

# Ames, IA – Story County

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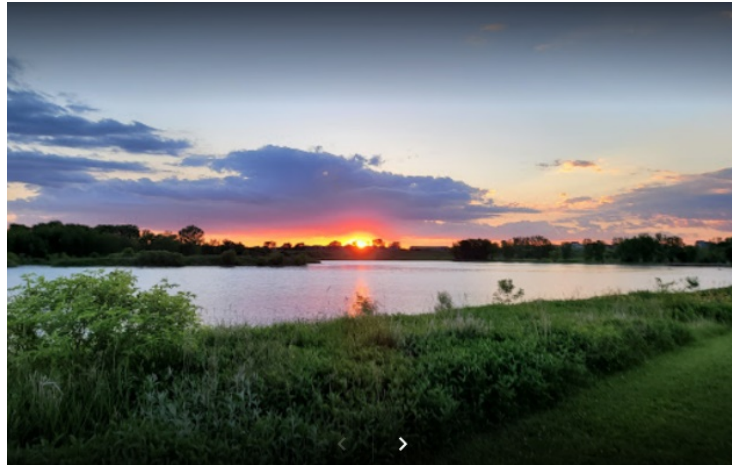
© Iowa's Walking Club 2022 5k Walking Loops  
Start/Finish: Ada Hayden North Shelter Water Fountain

## Ada Hayden Heritage Park Lake

5205 Grand Avenue

Ames, Iowa 50010

(Just North of Ames on west side of Hwy 69)



(Sunset from Friends of Ada Hayden Website. Log on to see many beautiful photographs and videos.)

Year-round event. (Restrooms closed at first frost.) The Ada Hayden Heritage Park Lake is open dawn to dusk. Besides walking, it offers fishing, non-motorized watercrafts, birdwatching, picnicking as well as scenic views. Famous environmentalists face carved on rocks around the walk. Leashed pets are allowed. Strollers, bikes, skateboards, and wheelchairs are permitted. The pavement trail around the lake is easy to maneuver. The gravel woodland trail would be difficult for strollers, wheelchairs, and skateboards. Bikes seem to do okay. No fees other than the AVA fee.

**Registration:** Please use the Online Start Box (OSB) to register and complete the event. The sponsoring club only receives credit for an OSB participation when the OSB registration has been completed online by entering your participation date, distance and any special programs using the OSB.

**Driving Directions:** Ames is west of I-35 Exit 113. To Ada Hayden from the South exit at 113 –turn **left**/west onto 13<sup>th</sup> street. Travel west 10.94km (6.8mi) about 10 minutes due west to Grand Avenue/HWY 69 – turn **right**/north stay on Grand Avenue until you reach the entrance for Ada Hayden Heritage Park on the left side of HWY 69 about 4.03km (2.4mi) about 8 minutes. Turn **left** /west into the entrance and follow road through parking lot to North Shelter.

**Parking:** Free parking is available at the entrance of the park.

**Walk Description:** This walk consists of a choice of two 5K loops each starting and finishing at the North Ada Hayden Shelter building. The first loop begins at the shelter and completes a figure 8 around the lake, across

the bridge and back across the lake returning to the shelter. **TRAIL RATING:** The entire loop is on pavement. Only slight incline and one wooden planked bridge

The second loop **TRAIL RATING:** It is a combination of gravel trails through some woods and the outside pavement loop around the lake without crossing the bridge. The wooded part of the trail has steady inclines.

