

### Legend

<div></div> Existing Paved Trail	<div></div> Future Paved Trail
<div></div> Existing Bike/Bike Protected Lane	<div></div> Future Bike Lane
<div></div> Bicycle Boulevard	<div></div> Future Bicycle Boulevard
<div></div> Existing Unpaved Trail	<div></div> Suggested On-street Route
<div></div> Mountain Biking	<div></div> Trail Head
<div></div> Bike Shop	<div></div> Fix-it Station with Air

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## 2019 METRO AREA TRAILS GUIDE

Serving the areas of  
City of Cedar Rapids  
City of Ely  
City of Fairfax  
City of Hiawatha  
City of Marion  
City of Palo  
City of Robins  
Linn County  
CorridorMPO.com

## American Discovery Trail

The 6,000 mile American Discovery Trail is the nation's first coast to coast, non-motorized trail. The route begins at Cape Henlopen State Park on the Delaware seashore and ends at Point Reyes National Seashore in California. The 512 mile Iowa portion is on existing rail trails Beginning in Davenport, the Trail runs through Muscatine, Ely, Cedar Rapids, Hiawatha, Robins, Waterloo, Cedar Falls, Marshalltown, Melbourne, Des Moines, Adel, Coon Rapids, Red Oak, and ends in Council Bluffs.

## Understanding Bikeways

### Trails

The most robust of bikeways, trails provide full separation from motor vehicles while mixing pedestrians and cyclists. Often located in some of the most beautiful and scenic parts of our community, trails offer exposure to nature and long stretches of uninterrupted travel. However, care should be given at any roadway or driveway crossing, as motorists may not be expecting pedestrian or cyclists to cross their path.

### Protected Bike Lanes

Protected bike lanes act to provide a trail like experience on street. A bike lane is provided against the curb of the roadway with a physical barrier separating cyclists from motor vehicle traffic. Parked cars or planters are often used to provide physical protection. Take care at the intersection, as separation may be removed to allow for turning.

### Bike Lanes

These travel lanes are dedicated for bicycle travel. Ranging from 5 to 7 feet in width, bike lanes are found all over the region. A buffer may be provided to increase the distance from motor vehicle travel. Some lanes will provide a green coloring to increase visibility. Bike lanes are intended for bicycle use; motorists should yield to any cyclists and merge in the last 50 feet of a bike lane when making a right turn.

### Sharrows/Super Sharrows

You may have seen these double-arrowed markings and wondered why is that there. Sharrows are used on bicycle friendly streets where street width will not support another facility. These *arrows* provide a message to motorists to *share* the road. Cyclists should always ride down the center of the arrows, as this is the best place to ride on the road. Super sharrows with additional vertical dashes on each side are used to encourage riding in the center of the travel lane. This is often the safest place to ride when travel lanes are 12 foot wide or less.

### Bicycle Boulevards

Designed to promote already safe cycling streets, bicycle boulevards are low-volume and low-speed. They have been optimized for bicycle travel by selecting streets with low levels of motor vehicle traffic, and low speeds and often with traffic calming and reduction techniques applied. They are marked by the standard double arrows, the word BLVD, and a bicycle symbol. You will also see accompanying "May use full lane" signs.



