

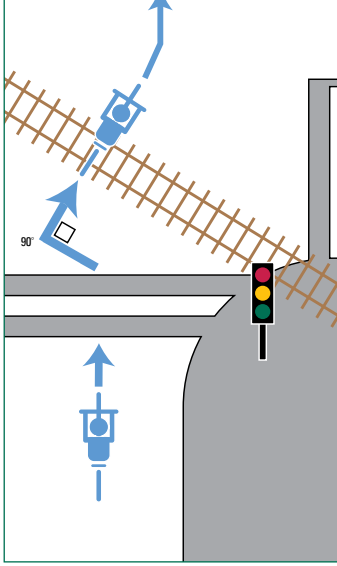
2021 Linn County Trails Map



Serving Cedar Rapids • Ely • Fairfax • Hiawatha • Marion • Palo • Robins and greater Linn County, Iowa

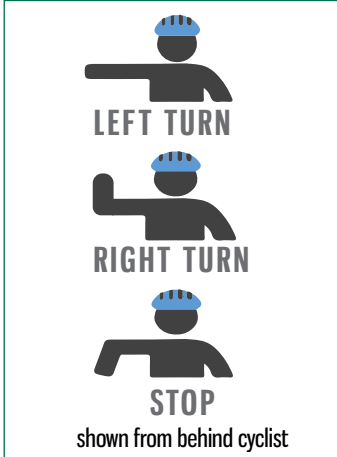
Safety Practices

Railroad Tracks



Cross railroad tracks at a right angle to avoid your front wheel catching. Make sure to slow down and look behind you for traffic before making the necessary maneuver to safely cross the tracks.

Turn Signals

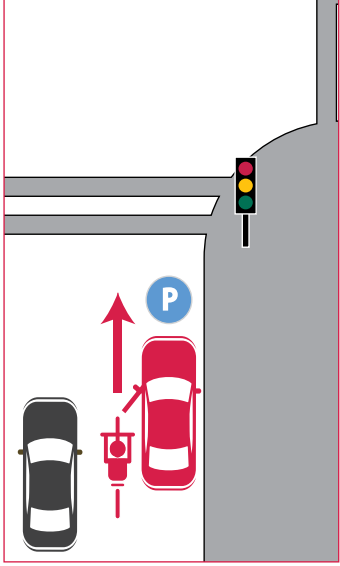


Make sure to signal before changing lanes or turning. It is good practice to make eye contact with drivers to ensure they have seen your signal.

Photo on cover is of Mount Trashmore at sunset. Photo credit: Backyard Trails Inc.

Taking the Lane

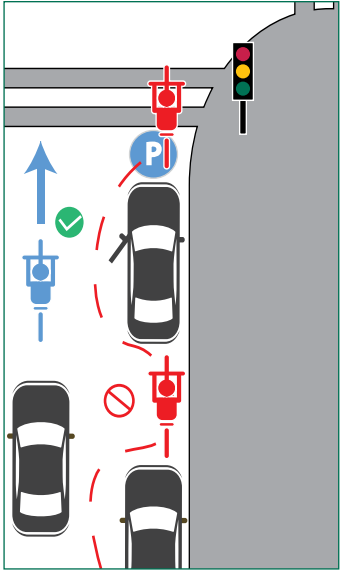
Dooring



Being doored happens when a motorist opens their door hitting a cyclist or car. In Cedar Rapids, it is the responsibility of the motorist to ensure no one is hit, including other cars and cyclists.

Avoid the door zone by riding to the left on unprotected bike lanes and taking the lane on streets as seen below.

Taking the Lane



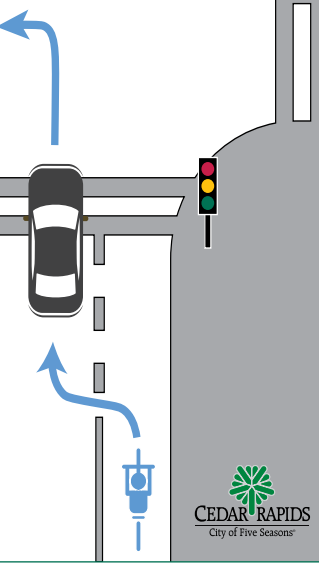
Weaving in and out of parked cars and traffic is dangerous.

