

Nebraska Wander Freunde Trailblazers



Walk through 20 Iowa Parks in 2020

Nebraska Trailblazers | P.O. Box 8147 | Omaha, NE 68108
AVA Club No. 0016 netrailblazers.club f NebraskaWander

20 Iowa Parks in 2020 Group Events

Date	State Park	County	Event	Time
May 1	Beeds Lake	Franklin	Kick Off	5:30 PM
May 2	McIntosh Woods	Cerro Gordo	Kick Off	8 AM
May 2	Pilot Knob	Hancock	Kick Off	1 PM
Jun 6	Lewis and Clark	Monona	Trails Day	8 AM
Jun 6	Stone	Woodbury	Trails Day	1:30 PM
Jun 16	Big Creek	Polk	Group Walk	5:30 PM
Jun 20	Mines of Spain	Dubuque	Group Walk	10 AM
Jul 17	Ledges	Boone	Group Walk	4:30 PM
Aug 29	Waubonsie	Fremont	2 Southwestern Parks	8 AM
Aug 29	Lake of Three Fires	Taylor	2 Southwestern Parks	1 PM
Sep 10	Lake Macbride	Johnson	Bus Trip	TBA
Sep 11	Palisades-Kepler	Linn	Bus Trip	TBA
Sep 12	Mines of Spain	Dubuque	Bus Trip	TBA
Sep 13	Volga River	Fayette	Bus Trip	TBA
Sep 14	Pikes Peak	Clayton	Bus Trip	TBA
Sep 15	Lake Darling	Washington	Bus Trip	TBA
Sep 16	Geode	Henry	Bus Trip	TBA
Sep 26	Stephens State Forest	Clarke	Group Walk	10 AM
Oct 2	Lake Anita	Cass	Regional Round Up	1 PM
Oct 3	Prairie Rose	Shelby	Regional Round Up	8 AM
Oct 3	Lake Manawa	Pottawattamie	Regional Round Up	1 PM



The 20 Iowa Parks in 2020 Special Program

May 1, 2020—October 15, 2020
Walk through all 20 parks in 2020!

They may be walked daily, dawn to dusk.

When you sign up for 20 Iowa Parks in 2020 Special Program, you will receive a book in which you record the qualifying events.

More information is given on the website.

Iowa Counties Special Program

May 1, 2020 - Dec 31, 2029

Over the next 10 years, walks will be held in all 99 counties. *You gotta walk them all!* In 2020, you can walk in 31 counties—a good start!

When you sign up for the Iowa Counties Special Program, you will receive a book in which you record each qualifying event. More information is given on the website.

Questions?

Send comments and questions to walk20in20@gmail.com

Trail Ratings

The American Volkssport Association (AVA) rates trail difficulty based on incline and terrain.

Incline

- 1 - Very small hills or few stairs.
Probably suitable for strollers and wheelchairs
- 2 - Some moderate hills and stairs.
Probably suitable for strollers.
May not be suitable for wheelchairs

3, 4, and 5 are not suitable for strollers or wheelchairs.

- 3 - Some significant hills or stairs
- 4 - Lots of hills or stairs
- 5 - Frequent steep hills or stairs

Terrain

- A - Almost entirely pavement.
Probably suitable for strollers and wheelchairs
- B - Mostly well-groomed trails with few obstacles. Probably suitable for strollers. May not be suitable for wheelchairs.

C, D, and E are not suitable for strollers or wheelchairs.

- C - Significant part is somewhat difficult terrain (rocky, sandy, rough)
- D - Significant part is difficult terrain
- E - Mostly very difficult terrain

About Nebraska Trailblazers

The Nebraska Wander Freunde Trailblazers (NWFT) was formed in March 1979. We promote physical fitness through noncompetitive sporting events. For up-to-date information check our website at netrailblazers.club and Facebook @NebraskaWander.

Disclaimer

The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property.

About Our Walks

Our walks are non-competitive, along prescribed, map-guided routes, and accomplished at your own pace. They are ideal for families and participants of any age. They are open to everyone.

Events are sanctioned by the AVA, a member of the International Federation of Popular Sports (IVV).

All events count towards earning IVV Achievement Awards. Additional awards are noted.

All walks are eligible for the AVA Walk the USA-A to Z, and Walking the United States Special Programs.