Trails



Protected Bike Lanes



Bike Lanes



Super Sharrows

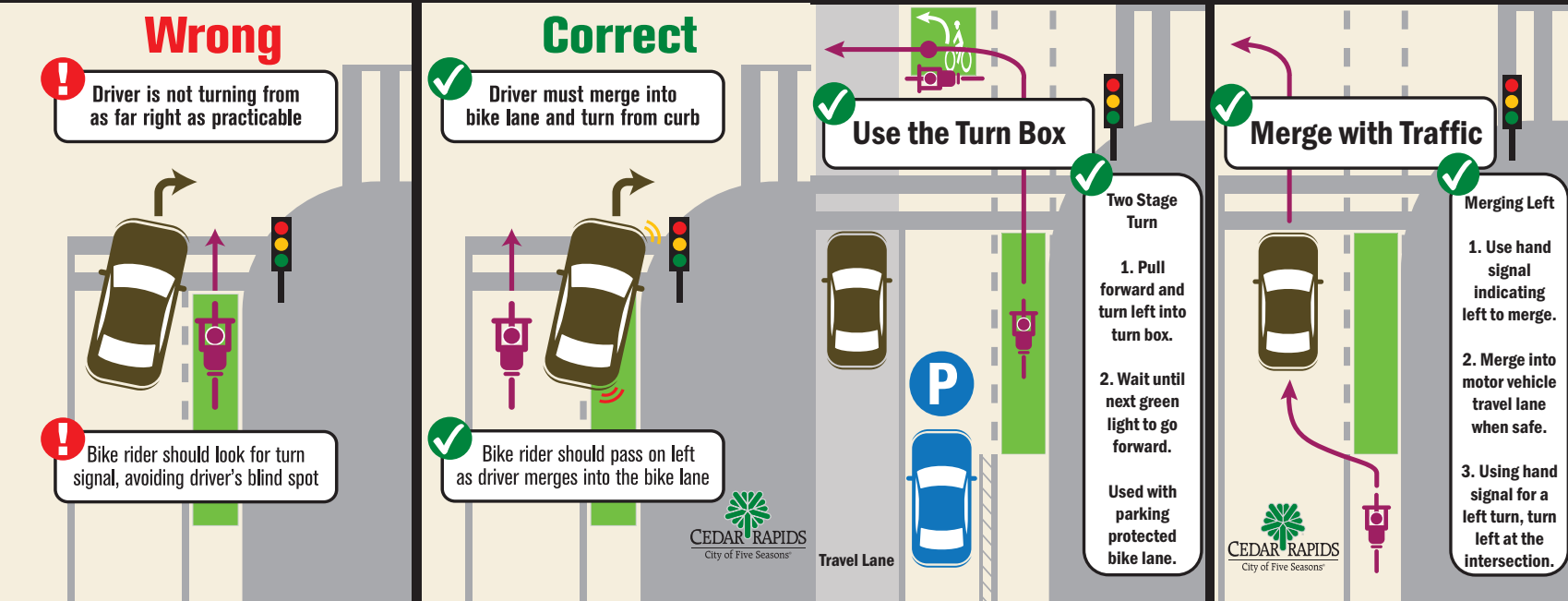


Bicycle Boulevards

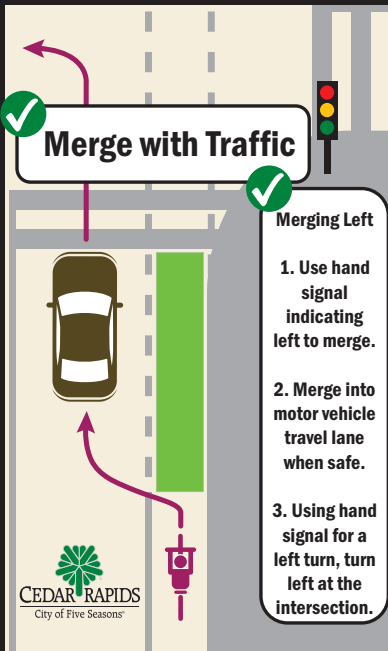
## Bikeway Safety & Courtesy

- Always wear a helmet
- Obey all traffic signs and signals
- Always ride with motor vehicle traffic, never against it
- Keep as far to the right as is safe and do not weave
- If a bike lane is not provided, it is often safer to ride in the center of the traffic lane
- For guidance on making right and left on-street turns, see the figures below
- Be alert to hazards such as gravel, holes, and tree branches
- Bicycles should have front and rear lights when riding at dusk or night
- On trails, when passing cyclists or pedestrians, signal and call out "Passing on the left!"
- If you need to stop, pull over off to the side; do not block the trail or bike lane
- Dogs on the trail must be on a leash (6 foot maximum)

## Right Turns and Bike Lanes



## Two Ways to Turn Left



## Thank You to our Donors!

All donors shared in the production cost of this guide

**Corridor Metropolitan Planning Organization**  
CorridorMPO.com

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329 10th Avenue SE  
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## About Us

**Linn County Trails Association (LCTA)**  
The LCTA is a 100% volunteer organization, dedicated to the development and advocacy of a safe and enjoyable system of connected trails. LCTA provides organizational and financial support to build, maintain, improve trails, measure trail usage, and distribute maps in our community. See [LinnCountyTrails.org](http://LinnCountyTrails.org) for information on locals, events, and trail closures. Join LCTA and help us improve the trails.