Merge into the travel lane. This increases visibility and prevents cars from passing and trapping the cyclist against the curb.

Take the lane when straight-line travel along the right side of the roadway is not possible.

Left Turns

Merging with Traffic

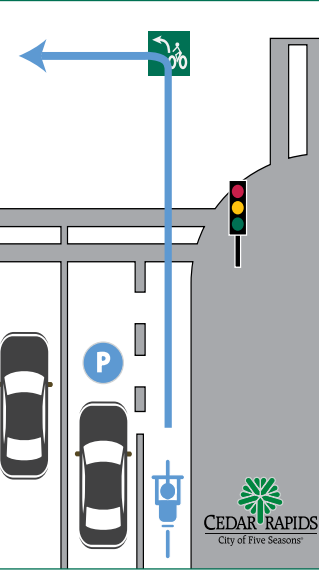


Use hand signal indicating left to merge.

Merge into motor vehicle travel lane when safe.

Using hand signal for a left turn and turn left at the intersection.

Turn Box



Two Stage Turn

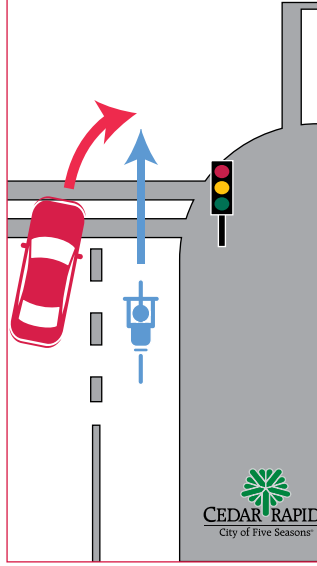
Pull forward when it is your turn and turn left into the turn box.

Wait until it is your turn again and go forward.

Used with parking protected bike lanes.

Right Turns

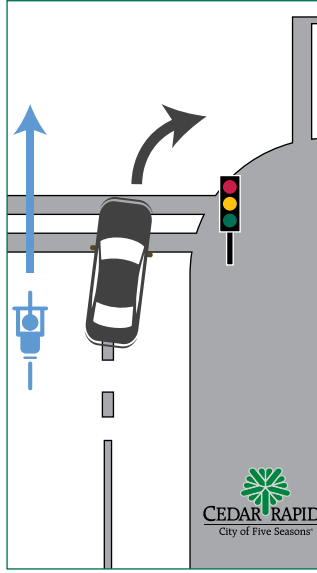
Wrong Right Turn



The driver is not turning from as far right as practicable.

Cyclist should look for turn signal and avoid the driver's blind spot.

Correct Right Turn

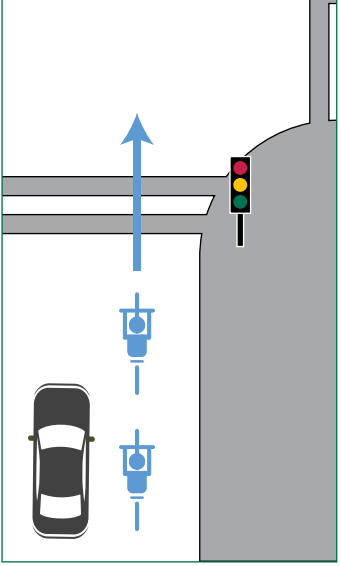


Driver must safely merge into bike lane and turn from curb.

The cyclist should pass on the left as the driver merges into the bike lane or wait for the motorist to turn right if the cyclist is also turning.