Join Us

The Trailblazers meet at Morning Star Lutheran Church, 311 S 85th Street, Omaha NE. Meetings are held the first Monday of the month except January, July and August. If the first Monday is a holiday, we then meet on the 2nd Monday of the month. The meetings are open to the public. We have a short program followed by a business meeting. Then it's time for coffee, treats and fellowship!

A bimonthly newsletter keeps members informed on the location of these walks and other events throughout the Midwest.

A membership application is on the last page of this booklet.



Challenge Booklet

We've got a handy booklet to record all your Park walks. Ask for one at an event or go to our website to print one for yourself. Stamp your booklet at each of the 20 walks to earn a commemorative color patch like above.

How to Register for a Walk

1. Go to the Start/Finish point.
2. Find the "Walk Box." The directions should tell you where to look. The walk box may be attached to a building or fence, or it may be a plastic file box.



3. Follow the instructions in the logbook in the Walk Box.
4. Print your name and address in the registration log and sign it.



A start card, an envelope for mailing the start card and fees to the club, and the registration log

5. Complete the start card. Put it in the envelope along with your fee.



Most start cards look like this.

6. Take a set of directions and maps. The directions will indicate whether you start walking from the parking lot of start point or whether you have to drive to a different location.



7. Drop the envelope in the US Mail. Add postage.

If you have questions or issues before or during the walk, contact the POC (Point of Contact).

20 Iowa Parks in 2020

Boone County Ledges State Park Madrid

Event #115050 - #Y2571
Seasonal: May 1 - Oct 15

Start/Finish: Campground,
Campsite #2

Time: Dawn to dusk

Distance-Rating: Two 5k loops,
1B and 3B

Description: Pets allowed. The trails lead up and down steep slopes to scenic overlooks and provide access to spectacular views of Pea's Creek "canyon."

With its sandstone cliffs, native plant communities and deep wooded river valley, the Ledges is a truly unique place. Walk features a 5k flat loop (1B) and 5k challenge loop (3B). Strollers possible on flat 5k loop.

Directions: From Hwy 30, take Hwy 17 south. Right on 250th St, follow signs to park, then signs for campground. Walk box is at host campsite #29.

POC: Peggy Watts
515-708-0405
peggywatts@mchsi.com

Cass County Lake Anita State Park Anita

Event #115118 - #Y2560
Seasonal May 1 - Oct 15

Start/Finish: 55111 750th St

Time: Dawn to dusk

Distance-Rating: 5k and 10k 2A

Descriptions: There is a drive to 5k start point. Paved trail and park roads, with a short well-groomed grass nature trail. Beautiful tree lined trails and views of the lake with natural water lily ponds in bloom June and July.

Group walk will be held during the Regional Round Up on Oct 2 at 1PM.

Directions: From I-80, take the Exira/Anita, Iowa Hwy 148 S exit (Exit 70). Go south on Iowa Hwy 148 for about 3.5 miles. Turn right onto Main St (Iowa Hwy 148).

Take the second left onto Chestnut. Continue on Iowa Hwy 148 south for approximately 1 mile to the park entrance. Enter the park and follow signs to the camping area. The walk box in the kiosk near the campground.

POC: Jill Champley
402-681-6745
nwftjill@gmail.com

Cerro Gordo County McIntosh Woods State Park Ventura

Event #115027 - #Y2566
Seasonal: May 1 - Oct 15

Start/Finish: Smokey the Bear
Statue at campground entrance,
1200 Lake St

Time: Dawn to dusk

Distance-Rating: 5k and 10k, 2C

Description: Pets allowed. Two 5k
routes. One is a prairie trail and the
other is on park roads and trails.
Camping is available.

~~Group walk on 20 State Parks in
2020 Kickoff Weekend May 2.~~

Directions: From I-35, take exit
194, left (west) on IA-22/US 18W.
Follow US 18W 5.3 miles, turn left
(south) on McIntosh Road for 0.4
miles. Right on E Lake St to
campground. Walk box is in a
kiosk near the Smokey the Bear
statue.

POC: Jan Knock
641-340-0114
knockfamily@gmail.com

Clarke County Stephens State Forest Woodburn

Event #115025 - #Y2564
Seasonal: May 1 - Oct 15

Start/Finish: 2351 330th Ave

Time: Dawn to dusk.

