

Rock Valley City Park
1013 13th Av
Rock Valley, Iowa 51247
N 43° 12.065 W 096° 17.998
Sioux County

Registration: Registration is by Online Start Box Only. This seasonal 5K, 6K or 11K walk is available from April 15 to October 15 and rated 1A

Driving Directions: Rock Valley is 250 miles from Des Moines in Northwest Iowa. From US Hwy 18 in Northwest Iowa turn north on 13th Avenue (Right if coming from the east and left if coming from the west.) into the city of Rock Valley. The City Park will be on the left.

Parking: Street parking is available around the park.

Walk Description: The 6K route is primarily on well maintained and shady trails, crossing the Rock River on an old railroad bridge to a very nice campground with fishing and swimming ponds. The 5K route is on city streets and sidewalks in residential and business areas. The 11K route is a combination of the 6K and 5K.

Rest Rooms: Restrooms are available in the park at the start and in the campground.

Special Programs: Rails to Trails
Par for the Course



Railroad bridge converted for bikes and pedestrians



Rivers Bend Campground

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5K, 6K & 11K Directions

1. Facing the restrooms near the play area, go **Left** to 12th Av.
2. **Right** on 12th Av to 12th St.
3. **Left** on 12th St 2 blocks to 10th Av
4. **Right** on 10th Av to Rock Valley Trails parking lot on your left.
5. **Right** onto Henry's Trail a short distance to T.

Decision Point: If you wish to do the 5K city route go to #15; if doing the 6K or 11K continue with #6.

6. **Left** at the T to the Y before old railroad bridge.
7. **Left** up hill and cross bridge.
8. **Right** down onto trail (Beaver Dam Trail).
9. **At the 5 rocks continue** on trail passing the first pond on your left,
10. **At intersection continue** straight circling around a second pond with a beach to X 4-way junction of roadway/trails with 2 STOP signs and RV Trails sign just before the second Restrooms/Safety Shelter building.
11. **Left** on trail with the restroom building on your right through middle of campground past children's play area to YIELD sign at T.
12. **Right** at the T to the 5 big rocks.
13. **Left** back onto trail (Beaver Dam Trail) up and across bridge.
14. **Continue straight** onto Kiwanis Trail back to Rock Valley Trails parking area.

Decision Point: 6K walkers turn Right on 10th Av to 12th St; turn left to finish. **11K walkers** continue with these directions.

15. **Left** through the parking area back onto Henry's Trail to T.
16. **Right** at the T to 16th St and then continue on 16th St to Main.
17. **Left** 4 blocks to 4-way STOP at 20th St.
18. **Right** on 20th St and carefully cross Main Street past Winterfield Boating & Fishing County Park to 19th Av.
19. **Right** on 19th Av 2 blocks to just before 17th St.
20. **Left** toward Rock Valley Community Schools.

21. **Continue** past school buildings and parking lots to T at schools' huge Black & Orange flashing sign.
22. **Left** at sign a short distance onto trail.
23. **Right** and continue on trail across small bridge toward athletic fields.
24. **Right** through gravel parking area to paved road.
25. **Right** onto paved road (17th St) and continue back into town to 21st Av.
26. **Left** on 21st Av to 16th St.
27. **Right** on 16th St 5 blocks to Main Street.
28. **Left** on Main Street to 11th St.
29. **Right** on 11th St 3 blocks to Finish back at Rock Valley City Park.

Thank you for visiting Rock Valley

Hope you enjoyed the walk.

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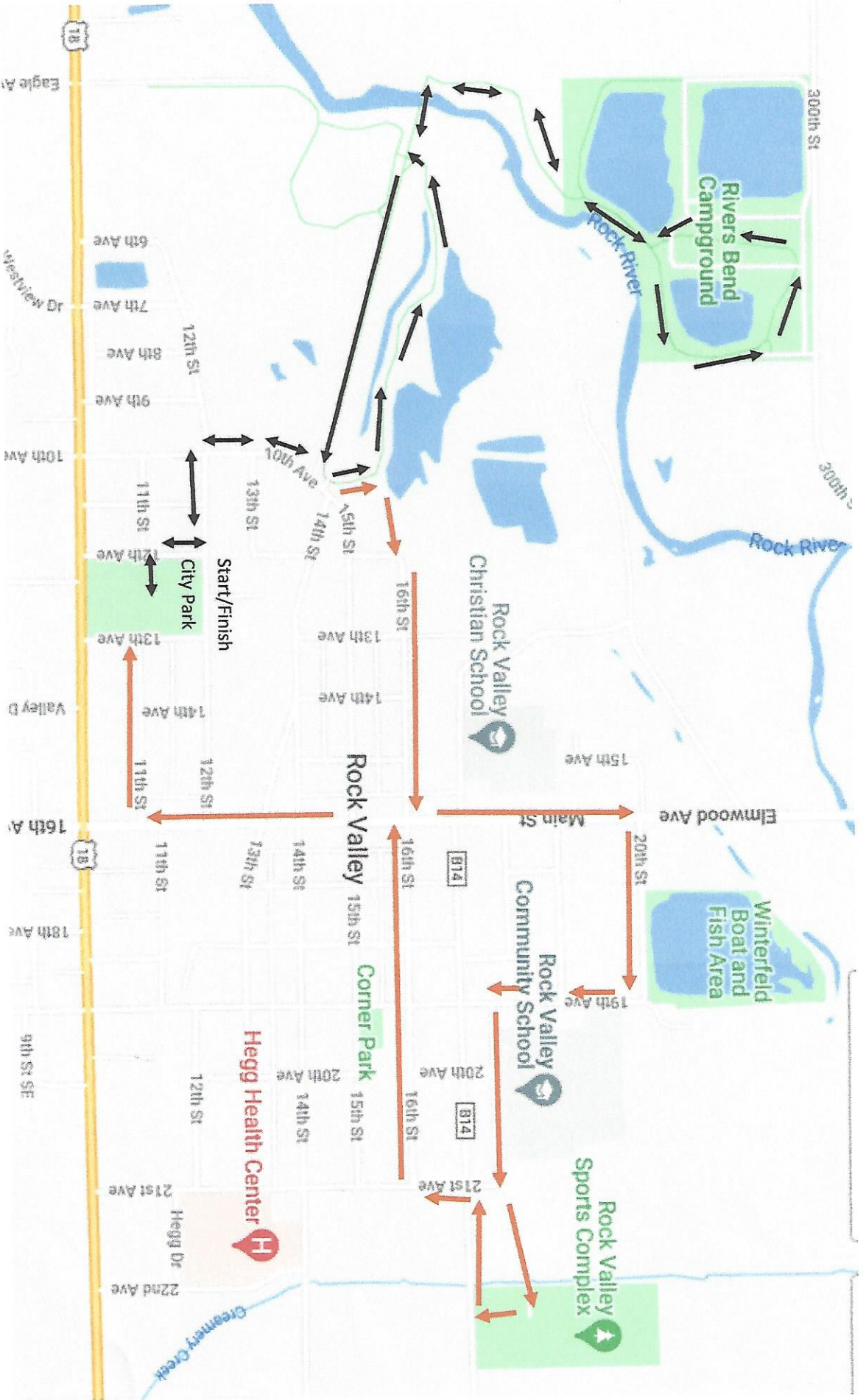
Please remember to log back in to my.ava.org to complete your OSB registration. The sponsoring club only receives credit for an OSB participation when the OSB registration has been completed online by entering your participation date, distance and any special programs using the OSB.

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: Phyllis Olson 515.669.9402



Rock Valley, IA

Sioux County

5K, 6K or 11K

Black Arrows = 6K

Black & Red = 11K