Sharing the Road

Single File



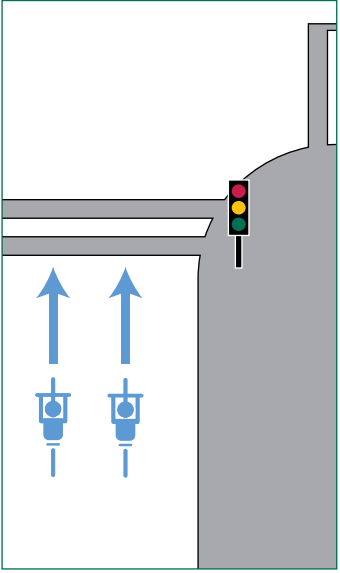
Ride single file when other traffic is present.

Ride as far right as practicable.

Ride in a straight line at least three feet from the curb to avoid hazards.

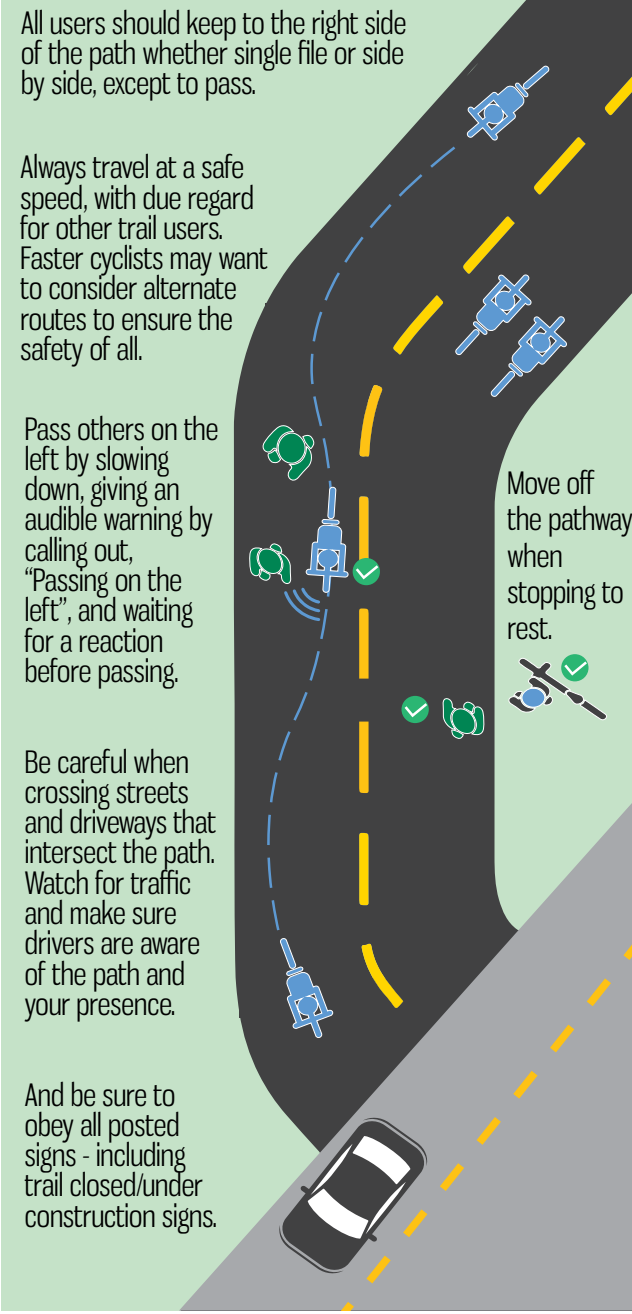
Watch for cars entering from driveways.

Riding Two Abreast



Cyclists riding two abreast is permitted as long as other traffic is not impeded.

