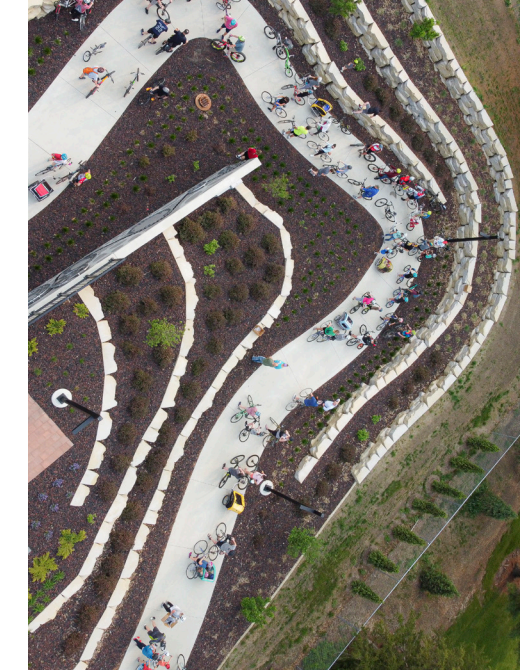


Bike Iowa City is an initiative to recognize the Iowa City area as the premier community for bicycling in the Midwest. Bikelowacity.com is the go-to resource for all things bike-related in Johnson County, including active bicycle groups, maps of singletrack trails and popular on-road routes, a comprehensive year-round calendar of cycling rides and events for all ages and abilities, and connections to bike-friendly hotels and businesses.



Cover photo of the Iowa River Corridor (IRC) Trail along the University of Iowa Campus, photo © Brian Brandstetler.

There are more than 100 miles of off-street multi-use trails and sidepaths in Johnson County. Along with on-street facilities, signed routes, and low-volume streets, the Iowa City Metro Area provides a safe and efficient bicycling network for commuting and recreation.

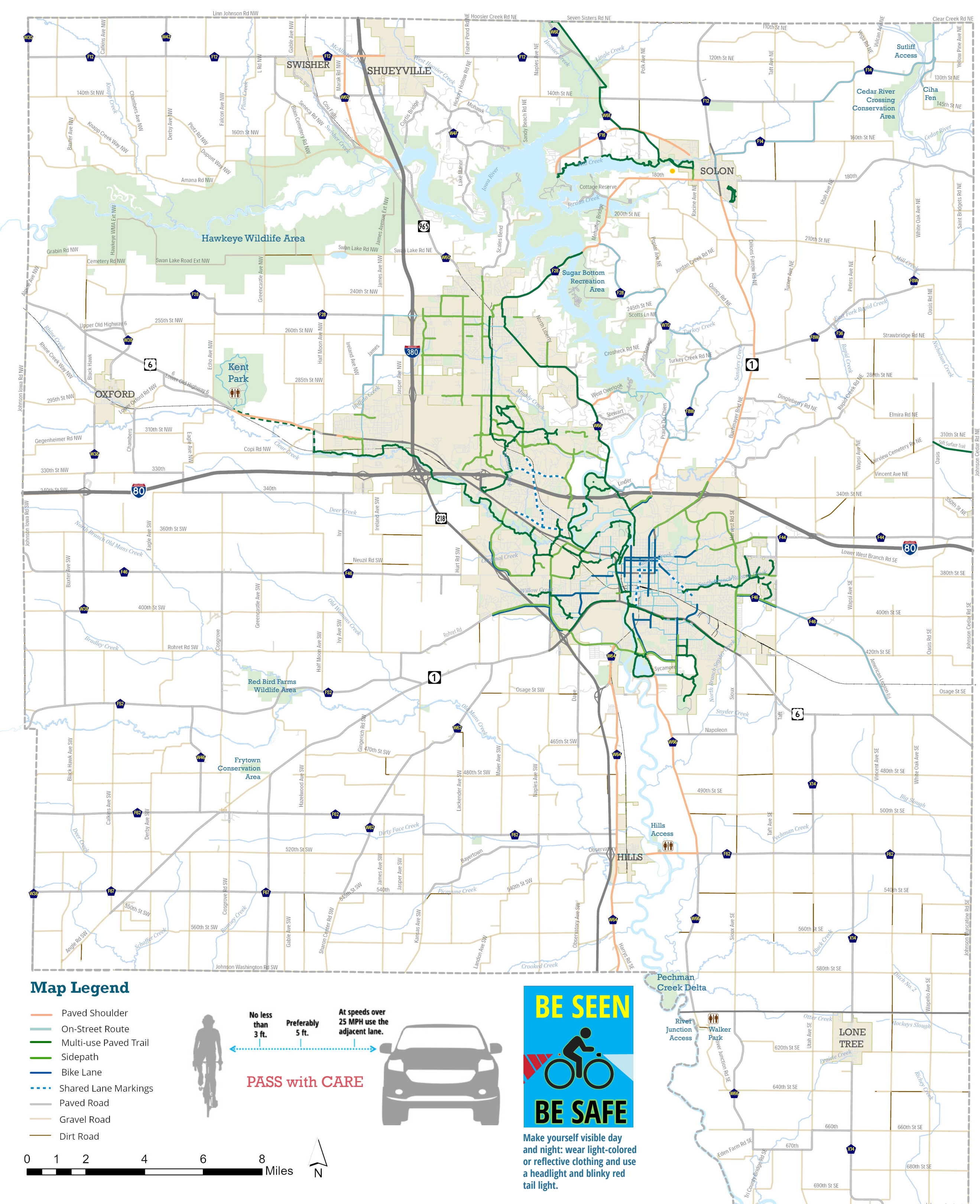
The Metropolitan Planning Organization of Johnson County (MPOC) works to coordinate bicycle and pedestrian planning within the urbanized area of Johnson County, including the allocation of federal funding for bicycle and pedestrian projects. For more information on our bicycling planning, visit MPOC.org and click on the "What We Do" link.