**Special Programs:** Iowa's 99 County Program.

**Restrooms:** Restrooms are available at the North Shelter and the south Restroom building dusk to dawn.



**FIGURE 8 WALK:** Option 1 Walking Instructions.  
(Suitable for strollers, wheelchairs)

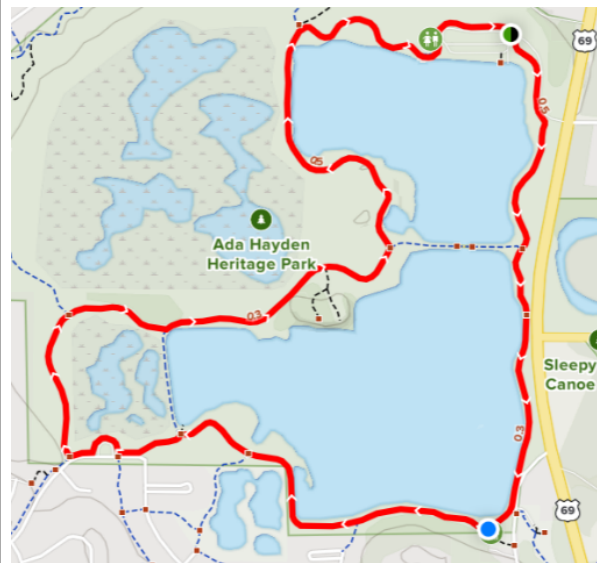
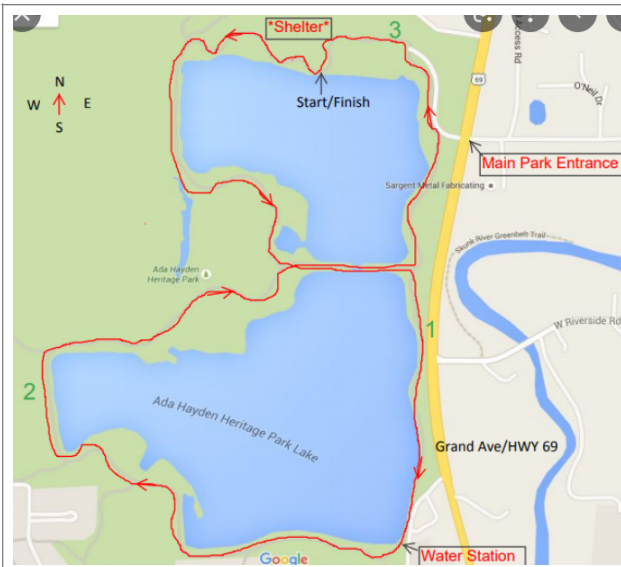
**Start:**

- 1) The walk begins on the pavement by the water fountain next to the Park Map and North Shelter restrooms. Walkers proceed **right** /west around the lake.
- 2) After about a mile turn **left** to cross over the bridge walking east.
- 3) Once over the bridge, turn **right** walking to the south around the lake staying on the pavement next to the Lake. (Water and restrooms in about ½ mile.)
- 4) After 2 miles the bridge will come into sight. Take the path to the **right** walking east over the bridge again. This creates the figure 8.
- 5) Once over the bridge, go **left** following the path north across the entrance to the park around to the North Shelter. It is approximately 3.14 miles in total.

**WOODLAND WALK:** Option 2 Walking instructions.  
1/3 of walk is on gravel.

**Start:**

- Discover this 3.2-mile loop trail. Considered an easy route, it takes an average of 58 min to complete. This is a popular trail running, walking, and snowshoeing. Upland trail is gravel.
- 1) The walk begins on the pavement at the North Shelter. Walkers proceed **Left** /east around the lake. Do not cross over on the bridge. As you reach the south end of the trail there is a restroom building/water fountain. (1.61km)
  - 2) As you near the woodland trail (2.35km) take the left path around the outer side of the park and follow it unto the gravel path (2.68km) through the upland trail.
  - 3) Follow the gravel trail downhill to the main loop pavement path (3.03km). Turn **left**/east onto pavement and travel to North Shelter (5.03km).



Be sure to log back into the OSB system to “finish/complete” your online registration after doing the event. The OSB system does not deduct an event fee from a participant’s event bank until they have submitted event completion info including the date of the event, the distance, and selection of applicable special programs. (Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the user’s Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user’s Event Bank when he/she submits completion info as a paying for-credit participant. Note, however the \$2 coupon for the downloaded PDF will expire in 60 days). Also note that an event registration expires after 30 days, but if your registration lapses, you may reregister without cost.

**These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.**

**Emergency: Dial 911**  
 Iowa’s Walking Club: POC Grace Swanson  
 515 451-9046

POC- Grace Swanson  
 3314 Goldenrod Circle  
 Ames, IA 50014 USA  
[gracelswanson@aol.com](mailto:gracelswanson@aol.com)  
 515 451-9046