Trail Etiquette



Mountain Biking

Mountain Bike Etiquette

Mount Trashmore

Beverly Park

Wanatee Park

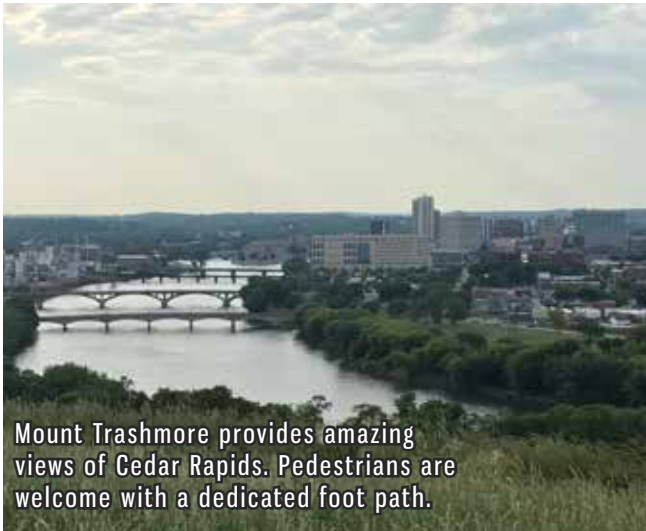
Sac & Fox Singletrack

Cheyenne Park BMX



The new singletrack at Boyson Park in Marion is welcoming to new riders.

Photo credit: Backyard Trails Inc.



Mount Trashmore provides amazing views of Cedar Rapids. Pedestrians and welcome with a dedicated foot path.



Beverly park is dedicated to mountain biking with singletrack designed for all skill levels.

Photo credit: Backyard Trails Inc.



Wanatee Park has something for everyone, including camping options.

Photo credit: Backyard Trails Inc.



Sac & Fox has singletrack and wide unpaved trails both generally flat.

Photo credit: Backyard Trails Inc.



Cheyenne Park includes a fully sanctioned USA BMX track fun for the whole family.

Photo credit: Cedar Rapids BMX Track

Linn County, Iowa delivers excellent mountain biking - a wonderful opportunity to ride while enjoying the great outdoors. Tucked away in the metro are four mountain bike parks designed for a variety of levels and technical skills to provide everyone from a beginner to an experienced mountain biker a fantastic time. Runners and walkers are also welcome on any of these trails. There are just under twenty miles of mountain bike routes in the area with the largest elevation change being 176 feet.

