volunteer organization that advocates for the Cedar Valley's extensive hard surfaced, soft, and water trails. Cedar Trail Patrol Ambassadors, volunteers trained in rudimentary first aid and bike repair, provide assistance on the trails throughout the year. The Partnership's Cedar Trails Festival is a multi-day celebration held during the second full weekend in August to showcase the trails and raise funds for their continued improvement. Call (319) 268-4266 or (800) 845-1955 or visit www.cedartrailspartnership.org for more information.



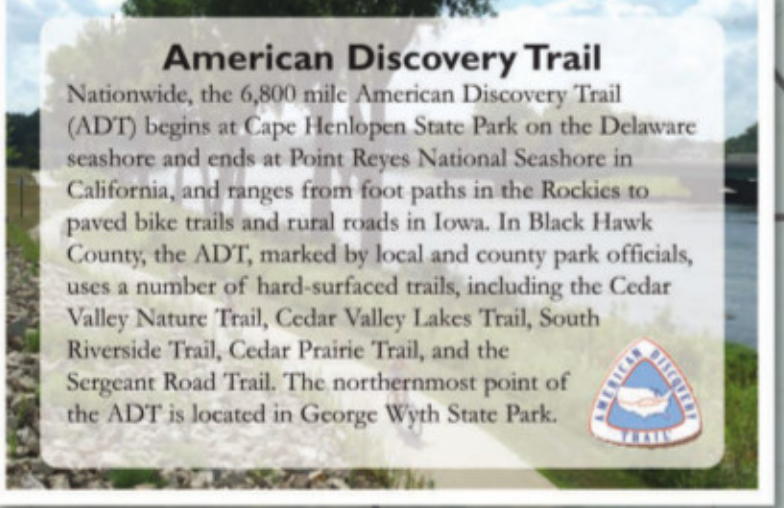
Prairie Pathways

The Prairie Pathways project provides trail users the ability to learn about the history of the Cedar Valley. Dozens of panels and kiosks are located along the trail system, each depicting the area's natural and human history with pictures and stories. There are also trail maps located on the kiosks and on some of the panels to assist trail users in finding their way.



American Discovery Trail

Nationwide, the 6,800 mile American Discovery Trail (ADT) begins at Cape Henlopen State Park on the Delaware seashore and ends at Point Reyes National Seashore in California, and ranges from foot paths in the Rockies to paved bike trails and rural roads in Iowa. In Black Hawk County, the ADT, marked by local and county park officials, uses a number of hard-surfaced trails, including the Cedar Valley Nature Trail, Cedar Valley Lakes Trail, South Riverside Trail, Cedar Prairie Trail, and the Sergeant Road Trail. The northernmost point of the ADT is located in George Wyth State Park.



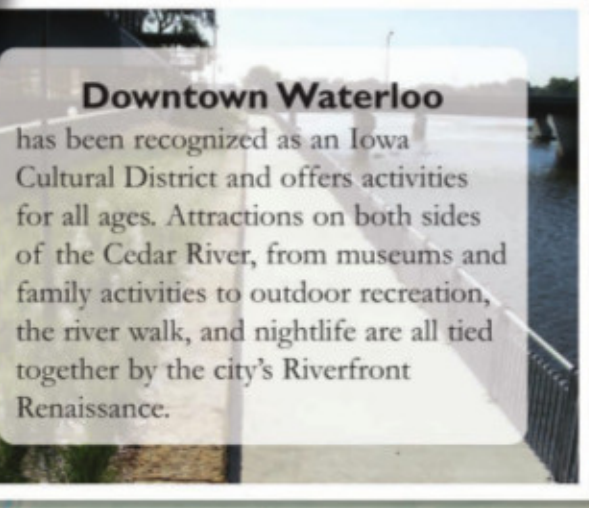
Cedar Valley Nature Trail

The 52-mile Cedar Valley Nature Trail connects Waterloo/Cedar Falls with Cedar Rapids and many towns in between. Surfaced with asphalt from Evansdale to McFarlane Park east of La Porte City and then compacted limestone, the trail follows the floodplain of the Cedar River. A campground is located along the trail at McFarlane Park. Motorized vehicles and horses are not allowed on the trail. For more information call the Black Hawk County Conservation Board at (319) 433-PARK(7275).



Downtown Waterloo

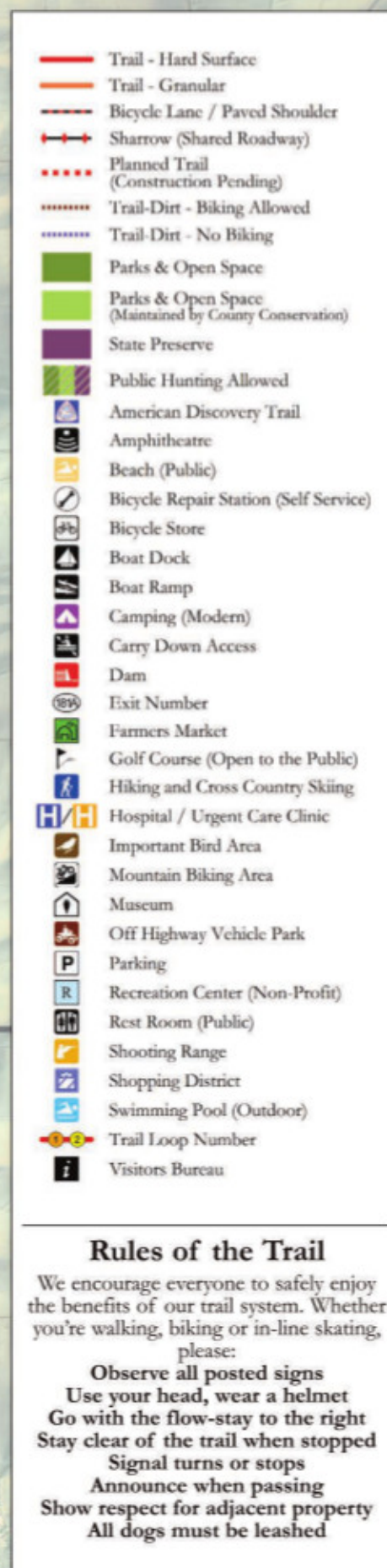
has been recognized as an Iowa Cultural District and offers activities for all ages. Attractions on both sides of the Cedar River, from museums and family activities to outdoor recreation, the river walk, and nightlife are all tied together by the city's Riverfront Renaissance.




Rules of the Trail

We encourage everyone to safely enjoy the benefits of our trail system. Whether you're walking, biking or in-line skating, please:

- Observe all posted signs
- Use your head, wear a helmet
- Go with the flow - stay to the right
- Stay clear of the trail when stopped
- Signal turns or stops
- Announce when passing
- Show respect for adjacent property
- All dogs must be leashed



Cedar Valley TRAILS

www.cedarvalleytrails.org