IOWA CITY METRO AREA TRAILS MAP



Iowa City, Coralville, North Liberty, Tiffin, University Heights, and Johnson County

RURAL ROUTES



Gravel rides are popular group events that take bicyclists out into the rural landscape. Visit the events calendar at Bikelowacity.com for a complete schedule of all the fun and adventurous bicycling events in Johnson County. Photo courtesy Bike Iowa City.

- 1 Squeeze handle to lower rack.**
- 2 Load bicycle in an empty slot.**
- 3 Raise support arm over front tire.**

All Coralville and Iowa City Transit buses provide carrier racks for bicycles.

How to use the TURN BOX

- 1 On the RED traffic signal:**
 - Cars stop behind the bike box.
 - Bikes enter the bike box from the bike lane and take the appropriate position for turning or continuing straight.
- 2 When the signal turns GREEN:**
 - Bikes enter the intersection first.
 - Cars follow.
 - Bikes and cars should always signal for turns and yield to pedestrians.

2-Stage Left Turn

On multi-lane roads, a turn box allows bicyclists to safely make left turns in two separate steps.

- 1** On the RED signal, continue through the turn box.
- 2** Always stop on RED.

The Metropolitan Planning Organization of Johnson County (MPOC) makes no warranties, expressed, or implied, including without limitation, any warranties or merchantability or fitness for the particular purpose. In no event shall MPOC be liable for lost profits or any consequential or incidental damages caused by the use of this map.

Multi-Use Paved Trails

Iowa River Corridor (IRC) Trail

18.2 miles (north-south)

From Mehaffey Bridge northeast of North Liberty to Trueblood Recreation Area in South Iowa City. The trail parallels North Dubuque St from Penn Meadows Park to City Park. A spur extends from Rocky Shore Dr in Iowa City to the Iowa River Landing in Coralville. This spur connects with the Clear Creek Trail.

Paved shoulder on F28 connects from Mehaffey Bridge to Solon. From Solon use the Hoover Nature Trail to connect to the Cedar Valley Nature Trail that extends for 70 miles north through Cedar Rapids to Waterloo.

Clear Creek Trail

9 miles (east-west)

From 1st Ave in Coralville/Mormon Trek Blvd in Iowa City to Creekside Sports Park to Half Moon Rd, west of Tiffin, this scenic trail meanders along Clear Creek with access to Singletrack and Cyclocross venues (see Woodpecker and Creekside Cross). A recently completed passage under I80/380 connects Coralville to Tiffin. Future trail extensions will link west to Kent Park.



Communities have begun marking low-stress bicycle routes with this blue Bikeway symbol. These routes provide alternatives to higher traffic streets and connections to trails, schools, and other popular destinations.



"Bicycles May Use Full Lane" signs are posted in areas where lane widths are too narrow to be shared safely by a bicycle and vehicle traveling side-by-side. Bicyclists should move into the lane as needed to prevent cars from passing until conditions allow them to move safely to the right.



Shared Lane Markings (sharrows) are used along routes where street pavement or travel lanes are too narrow for bike lanes. Sharrows bring awareness that the roadway is part of a bicycle route so that motorists anticipate bicyclists.