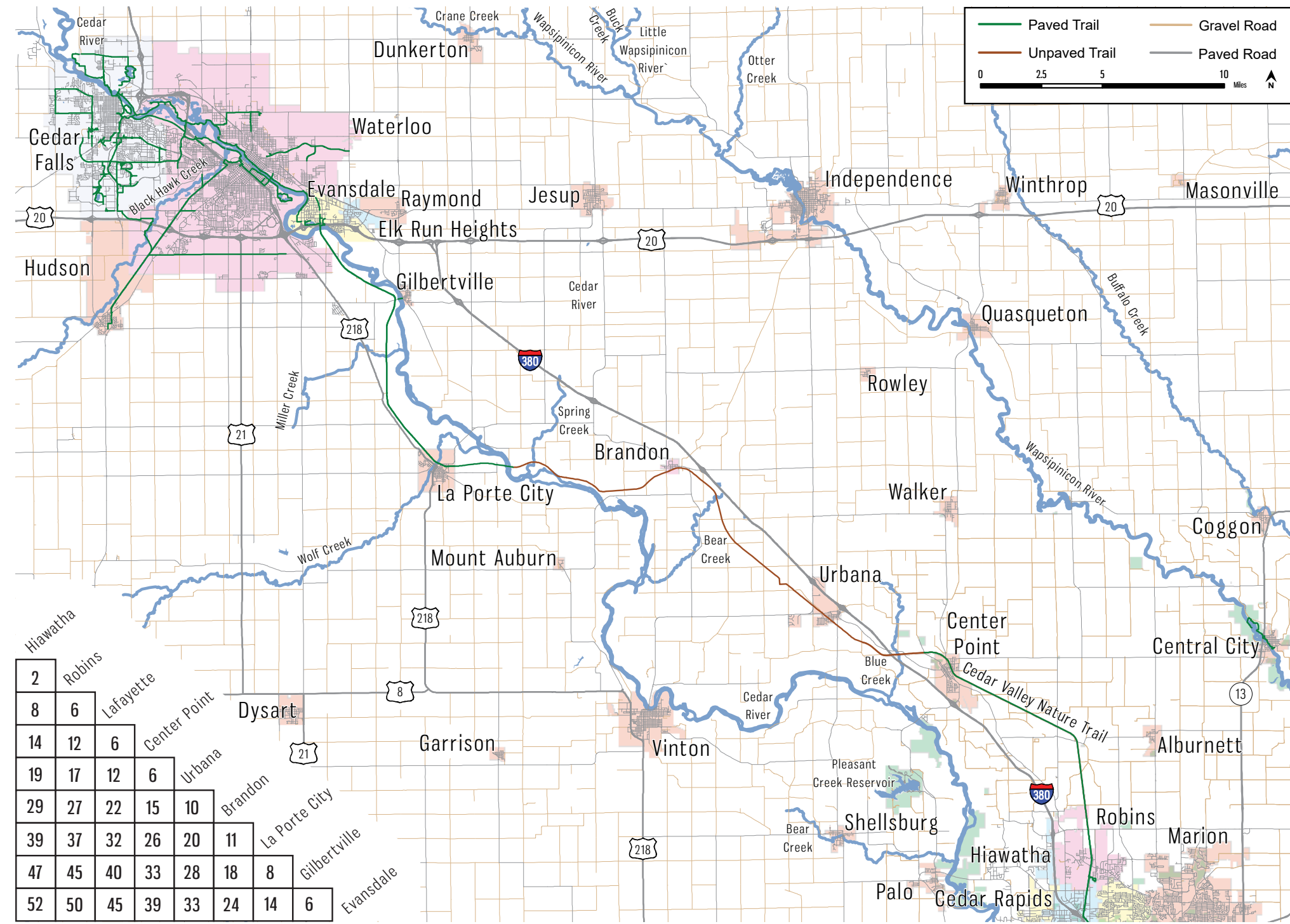
Most trails are maintained by Linn Area Mountain Bike Association (LAMBA), whose members tirelessly volunteer to keep the trails in top condition. Make sure to check LAMBA's website LinnAreaMTB.org for current trail conditions.

Interested in riding some singletrack? Know the etiquette!

- Only ride open trails.
- Stay on the trail.
- Do not ride trails if wet and tires leave marks.
- Always ride within your limit (speed, skill, etc.).
- Anticipate other users around corners.
- Yield to all non-cyclist trail users. Dogs are allowed. Ensure your dog is on a leash not longer than 6 feet.
- Yield to riders heading uphill if going downhill.
- On multi-directional trails, counter-clockwise is the locally suggested direction one should ride.

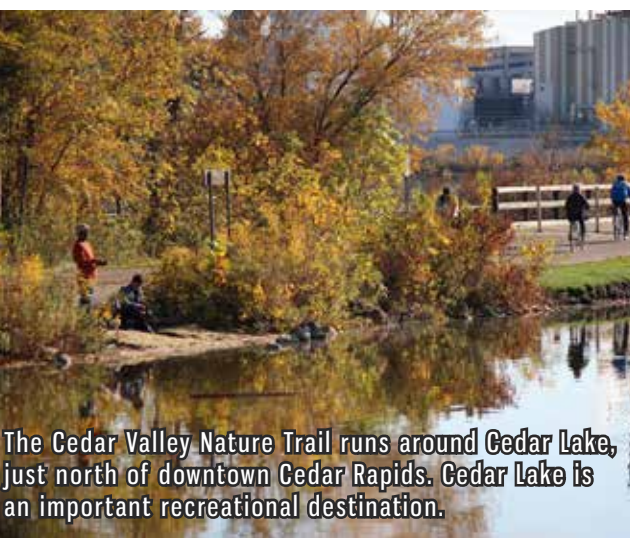
Open to pedestrians and cyclists, Mt. Trashmore contains Iowa's best dedicated downhill mountain bike flow trail. Built and maintained by Linn County Solid Waste Agency, Mount Trashmore sits on a re-purposed landfill. Check-in at the kiosk in the recreation building before making your way to the summit to take in a wonderful view of downtown and Czech Village/ New Bohemia. After soaking in the sites, riders will enjoy a 3,696-foot long ride descending 176 feet towards the Cedar River. Mount Trashmore has limited hours and is sensitive to weather conditions, so check SolidWasteAgency.org/Mount-Trashmore before heading out for a ride.