Distance-Rating: 5k and 10k, 2C

Description: Dawn, finish by
dusk. Trail is on mowed paths and
uneven terrain with two 5K loops,
one on each side of the road.

There is a small stream, but it
should be dry in summer and fall.
Stephens is Iowa's largest State
Forest: it is spread across 5
southern counties.

Group walk on Sept 26.

Directions: From I-35, take exit 33
to US 34 E. Drive 11 miles east on
US 34. Right on Hwy 104/ 330th
Ave for 3 miles.

Road will turn slightly right and
continue 2 miles to parking area
and trailhead on right. Walk box is
near the kiosk containing park
maps.

POC: Peggy Watts
515-708-0405
peggywatts@mchsi.com

20 Iowa Parks in 2020

Clayton County Pikes Peak State Park McGregor

Event #15042 - #Y2569
Seasonal: May 1 - Oct 15

Start/Finish: 32264 Pikes Peak Road

Time: Daily, dawn to dusk

Distance-Rating: 5k, 10k, and 11k, 3B

Description: Dawn, finish by dusk. Groomed park trails of natural surface in wooded and open spaces. Railroad tie and boardwalk steps to spectacular views of the Mississippi River.

Camping, playground, and picnic areas available. Concession stand is open daily 10AM to 4:30PM the Friday before Memorial Day until the 3rd weekend of October. For more information email walk20in2020@gmail.com

Directions: Take Business Hwy 18 into McGregor and follow signs to park (about 3 miles south). The walk box is located at the registration kiosk of the campground. Remote start and parking in picnic area.

POC: Norma Wessel
515-270-6920
paolson@mchsi.com

Dubuque County Mines of Spain State Recreation Area Dubuque

Event #114988- #Y2511
Seasonal: May 1 - Oct 15

Start/Finish: EB Lyons Interpretive Center, 8991 Bellevue Heights Rd.

Time: Daily 4AM– 10:30PM

Distance-Rating: 6k, 11k, 20k, 2B

Description: Pets allowed. Walks feature bluffs, lead mine, and pioneer farmstead. The Julien Dubuque Monument overlooks the Mississippi River. Water only available during Interpretive Center hours: see minesofspain.org.

Exhibits feature Native American history and lead mining in the park. There is an interpretive bird trail. Insect repellent advised.

Directions: For GPS, input *Mines of Spain State Park*, not just Mines of Spain.

From US Hwy 151/61 N, take Hwy 52 south then immediate left on Bellevue Heights Rd. Take the 3rd left turn into the park (stone pillars and park sign). Walk box is on the wall of the building left of the main door.

POC: Diana Whited
515-783-5251
diwhited1969@gmail.com

Fayette County Volga River Recreation Area Fayette

Event #115044 - #Y2570
Seasonal: May 1 - Oct 15

Start/Finish: Ranger Station,
10225 Ivy Rd

Time: Dawn to dusk

Distance-Rating: 5k-1B, 11k-2C,
20k-2C

Description: Pets allowed. Trail shows the rugged beauty of the Volga River Area, which is mostly undeveloped. The area is known as "Little Switzerland" because of its rugged topography, rock outcroppings, and forest cover.

Multi-use trails of natural surfaces in wooded and open spaces allow for a spectacular outdoor experience.

Directions: From Fayette on Hwy 150 N, continue 3 miles and turn right onto Ivy Rd. Make another right still on Ivy Rd and follow signs to Ranger Office. Walk box is in shadow box just outside the office.

POC: Peggy Watts
515-708-0405

peggywatts@mchsi.com

Franklin County Beeds Lake State Park Hampton

Event #115029 - #Y2567
Seasonal: May 1 - Oct 15

Start/Finish: Stone Lodge, 1422-
165th St, Stone Lodge

Time: 4AM - 10:30PM

Distance-Rating: 5k and 10k, 2B

Description: Pets allowed. A beautiful well-groomed lake trail follows the shoreline around the lake. At the spillway, visitors can hike to the base of the dam and experience a cool refreshing mist as water rolls down the limestone face.

It was listed has a historic district on the National Register of Historic Places in 1990 as a Civilian Conservation Corps Area.

