

The aptly-named Trout Run Trail crosses trout streams five times on its 11-mile loop. The easy-ranging-to-challenging route crosses incredible landscape & mounts steep switchbacks for breathtaking views. In the heart of it all lies picturesque Decorah, Iowa, a town packed with fun and adventure!



DOWNTOWN DECORAH



1 Tip 1:

Decorah's downtown district is charming & fun, filled with bike-friendly businesses to visit. The Chamber & Visitor's Center on the west end of Water Street is a great place to get more info!

4 Tip 4:

As you come down the switchbacks at "the cut" near mile 10, go right to continue the loop through scenic Dug Road & Downtown, or left to find the side trail through Pulpit Rock Campground or past that up to Twin Springs Park & its lovely hiking & mountain biking trails (skilled riders).

2 Tip 2:

Where Fifth Ave meets College Dr, you can go right for Downtown, or left to check out "west side" businesses, Luther College, or Ice Cave Road - where you'll find Dunning's Spring, scenic parks, & great hiking trails! And, if you're skilled, awesome mountain biking trails too!

3 Tip 3:

The Decorah Fish Hatchery is a great place to start your loop - there's the famous eagle's nest just across the road, Sewer's Spring, and, of course, lots of fish at the hatchery (you can feed them for just 25 cents)! Plus parking, picnic areas, & restrooms.



- Trout Run Trail
- On-Street Bike Route
- Main Roads into Decorah

- Miles 0-6 & 10.5-11
Easy Terrain
- Miles 6-10.5
Challenging Terrain
- MILE MARKERS
- = Easy
- = Challenging
- = Half-mile



TROUT RUN TRAIL
11 MILES. YEAR-ROUND.

Walk. Jog. Bike. Skate. Cross country ski.

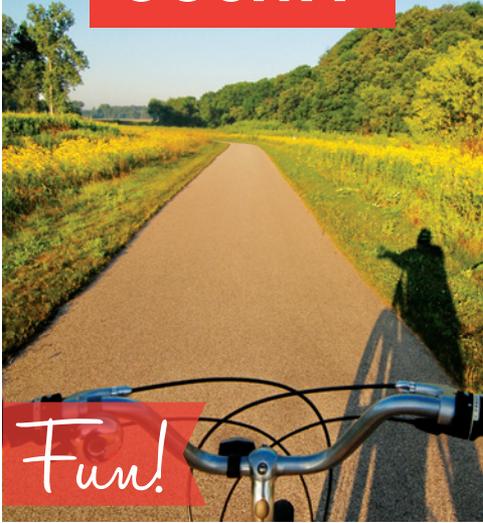
Just follow these signs!

troutruntrail.com
1-800-463-4692

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Trails of WINNESHIEK COUNTY



When folks think Iowa, they often think "flat." But nestled in the far northeast corner of this Midwestern state is a hidden secret: Winneshiek County!

Beautiful Winneshiek County has always been marked by rolling hills, flowing streams, and soaring bluffs. But now, it boasts amazing recreational trails too! From the laid-back Prairie Farmer Rec. Trail, spanning 20 miles from Cresco to Calmar, to the 11-mile Trout Run Trail, a loop that hosts both casual riding over bridges and farmland and steep switchbacks with stunning views of the valley. Both of these trails are open to all sorts of fun activities, year-round: riders, walkers, joggers, skaters, skiers...you get the idea!

One of the highlights of the Trout Run Trail is the Decorah Fish Hatchery at Siewer Springs (pronounced "SEE-ver"). It's a great spot for picnics, family photos, trout fishing, and bird watching – and that includes Decorah's famous eagles! Just across the road from the Trout Hatchery, Mom, Dad, and eaglets live in a six-foot-wide nest that weighs more than 750 pounds.

In addition to scenic landscape and abundant wildlife, Trout Run Trail features public art sculptures – keep an eye out for them; they make for perfect photo opportunities too!



Stop by the Winneshiek County Convention and Visitors Bureau for more information about area businesses, lodging, and activities. 507 West Water Street. 563.382.2023 or 800.463.4692. VisitDecorah.com – facebook.com/visitdecorah

This nifty Trails of Winneshiek County map was made possible by these fine groups:



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Special thanks to Erdman Engineering & Inspire(d) Media

visitdecorah.com
1-800-463-4692
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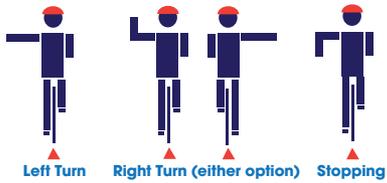
visitdecorah.com/prairie-farmer-trail.html

BIKE SAFETY: 10 TIPS

Protect Your Head: Wear a well-fitting helmet

Stay Visible: If drivers can see you, they are less likely to hit you. Wear bright clothes and put reflectors on your bike. Use lights when biking in low-light conditions.

Dress to Ride: Make sure nothing will get caught in your bike chain, such as loose pant legs or shoelaces. Wear the right shoes — sneakers or bike shoes. No sandals, flip-flops, or heels.



Look, Signal & Look Again: Use hand signals (above) to let folks know where you're going. Make eye contact. Don't assume drivers will stop.