Cedar Valley Nature Trail North



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The Cedar Valley Nature Trail



The Cedar Valley Nature Trail (CVNT) is a 69 mile multi-use trail moving from Ely through Cedar Rapids and on to Waterloo passing through many small towns and pastoral scenes. Paved from Evansdale to 2.5 miles east of La Porte City with the rest of the trail being crushed limestone, easily rideable when dry.

The CVNT was Iowa's first rail-to-trail conversion and 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 Black Hawk Park.

The southern end of the trail passes through the heart of downtown Cedar Rapids including the neighborhoods of Czech Village and NewBo before ending in the charming community of Ely.

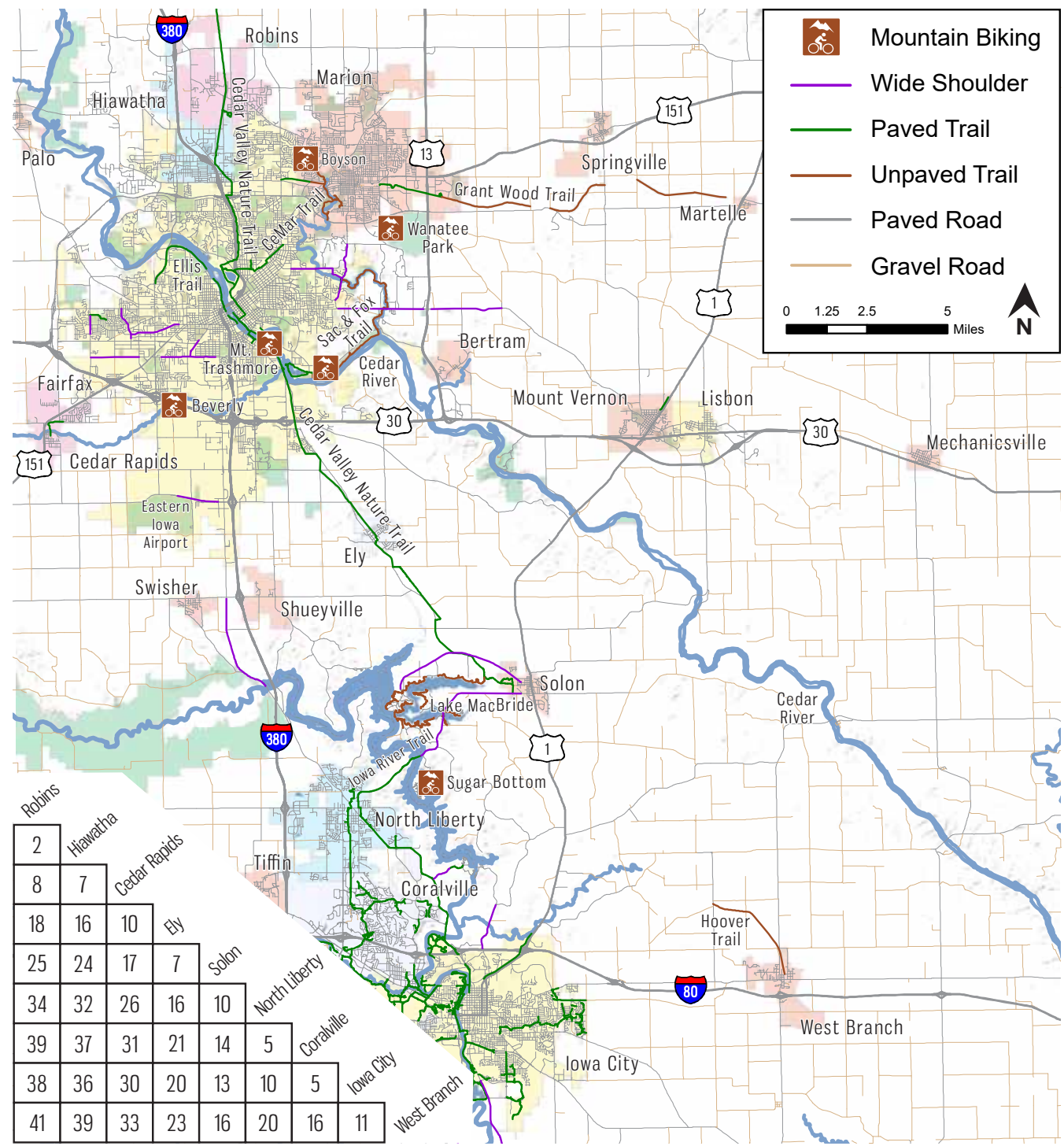


The CVNT is a key link of both The American Discovery Trail, America's first coast-to-coast trail and the new Great American Rail Trail.

The American Discovery Trail is a collection, of urban paved trails, crushed stone, quiet roadways, and wild traditional hiking trails. While the Great American Rail Trail is an effort by the Rails-to-Trails Conservancy to complete multi-use trails suitable for road bikes connecting Washington D.C. to Seattle, Washington.

Both trails are complete in Linn County. Because of the early trailblazing efforts from the Linn County Trails Association our area was able to complete this wonderful, now 69-mile trail. Likely, the metro would not have been included in these national trails if it was not for the LCTA's early work completing the CVNT.

Cedar Valley Nature Trail South



Get Involved!