Directions: From I-35, take exit 165 toward Hampton. Right on 3-E, then left onto State Hwy 134/ Nettle Ave. Right on 165th St. Walk box is on the information board in front of Stone Lodge and restrooms.

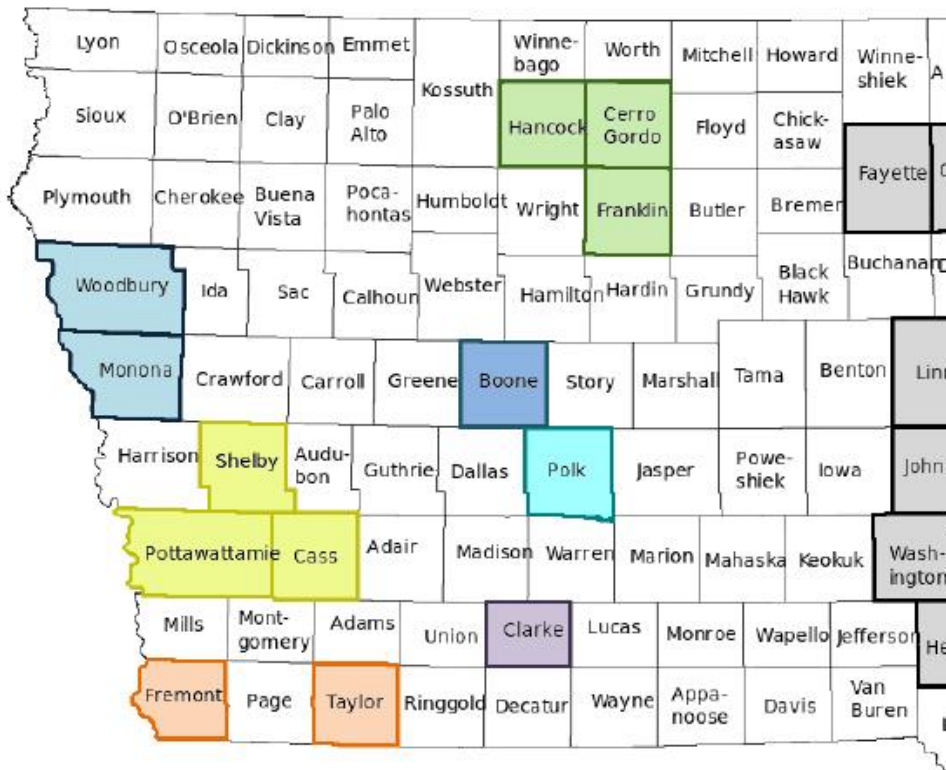
POC: Nora Hudson
435-640-4982
nlhudson76@gmail.com



Iowa's Walking Club and the

present

20 IOWA PARKS IN 2020



This project paid for in part by the Iowa Tourism Office

Nebraska Trailblazers



2020



Help us celebrate 100 years of Iowa state parks with Seasonal events from May 1 to Oct 15 and special events!

May 1-3 Kickoff Event

- May 1, Beeds Lake 3 p.m.
- May 2, McIntosh Woods 8 a.m.
Pilot Knob 1 p.m.
- May 3, Bike 10 a.m.
Mason City walk, all day

June 6 Lewis and Clark 8 a.m.
Stone State Park 1:30 p.m.

June 16 Big Creek 5:30 p.m.

June 20 Mines of Spain 10 a.m.

July 17 Ledges 5:30 p.m.

Aug 29 Waubonsie State Park 8 a.m.
Lake of Three Fires 1:30 p.m.

Sept 10-16 7-Day, 7-Parks Bus Tour
Round trip from Des Moines
(includes Mines of Spain in Dubuque Cty)

Sept 26 Stephens Forest Woodburn Unit 10 a.m.

Oct 2-4 Regional Roundup

- Oct 2, Lake Anita 1 p.m.
- Oct 3, Prairie Rose 8 a.m.
Lake Manawa 1 p.m.
- Oct 4, Hitchcock Nature Center 9 a.m.

