

# High Trestle Bridge Trail 2025 Walk

Boone County 5k, 10k (1A) out and back

Sanction #128093 – 2025/Y2033

The High Trestle Trail Bridge walk is an out-and-back walk on the hard surface Heart of Iowa Nature Trail. It crosses the High Trestle Bridge which the trail is named for. The 13-story tall bridge is one half mile in length; is one of the largest pedestrian bridges in the world and contains dramatic vistas; a series of overlooks and an art immersion experience reflective of the area's rich coal mining history. The architecture is meant to give the impression of what a coal mine shaft would look like. The bridge is lighted during certain hours at night and is quite dramatic.

Please note that this walk is on a multi-use trail; you share the trail with bicycles. Because of heavy bike traffic, a flashlight and reflective clothing are a MUST at night. Restrooms are located at the parking areas at the trail head for both the 5k and the 10k walks.

## **Walk Registration:**

Registration takes place online using the AVA Online Stat Box, on [my.ava.org](http://my.ava.org). Follow the instructions provided to create a user account and sign the AVA waiver (one time). Instructions for payment are also included. Download the directions and print as needed.

## **Walk Completion and Walk Credit:**

Once you have physically completed the walk, please login to your Online Start Box account, click on the "My Start Box" tab, then the "Finish Table" tab, then click on "Go to Finish Table" button for the event you have completed. Use the displayed entry form to submit the date and distance of your walk as well as select applicable AVA Special Programs to generate stamped "virtual" insert cards that you may choose to print out. **You need to finish the walk (whether you want to print "stamps" or not for the club payment.**

## **Driving Directions:**

**10K Start Point:** Johnson Trail Head, 702 E 3<sup>rd</sup> St Madrid, Iowa 50156.

- From the east and north, take I-35 and exit 102 (IA 210, Cambridge/Huxley) west, approximately 10 miles to the T intersection of IA-17 (Casey's store on corner). Turn left for 2 blocks. Enter the Johnson Trail Head parking lot on your left.
- From the south and west, take I-80/I-35 and exit 127 (IA-141) north to IA-17. Go north on IA-17 approx. 9 miles. Enter the Johnson Trail head parking lot on your right.

**5K Start Point:** Grant Woods Park 2335 QF Lane Madrid, Iowa 50156

At the stop light on IA-17 turn west on to E 1<sup>st</sup> St. Follow road on sharp right on N Locust St, then sharp left on W North St. Continue onto IA-210/334<sup>th</sup> St 1 mile. Turn left on QF Lane.

**Trail Rating: 1a**

# High Trestle Bridge Trail Walk

## 10k walk instructions

This walk is an out-and-back walk on a multi-use trail. The paved portion is a very popular bicycling trail. The grassy portion running beside the paved portion is for equestrian use.

After parking your car at the Johnson Trail Head, enter the trail in front of the Flat Tire Lounge and head west **away** from the grain elevator. Restrooms are available at the trail head.

Please cross Hwy IA-17 with caution! Vehicle traffic has the right of way. Also, please cross county roads with caution and honor all stop signs.

Stay on the trail until you cross the High Trestle Trail Bridge. Turn around at the end of the bridge and return to your car.

If you choose to walk to the tower at the end of the bridge, you will add an additional 600 feet to your walk, but you may wish to rest and enjoy the view.

**NOTE: The bridge is lighted most nights and is beautiful.** If you choose to walk at night, PLEASE wear reflective clothing and carry a flashlight.

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Emergency-Call 911  
Walk Related Problem- Call Peggy Welter  
515-971-2298

[These walk directions and maps may only be used in conjunction with a signed American Volkssport athletic waiver. All other uses are prohibited.](#)

## 5K walk instructions

There are 2 parking areas for the 5k walk. The **first** parking area is marked as Grant Woods parking and is the larger parking lot. This area should be used for larger groups or buses. From this parking area, enter the trail by the red sign marked as Grant Woods trail. This portion of the trail leads to the asphalt trail and is a crushed rock with a slight incline which may not be suitable for strollers or wheelchairs. Otherwise after parking your car, you may return to the road, turning right (south) until you reach the asphalt trail. Turn right and proceed on the High Trestle Trail.

The **second** parking area is smaller and is where the port-a-potties are located. If you choose to park in this area, you will be parking right next to the trail. After leaving your car, enter the trail to your left (west) away from the port-a-potties.

Walk across the bridge over the Des Moines river. Just after you cross the bridge, you will find a viewing stand on your right. Walk to the top of the viewing stand, walk around the top and return to the trail. Continue to your right until you reach trail marker 8B12. Turn around and walk back to your car.

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