The Linn County Trails Association (LCTA) advocates for trails supporting cyclists, runners, and trail users of all kinds. Founded in 1990, the LCTA provides a voice to government and often directly funds trail improvements.

The LCTA is an inviting group that hosts the Mayors ride each year. LCTA invites you to MAKE TRAILS HAPPEN! To learn more go to LinnCountyTrails.org.

The Grant Wood Trails of Linn County, Iowa are a network of trails that provide safe recreation and travel to residents and visitors alike. Supported by the Corridor Metropolitan Planning Organization, as are nearly all trails built in the area, the Grant Wood Trails system is growing! If you would like more information or to be part of future trail planning please go to facebook.com/GrantWoodTrails. We also go on bike rides!

Helmet Safety



INCORRECT



INCORRECT



If your helmet has been hit in a crash it should be immediately replaced as its ability to protect your head has been compromised. Try not to drop your helmet - numerous falls will reduce its effectiveness. Helmets should be replaced every five years.

New



The new Cherokee Trail, in northwest Cedar Rapids, now passes through Cherry Hill Park allowing cyclists, joggers, and walkers easy access to the 64-acre park containing an aquatic center, a story walk, and a playground.



On 42nd St NE in Cedar Rapids, bike lanes were added during a four to three lane conversion. This connects Rock Island Botanical Preserve, Historic Usher's Ferry Village, and Seminole Valley Park to the Cedar Valley Nature Trail. Three lane roads are safer for cyclists and drivers by discouraging car speeds and unsafe passing.