For more information see our websites or email us
iowawalkingclub.org/20in2020/
netrailblazers.club
walk20in20@gmail.com



20 Iowa Parks in 2020

Fremont County Waubonsie State Park Hamburg

Event #115114 - #Y2557
Seasonal May 1 - Oct 15

Start/Finish: 2585 Waubonsie
Park Road

Time: Dawn to dusk

Distance-Rating: 5k and 10k 2B

Descriptions: \$5 entrance fee for non-Iowa residents. The trail provides a walk through woods, grassy areas, in valleys and ridges of the scenic Loess Hills of Iowa. Spectacular views of the Missouri River.

Group walk Aug 29 at 8 AM.

Directions: From I-29 take Exit 10 for Iowa Hwy 2. Turn east, toward the hills, for 5.5 miles. Turn right at sign for Waubonsie State Park and follow signs for park office.

POC: Jeanne Miller
402-981-0463
jeanneno@gmail.com

Hancock County Pilot Knob State Park

Forest City
Event #115051 - #Y2563
Seasonal: May 1 - Oct 15

Start/Finish: Park Ranger's
Office, 2148 340th St

Time: Dawn to dusk

Distance-Rating: 5k, 10k and 17k,
2B

Description: Pets allowed. Park trails of natural surfaces in wooded and open spaces.

Founded in 1923, it is one of the oldest state parks in Iowa. Between 1990 and 1995 one area was named nationally recognized historic district.

In 1990, the observation tower, picnic shelter, amphitheater, one set of entrance portals (Area 5a), and a trail area were individually listed on the National Register of Historic Places.

Directions: From I-35, take exit 203 (Hwy 9) west 13 miles towards Forest City. Turn left at the Pilot Knob State Park sign. Follow the signs to the Ranger station. Walk box is in the vestibule of the Ranger's office. Remote start and parking at the kiosk in the campground.

POC: Phyllis Olson |
515-270-6920
paolson@mchsi.com

Nebraska Trailblazers

Henry County
Geode State Park
Danville

Event #115037 - #Y2568
Seasonal: May 1 - Oct 15

Start/Finish: Information kiosk at beach

Time: Dawn to dusk

Distance-Rating: 5k, 7k and 10k, 3B

Description: Pets allowed. The trail is gravel for portions and there are some rocky areas. It follows a cliff with a lake view and crosses a valley between large hills.

Directions: From Hwy 34 south of Mount Pleasant, take County Hwy X30 to the park. Follow park signage to the beach. Walk box is at the kiosk at the beach.

POC: Susan Pinneke
515-423-8437
susanpinneke@gmail.com

Johnson County
Lake Macbride State Park
Solon

Event #115046 - #Y2574
Seasonal: May 1 - Oct 15

Start/Finish: 3525 Hwy 382 N

Time: Dawn to dusk.

Distance-Rating: 5, 10, and 20k, 2B

Description: Pets allowed. This is one of the larger state parks. The trail is mostly gravel along the shore of Lake McBride with a scenic stretch between the beach and Lake MacBride's Dam.

Trail goes through a hickory and oak forest and restored prairie. The 20k is available depending on trail conditions. Call 310-624-2200 for trail conditions.

Directions: From I-80, take exit 246 (IA-1) north 9 miles into Solon. Turn left on Main St which becomes County F-15. Continue about 5 miles, passing a roundabout to park entrance.

The walk box is in a marked mailbox near the kiosk at the entrance of the park.

POC: Corinne Nelson
515-422-1772
nelsonurbndl@hotmail.com

20 Iowa Parks in 2020

Linn County Palisades-Kepler State Park Mount Vernon

Event #115026 - #Y2565
Seasonal: May 1 - Oct 15

Start/Finish: Campground Host,
700 Kepler Dr

Time: Dawn to dusk

Distance-Rating: 5k-2C, 10k-3C

Description: The 840-acre park lies along the beautiful Cedar River. It has dramatic river bluffs, deep ravines, majestic hardwood trees, a large variety of wildflowers and wildlife. The trail follows park roads and rough off-road trails, including the Cedar Cliff trail which offers impressive views of the river. Some steep hills. Pets allowed.

Directions: From I-80, take exit 239B to I-380 N, then exit 16A ramp right for US 151 N/ US 30E toward Mount Vernon. In 9.3 miles, turn right on Kepler Rd (well-marked park road with stone pillars). Follow signs to campground.

Walk box is in a marked box at the camp host site.