North Ridge-North Liberty Trails

6.6 miles (north-south)

This commuter trail runs from Penn St in North Liberty to the Coral Ridge Mall in Coralville. At the south end, connect via 25th Ave to the Clear Creek Trail. On the north end, connect from Penn St to the IRC Trail. In between, connect with the Muddy Creek Trails and sidepaths on Oakdale Blvd and Holiday Rd.

Highway 6 and 1 Trails

2.5 miles (east-west)

The Highway 1 Trail extends from Mormon Trek Blvd to Orchard St. The Hwy 6 Trail runs from S Gilbert St to Broadway St. In 2022 a new segment was constructed from Fairmeadows Blvd to Heinz Rd. The final segment, from Fairmeadows Blvd to Broadway St, is planned for construction in 2025/2026.

Court Hill Trail

2.25 miles (east-west)

A trail connecting neighborhoods east of Scott Blvd to James McPherson Park near 7th Ave and Muscatine Ave. From the east end of the trail, follow 7th Ave to Sheridan Ave. Bikeways to access the IRC Trail, connect north to College St for a low-stress route to Downtown Iowa City.

Muddy Creek Trail

1.75 miles (east-west)

This neighborhood trail system runs through woodlands and along open fields between the Coralville Youth Sports Complex to Wickham Elementary and to Dovetail Recreation Area through Auburn Hills Park. Muddy Creek Trail also connects with the 12th Ave sidepath and the sidepath on Oakdale Blvd. The Muddy Creek Trails serve as a connection between the Iowa River Corridor Trail and North Ridge Trail.

Sycamore Greenway Trail

2.0 miles (north-south)

From Lakeside Dr to Kickers Soccer Park. The trail follows a unique wetland system that is the Sycamore Greenway. Spurs also connect to S Sycamore St. Use McCollister Blvd to link from the Sycamore Greenway Trail to the IRC Trail at Trueblood Recreation Area.

Willow Creek Trail

2.0 miles (east-west)

This neighborhood trail in west Iowa City extends from West High School to Willow Creek and Kiwanis Park. A low-stress on-street connection from the south end of the trail links to the Hwy 1 Trail.

Singletrack and Cyclocross

1 Creekside Cross & Flow Trails

2.4 miles of cyclocross course; 2 miles of flow trail. Beginning, intermediate, and advanced skill levels. 3550 340th St SE. Parking available.

A gravity-fed smooth textured dirt roller coaster: the fun and flowy Flow Trail #1 or the fast and furious Flow Trail #2. The Sand Crane Trail features sloping berms on the corners and a wood frame that drops riders over the remains of an old car.

2 Creekside Connector Trail

3 miles of singletrack trail. Beginner and intermediate skill levels. Access from the Clear Creek Trail at the turn to go south across from Residence Inn on James St.

Trails located just north of the Clear Creek Trail and connect to Creekside Sports Park, includes interesting rolling moguls, boardwalk crossings, and banked berms on the west end.

3 Woodpecker Singletrack Trails

8 miles of singletrack trail. 719 Camp Cardinal Blvd. Access from the Tom Harkin Trailhead along the Clear Creek Trail. Parking available.

Trails meander and flow through a wooded area along Clear Creek; the east and west trail sections are split by Camp Cardinal Blvd with a connector passing under the street. Fun trails for riders of all types, from kids starting out to the expert looking to squeeze in some convenient training miles. Wooden bridges over water features and wetlands.



Photo: Woodpecker Singletrack Trail accessible from the Clear Creek Trail in Coralville, photo © Alex Buhmeyer

4 Ice House Singletrack Trail

1.81 miles of trail. Terrell Mill Park. 1201 N Dubuque St. Parking available.

Beginner and intermediate skill levels. Features the historic ice house foundation and natural and human-made features found on the site within Terrell Mill Park.