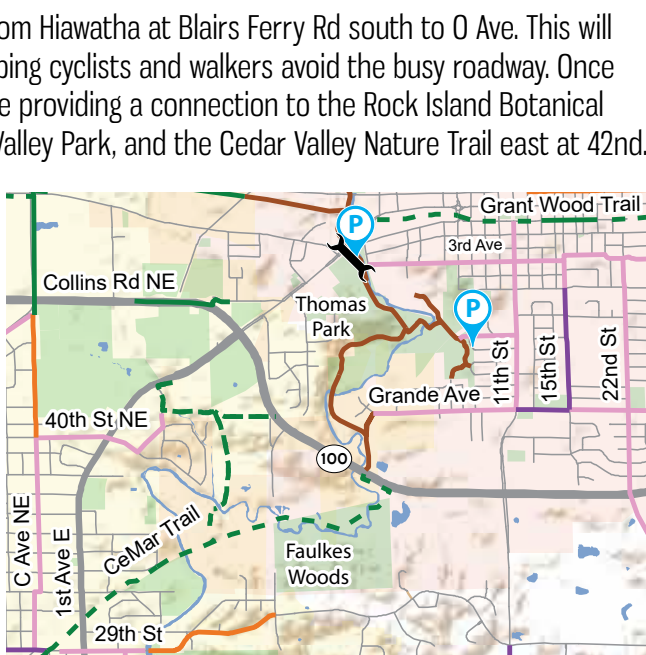
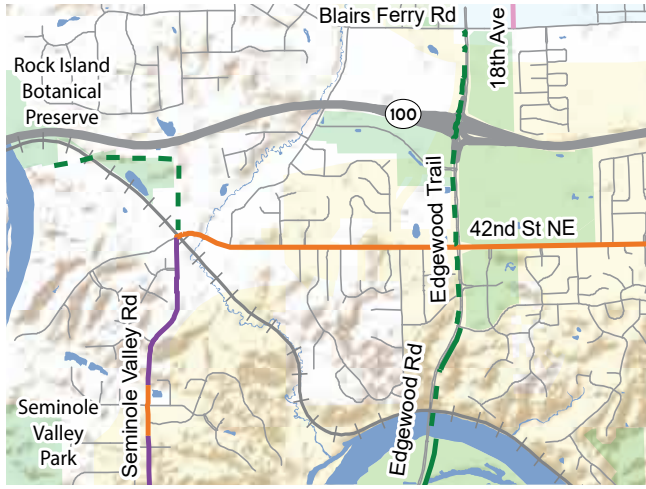
Upcoming



The Edgewood Trail will connect to the Blis Trail and downtown Cedar Rapids.



While costly, tunnels can be crucial safety features when trails cross busy roads.



Construction of the CeMar Trail is underway in Cedar Rapids and Marion. Shown above is the creation of a tunnel under 1st Ave by utilizing an abandoned rail passage. The CeMar Trail will connect Cedar Rapids at Cedar Lake (the Ce in CeMar) with Marion (Mar). Other areas under construction in 2021 include the repaving of any existing stone trails and construction of both trail bridges over Indian Creek and Marion Blvd/7th Ave - including a direct connection to Uptown Marion. In 2022/23 the final sections will be completed in the Faulkes Woods with a connector trail north toward the Lindale Mall area. Once complete, the CeMar will provide a connection between the metro's two largest communities.

Bike/Scooter Share



Cedar Rapids' electric bike and scooter share program can be found in the Downtown, New Bohemia, Czech Village, Kingston Village, and the MedQuar districts of Cedar Rapids. Download the Veo mobile app to find the nearest bike or scooter to rent for a short trip. Please return the bike or scooter to a designated parking station once you are done. The fare is easy to understand, \$1 to unlock and 20 cents per minute for a bike, and 25 cents per minute for an e-scooter. All bicycles are electric assist, allowing you to easily cycle around town without breaking a sweat. Drop your ride back at one of the designated green bike racks or white scooter squares, and remember to walk your wheels in the downtown and surrounding districts' sidewalks, as bicycling and scootering on them is prohibited. Please use the bike lanes or streets when in the core of the city.

To give it a try, just type Veo in your app store or go to VeoRide.com.

Sponsors

Please acknowledge and thank our generous sponsors!

- | | |
|--|--|
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ThePedalersFork.com | House Divided Brewery
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Ely, Iowa 52227
319.848.4197
HouseDividedBrewery.com |
| Cedar Rapids Tourism Office
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Cedar Rapids, Iowa 52401
319.731.4557
TourismCedarRapids.com | Hall Bicycle Company
419 2nd Ave. SE
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