POC: Corinne Nelson
515-422-1772
nelsonurbndl@hotmail.com

Monona County Lewis and Clark State Park Onawa

Event #115116 - #Y2559
Seasonal May 1 - Oct 15

Start/Finish: 21914 Park Loop

Time: Dawn to dusk

Distance-Rating: 5k and 10k 1B

Descriptions: Trail is on grass and dirt paths and park road. Stroll past a replica keel boat, the work horse of the Lewis and Clark Expedition. The shady trails through the woods are a birdwatcher's delight.

~~Group walk on Jun 6: Lewis and Clark 8AM with Stone State Park 1:30PM.~~

Directions: From I-29 take exit 112 (Onawa) turn west about one mile to park entrance on your right. Turn right on park loop and go about 1.3 miles to Visitor Center.

POC: Sandy Spaulding
712-322-2797
sandyspaul@yahoo.com

Polk County Big Creek State Park Polk City

Event #115149 - #Y2572
Seasonal: May 1 - Oct 15

Start/Finish: Shelter at park entrance, 8794 NW 125th Ave

Time: 4AM - 10:30PM

Distance-Rating: 5k and 10k, 2B

Description: Trail is partially paved and partially mowed grass. Not suitable for strollers or wheelchairs.

Park features picnic shelters, concession area, swimming beach, playground, trails accessible fishing docks, and boating.

Boat and recreation equipment rentals include pontoons, hydro bikes, stand up paddle boards, kayaks, fishing boats, and canoes.

Join the group walk on June 16 at 5:30PM.

Directions: From I-80, take exit 135 for IA Hwy 415. Follow Hwy 415 for 12 miles to Polk City. At the stop light at the edge of town, stay straight onto S 3rd St. Left on West Broadway for 2 miles to park entrance. Walk box is in the small shelter on the right, just inside the park entrance.

POC: Diana Ronk
515-491-8903
ronkdr@mchsi.com

Pottawattamie County Lake Manawa State Park Council Bluffs

Event #115100 - #Y2562
Seasonal May 1 - Oct 15

Start/Finish: 1100 South Shore Drive

Time: Dawn to dusk

Distance-Rating: 5k and 10k 1A

Descriptions: There is a \$5.00 permit required for out of state licensed vehicles. Walk follows paved roads, grassy paths and paved bike paths past picnic shelters, newly built accessible playground, beach and concessions area and through wooded, grassy trails. 10k walk reaches to lake housing on eastern shore.

Regional Round Up Oct 3 at 1PM.

Directions: From I-80 W from Omaha/I-29 S from Sioux City follow exits to S 24th St; then south on S 24th St to US Hwy 275 (Veterans Memorial Hwy). Turn east to 11th St, then south on 11th St and take right on South Shore Dr at the lake. Continue to sign pointing to Park Office. Turn left to parking. Accordion-style start envelope is in wooden box on post south of park registration post.

POC: Lee Frantz/Donna Campbell
402-213-6274
glfrantz@cox.net

20 Iowa Parks in 2020

Shelby County Prairie Rose State Park Harlan

Event #115120—#Y2561
Seasonal May 1 - Oct 15

Start/Finish: Office Front
Porch,680 Rd M47

Prairie Rose State Park is one of the most attractive outdoor recreation areas in western Iowa. The 422-acre park lies in a region of scenic hills, six miles east and three miles south of Harlan. The park received its name from a small town called Village of Prairie Rose which was once located near the present park location. Plans for Prairie Rose were initiated in the 1930s. However, actual construction of the dam started in 1958 with the park dedication taking place in 1962.

Description: Nature walk following the edges of Prairie Rose Lake on mostly well-groomed trails, park road and boardwalk.

Distance-Rating: 5k and 10k, 2B

Directions: Take I-80 Exit 46 (Prairie Rose/Walnut). North on Shelby County Road M47 to park entrance. Go to the Park Office. After signing in, drive to a different start for either the 5K or 10K.

POC: Karen Dix-Johnson
402-452-8422
kdix3@cox.net

Taylor County Lake of Three Fires Bedford

Event #115772 - #Y2608
Seasonal May 1 - Oct 15

Start/Finish: 2303 Lake Road

Time: Dawn to dusk

Distance-Rating: 5k and 10k 2B

Descriptions: General wooded trail weaving through public use areas, the lake and ridges.