Go with the Flow: Ride on the right-hand side of the street, traveling with traffic. Use bike lanes or designated bike routes wherever you can. Don't ride close to parked cars. Doors can open suddenly.

Act like a Car: Don't weave in and out of traffic. The more predictably you ride, the safer you are. If you're crossing a busy road, it's best to walk your bike across. In addition to cars, keep a lookout for other obstacles (sand, rocks, potholes, etc.).

Don't Get Distracted: Don't listen to music or talk on the phone while riding.

Obey all Traffic Laws & Lights!

Check Your Bike: Is it properly adjusted? Tires pumped up and secured?

Riding Etiquette: Ride single-file on the street with friends. When passing other bikers / people, always pass to their left, and call out "On your left!" so they know you're coming.



Are you a skilled rider looking for more adventure? There are more than 18 miles of exceptional off-road, single-track trails right here in Decorah! View maps and get info at ExploreDecorah.com.



Plus, trail fun is year-round!

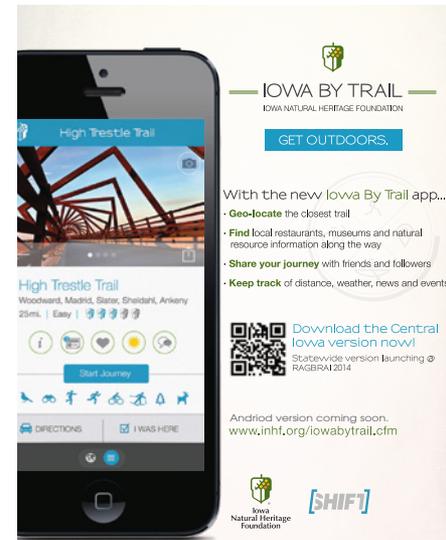
Equipment/Bike Rentals:

Decorah Bicycles: decorahbicycles.com
563.382.8209, 101 College Dr, Decorah

Additional area bike shops:

Oneota River Cycles: oneotacycles.com
563.382.0421, 220 E Water St, Decorah

Cresco Bicycles (Howard Co. / Prairie Farmer Trailhead), www.crescobicycles.com
563.547.2877, 225 N Elm St, Cresco



IOWA BY TRAIL
IOWA NATURAL HERITAGE FOUNDATION
GET OUTDOORS.

With the new Iowa By Trail app...

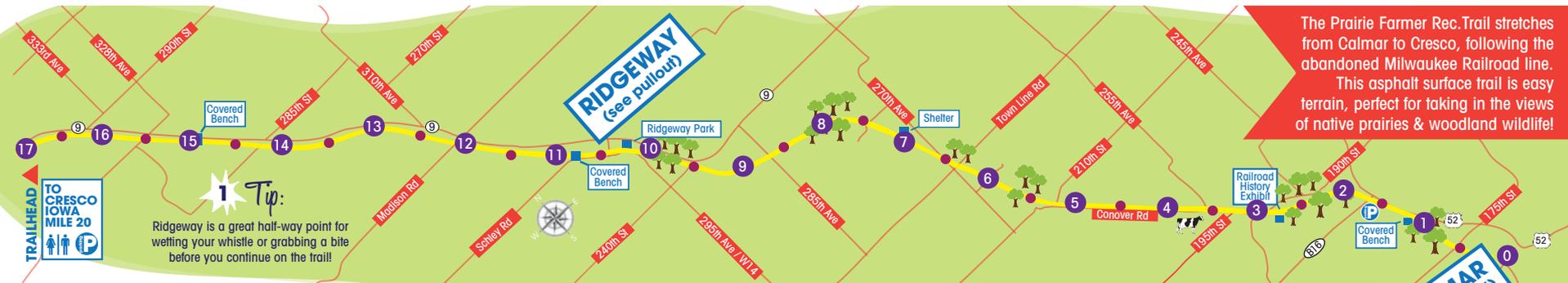
- Geo-locate the closest trail
- Find local restaurants, museums and natural resource information along the way
- Share your journey with friends and followers
- Keep track of distance, weather, news and events!

Download the Central Iowa version now!
Statewide version launching @ FALL 2014

Android version coming soon.
www.inhf.org/iowabytrail.cfm



See you on the trail!
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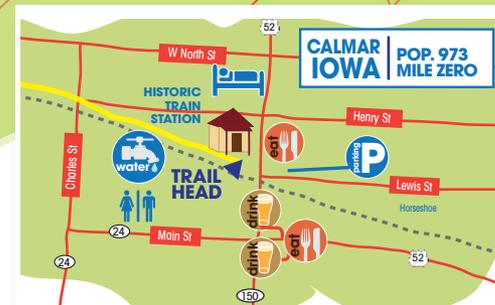


The Prairie Farmer Rec. Trail stretches from Calmar to Cresco, following the abandoned Milwaukee Railroad line. This asphalt surface trail is easy terrain, perfect for taking in the views of native prairies & woodland wildlife!



PRAIRIE FARMER RECREATIONAL TRAIL
20 MILES. YEAR-ROUND.
WINNESHIEK COUNTY SECTION

Walk. Jog. Bike. Skate. Cross country ski.



CALMAR (see pullout)
TRAILHEAD
More!

INSIDE: TROUT RUN TRAIL MAP!