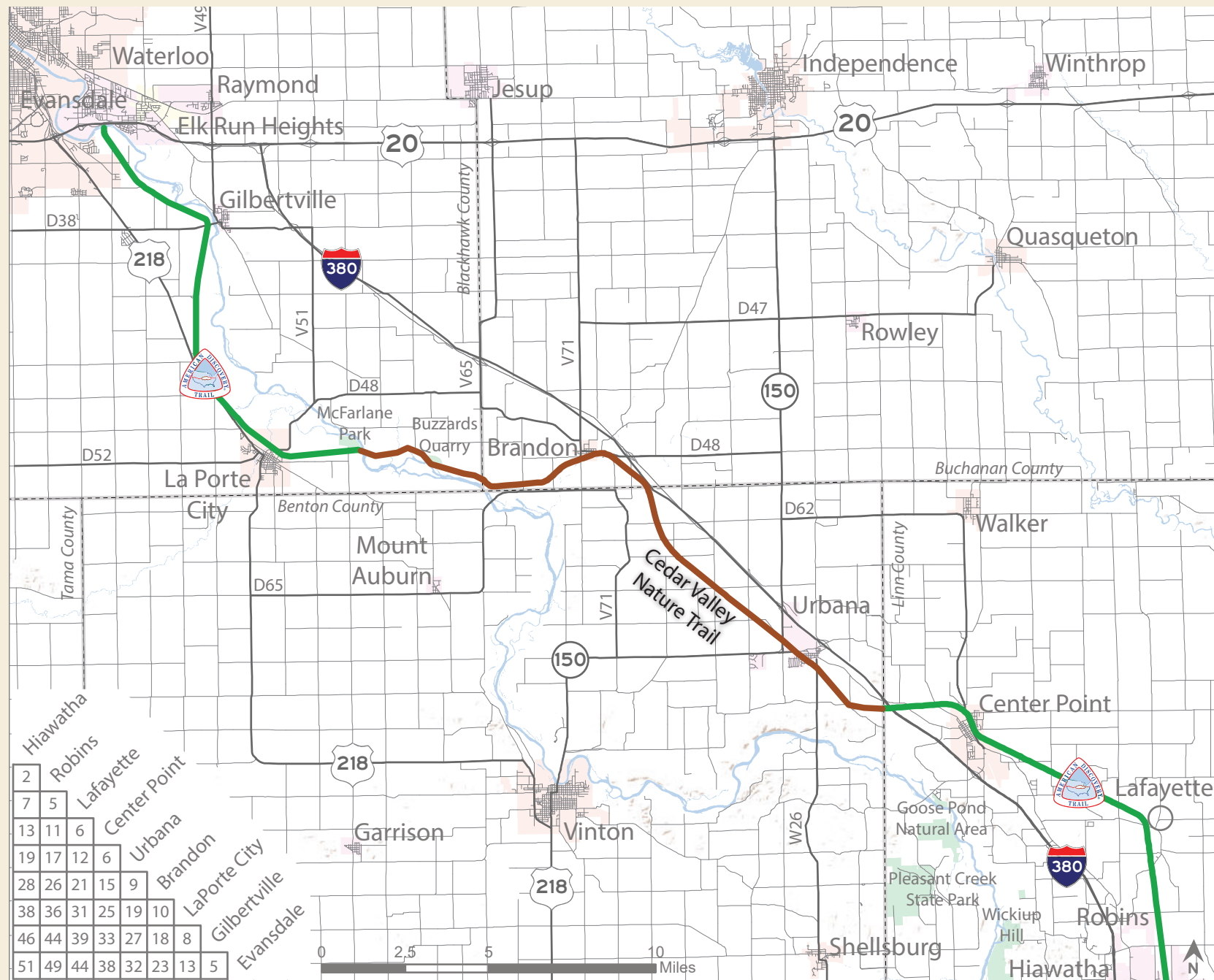
**Corridor Metropolitan Planning Organization (MPO)**  
The Corridor MPO is an organization representing the communities of Cedar Rapids, Linn County, Marion, Hiawatha, Robins, Ely, Fairfax, and Palo. With an annual transportation budget of \$5 million the Corridor MPO has spend over \$23 million on trail projects in the last 5 years. We are committed to creating more sustainable communities through smarter transportation. For more information go to [CorridorMPO.com](http://CorridorMPO.com).

## Cedar Valley Nature Trail

The Cedar Valley Nature Trail is a 67 mile multi-use trail connecting the Cedar Rapids metro area with Waterloo/Cedar Falls and many smaller towns in between. The trail is used for biking, hiking, in-line skating, walking, and nature study.

The Cedar Valley Nature Trail follows the floodplain of the Cedar River through forested areas, wetlands, and rolling farmlands, with tree tunnels punctuated by open vistas. Campgrounds are located at McFarlane Park and in Blackhawk Park.

The southern end of the trail passes through the heart of Downtown Cedar Rapids, including the neighborhoods of NewBo and Czech Village. From there the trail travels through beautiful mostly uninterrupted natural spaces before ending in the charming community of Ely, Iowa.



## Linn County Trails

