





# Cedar Falls IOWA

# TRAIL LOOPS

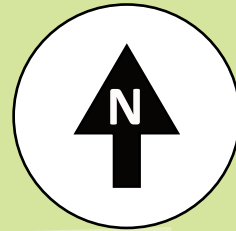
Over **130 miles of interconnected trails** offer endless options—from short loops with lunch stops to weekend-long rides. Part of the **American Discovery Trail** and **Great American Rail-Trail**, the **Cedar Valley Trails** feature 140 wayfinding signs for easy navigation, plus year-round Trail Patrol volunteers providing bike repairs and assistance.



Trail Maps

## BIG WOODS LAKE— BLACK HAWK PARK LOOP

This loop, about 8.5 miles long, takes you from downtown Cedar Falls to lovely Big Woods Lake, through Black Hawk County Park and back. Watch for the flock of wild turkeys that live here!



- Pickleball
- Disc Golf
- Fitness Station
- Bike Repair Station
- Restrooms
- Parking
- Hiking and Cross Country Skiing
- Recreation Trail
- Bike Friendly Street
- Dirt Trail
- Roadway

## CEDAR RIVER LOOP

The most popular loop of the system, this 9 mile ride takes you along the Cedar River to George Wyth State Park, then across the river and back through the Hartman Nature Reserve. It's shaded and deliciously cool on a hot summer's day.

## UNI LOOP

If you're looking to see the campus this 8.5 mile loop gives you a chance to enjoy! You'll cruise through the UNI campus, past the UNI Dome, over rolling hills on the west side of town, and come back past golf courses and sports fields.

## PRAIRIE CRUISE

Songbirds and prairie flowers abound on this 15 mile ride from downtown to Prairie Lakes Park and back. You'll follow Dry Run Creek through beautiful Rownd Park, enter a mile-long tunnel of overhanging trees, and emerge into prairie grasses and abundant blossoms.

## GREENHILL ROAD LOOP

You will find a little bit of everything on this 10.5 mile loop: shaded riverside riding, rolling hills, and residential developments. Plus you will cross Krieg's Crossing over the Cedar River!



# GREAT AMERICAN RAIL-TRAIL™



## Tap Into Adventure

### Discover Cedar Falls' Best Brews—One Stop at a Time

Visit participating breweries and pubs, collect stamps at each location, and earn your exclusive carabiner mug—the perfect companion for your next outdoor adventure. **Download your Beer Trail passport at CedarFallsTourism.org**

Drink responsibly. Must be 21+



## CEDAR FALLS TOURISM

319.268.4266 | [cedarfallstourism.org](http://cedarfallstourism.org)