A group walk will be held Aug 29 at 1:30PM.

Directions: Located 10 minutes NE of Bedford. From the north on IA Hwy 148; south to 220th St; left 3.5 miles to Co Rd N44/Lake Road.

Right 1 mile to park entrance and turn right. From park entrance: Follow signs to Park Office. Start point is a short drive from office.

POC: Sandy Spaulding
712-322-2797
sandyspauld@yahoo.com

Washington County Lake Darling State Park Brighton

Event #115148 - #Y2573
Seasonal: May 1 - Oct 15

Start/Finish: Trailhead 111 Lake Darling Rd

Time: Dawn to dusk

Distance-Rating: 5, 10, and 20k, 2B

Description: Pets allowed. The natural surface trails (grass or dirt) cover both prairies and woodlands. They are mostly flat with some gradual hills.

Directions: From the west on I-80, exit at US Hwy 63 south to IA Hwy 92, to IA Hwy 23, then to IA Hwy 78.

From the east, take US Hwy 218 south to Hwy 78. Follow park signage to the park office.

POC: Susan Pinneke
515-423-8437
susanpinneke@gmail.com

Woodbury County Stone State Park Sioux City

Event #115115 - #Y2558
Seasonal May 1 - Oct 15

Start/Finish: 5001 Talbot Rd, Pammel Shelter

Time: Dawn to dusk

Distance-Rating: 5k and 10k 3C

Description: Trail is mostly on multi use tree lined park trails in the Loess Hills. Trail has several overlooks with views of the surrounding area.

It is recognized nationally as an "Urban Wildlife Sanctuary" and is part of the Loess Hills.

~~Group walk will be held June 6 at Lewis and Clark 8AM, followed by a group walk at Stone State Park 1:30PM.~~

Directions: From I-29 take Exit 151. Follow signs to Stone State Park four miles. About two miles from I-29 move to the left-hand lane for the upcoming light so that you can turn left. Park entrance is on your right.

Upon entering the park follow signs to Park Office. Walk box is on the side of the building. After registering you drive to Pammel Park Shelter to walk.

POC: Sandy Spaulding
712-322-2797
sandyspauld@yahoo.com

Sept 10 -16 State Parks of Eastern Iowa Bus Trip

Featuring: Johnson, Linn, Dubuque, Fayette, Clayton, Washington, and Henry Counties

Let's bring back picnics and walks in the natural setting of Iowa state parks!

As part of the 100th year celebration of the Iowa State Parks, we are offering a weeklong vacation to explore seven of the 20 Iowa state parks.

We plan to spend several hours of the day in the parks along with lawn games and good old-fashion human interaction.

We leave Des Moines on Thurs, Sept 10 bright and early.

Sept 10—Lake Macbride State Park

Sept 11—Palisades-Kepler State Park

Sept 12—Mines of Spain State Recreation Area

Sept 13—Volga River State Recreation Area

Sept 14—Pikes Peak State Park

Sept 15—Lake Darling State Park

Sept 16—Geode State Park

Returning to Des Moines on Wed, Sept 16.

Each park has its own unique character. Please join us in the exploration of Iowa's wonder.

Six nights lodging, six breakfasts, seven picnic lunches and one dinner are all included. Reserve your space early to hold your spot.

Trail ratings are mainly C with levels between 2 and 3. Hiking Boots and walking sticks recommended.

Check out the brochure on iowaswalkingclub.org or contact Peggy Watts for more details. peggywatts@mchsi.com

Map and Direction design by Matt Scott of Iowa Parklands



Membership Application

New Renewal

For renewals, fill out your name and any information that has changed.

Name:

Address:

City, State, Zip:

Phone (mobile or home):

Email Address:

Membership Type:

_____ Individual \$10 _____ Family \$15

For a Family membership, list other family member(s) names:

Birthdate (MM/DD) _____ Birthdate (MM/DD) _____

Anniversary (MM/DD) _____

Make checks payable to "NWFT". Deliver to a club officer or mail with payment to:

NWFT

P.O. Box 8147, Omaha, NE 68108

Nebraska Trailblazers

P.O. Box 8147

Omaha, NE 68108

ADDRESS SERVICE REQUESTED



This project paid for in part by
the Iowa Tourism Council