5 Sugar Bottom Mountain Bike Trails

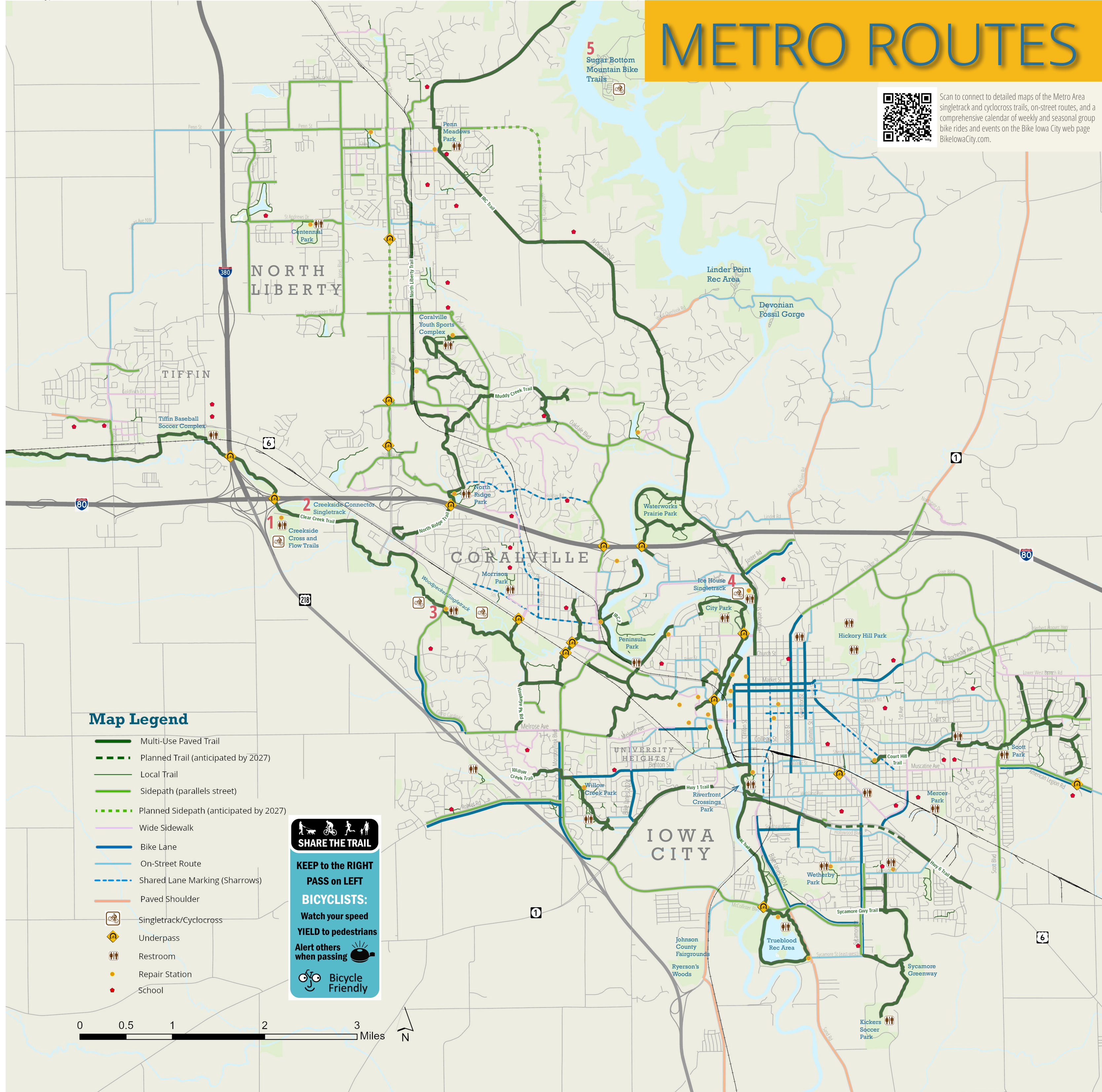
12 miles of singletrack trail and 1,400 ft of climb; beginner to expert skill level. Sugar Bottom Recreation Area, Southeast of Solon in Johnson County. Parking and camping are available.

The singletrack trails are configured in a stacked loop system, winding through hardwood forest along Coralville Lake.

METRO ROUTES



Scan to connect to detailed maps of the Metro Area singletrack and cyclocross trails, on-street routes, and a comprehensive calendar of weekly and seasonal group bike rides and events on the Bike Iowa City web page BikeIowaCity.com.



Map Legend

- Multi-Use Paved Trail
- - - Planned Trail (anticipated by 2027)
- Local Trail
- Sidepath (parallels street)
- - - Planned Sidepath (anticipated by 2027)
- Wide Sidewalk
- Bike Lane
- - - On-Street Route
- - - Shared Lane Marking (Sharrows)
- Paved Shoulder
- Singletrack/Cyclocross
- Underpass
- Restroom
- Repair Station
- School

SHARE THE TRAIL

KEEP to the RIGHT
PASS on LEFT

BICYCLISTS:
Watch your speed
YIELD to pedestrians
Alert others when passing

Bicycle Friendly