

Saturday, April 6 at 10:30AM
Banner Lakes at Summerset State Park
13084 Elk Horn St, Carlisle

Summerset State Park is the newest State Park. It's just off Highway 69/65, about 4 miles south of Southridge Mall. Meet in the parking lot as you enter the park. Many locals remember the area as Banner Pits when the site was mined for coal in the early 1930s. The walk will be on the paved scenic bike loop, which runs alongside the park's roadway around the larger lake.

Sunday, April 7 at 4PM
Reiman Gardens
1407 University Blvd, Ames

From I35, take exit 111A-111B, keep left to US 30W. Take exit 146 toward Iowa State University, follow sign for ISU/Athletic Facilities/Vet Med/Central Campus, turn left onto S 16th St. and follow to Reiman Gardens main entrance. We'll meet in the parking lot in front of the gardens. The walk will be approximately 1.5 miles with some inclines and 3 flights of stairs. We will make our way to the Iowa State football stadium and walk over the new pedestrian foot bridge that spans University Blvd. There will be wonderful views of the stadium, ISU campus, and photo ops with Cy statues! The walk will not include Reiman Gardens, but if you would like to come early, it is open 10 am – 4:30 pm. For those who want to stay, after the walk we will go to Hickory Park Restaurant, 1404 S. Duff Ave., Ames, IA. Hickory Park is well known for its barbeque and interesting décor <https://hickoryparkbbq.com/>



Iowa's Walking Club



April 1-7, 2024

**Come Walk
with us**

In January 2020, the Board of Directors of the AVA: America's Walking Club, declared the first seven days of April to be "National Walking Week" which would include the traditional "National Walking Day" sponsored by the American Heart Association in past years. GDMVA, Iowa's Walking Club has been participating in this week of walking every year. We use this as a kickoff week for our outdoor weekday walking program. This year we feature seven exciting walks. Several are new, a couple are old favorites. We're also including optional social activities after some of the walks. These fun walks and socials are a great way to meet other walkers and renew acquaintances after the long winter. It wouldn't be Walking Week without prizes! This year we'll have punch cards, walk 4 or more events and earn a prize package. Plan to join us for National Walking Week in central Iowa!

Monday, April 1 at 11AM

McRae Park
1021 Davis Ave, Des Moines.

Enter at 1021 Davis Avenue and proceed on road that loops the park in one direction to the parking lot by playground. We'll walk about 40 minutes on the new .5-mile trail and boardwalk over the pond, up the hill to the overlook and around back down to the new nature scaped playground. The uphill walk is rewarded with dramatic views of downtown Des Moines. After the walk meet at The Angry Goldfish, 2301 SW 9th St, Des Moines for lunch. For additional information see AngryGoldfishdsm.com.

Tuesday, April 2 at 7PM

Trestle to Trestle trailhead
5300 Lower Beaver, Des Moines.

We'll meet in the parking area and walk towards the trestle over Beaver Creek. This is beautifully lighted in the evening. Please wear reflective gear and bring a flashlight for this evening walk.

Wednesday, April 3 at 10AM

Greater Des Moines Botanical Gardens
909 Robert Ray Dr, Des Moines

This downtown 3K (2 mile) walk will take us across the river on two different pedestrian bridges and past multiple pieces of outdoor art. Great way to see all the recent changes, such as the new skate park and East Village housing. Afterwards, we'll enjoy lunch at Trellis (at the Botanical Garden), in the garden if the weather permits.



Thursday, April 4 at 2PM

Grandview Park
3230 Easton Blvd, Des Moines

You can enter the park from the south entrance at 3230 Easton and follow the park road (E32nd St.) until you come to a few homes near the intersection with Guthrie Ave, where you'll find a small parking area. You can also get there by taking Guthrie Ave east from E29th St. If the parking area is full, there are some on-road parking spots along the park road and on Guthrie. We'll enjoy an easy hike along the nature trails of Grandview Park on the east side of Des Moines. This will be on dirt and grass trails with a few mild hills, so choose your footwear accordingly and feel free to bring a walking stick.

Friday, April 5 at 5PM

Raccoon River Park
2500 Grand Ave, West Des Moines

Meet at the Nature Center. Instead of walking around the lake, we'll walk east and see where the trail will take us. Pizza to follow, for those interested. We can decide where we'd like to go.