

East Des Moines Parks 7K Walk

Union Park Open Shelter, 715 Guthrie Ave
Des Moines IA 50316

Driving Directions to Start Point:

From I-235 westbound, take Exit 8B for Pennsylvania Ave. Turn right (north) on Pennsylvania and *continue for 1.1 miles to the second entrance to Union Park on your right. The entrance will be immediately after you pass Captain Roy's restaurant and the marina on the left. Turn right onto the park road and take the first left (uphill) to the parking lot at the Heritage Carousel. Walk to the start point at the open shelter near the splashpad and playground. There are restrooms attached to the shelter.

From I-235 eastbound, take Exit 8B. At the second traffic light, turn left (north) on Pennsylvania. Then follow the westbound instructions above from the *.

Parking: There is parking at the park shelter start/finish point. Parking is also available on nearby residential streets.

Restrooms: At the park shelter that is the Start/Finish point. Restrooms may also be available at businesses during business hours and at other parks along the trail.

Trail Rating: 1B

Three Special Programs: Walking with America's Veterans, Walking with the Wild Things, and Step to the Beat.

Potential flooding: The portion of the trail that passes through Birdland Park occasionally closes due to flooding. If you encounter a closed trail in Step 15, follow the alternate instructions on the last page of this document and refer to the attached Flooding Detour map.

1. From the parking lot adjacent to the shelter, walk North to the edge of the park at North Union Street. Proceed north on North Union to Hull Avenue.
2. **Left** on Hull to 2nd Avenue.
3. **Right** on 2nd Avenue to Euclid Avenue.
4. **Cross** Euclid and continue North to Douglas Avenue.
5. **Left** on Douglas to 6th Avenue.

Walking with America's Veterans:
*American Legion Post #374 at 3712 2nd
Ave*

6. **Left** on 6th Avenue to Clinton Avenue.

*There are several unique small shops
and restaurants on 6th Avenue
between Douglas and Euclid.*

7. **Right** on Clinton to 11th Street.

8. **Left** 11th Street to Euclid.

9. **Cross** Euclid Avenue using the traffic
lights.

10. **Continue** on 11th Street to Oak Park
Avenue.

Walking with the Wild Things: *Small
gnome in front yard at SW corner of
11th and Oak Park.*

11. **Left** on Oak Park to the entrance to
McHenry Park on your right.

12. **Follow** the bike trail downhill from
McHenry Park past Riverview Park on
the left. The Des Moines River will be
on your right as you travel along the
levee.

Step to the Beat: *Amphitheatre at
Riverview Island hosts many musical
events.*

*Riverview Island was the site of the
Riverview Amusement Park from 1915*

*to 1978, a popular family
entertainment oasis. Over the years it
featured a carousel, several roller
coasters, a house of mirrors, a
haunted house, bumper cars, pony
rides, and many other attractions. The
Riviera Ballroom hosted big band
dances in the '40s and '50s and teen
dances in the '60s and 70s. The
Ballroom was inducted into the Iowa
Rock and Roll Hall of Fame in 2010.*

*After 1978, the island sat abandoned
until 2014, when a project began to
convert it to the municipal park it is
today.*

13. **Continue** following the bike path
along the levee to a T-intersection.

14. **Left** at the intersection to continue
along the levee.

15. **Continue** following the bike trail to a
Y-intersection. **Right** to follow the trail
down a steep curving descent (watch
for oncoming bikers) and continue on
the trail with the Des Moines River on
the right and Birdland Drive on the left.

*You are now passing through Birdland
Park, another historic Des Moines
park that was once home to a public
aviary.*

16. **Continue** along the bike trail and over
a small stone bridge near the marina.
After the bridge, the bike trail will turn

right as you approach Saylor Road.
Do NOT turn right.

17. **Cross** Saylor Road with caution. You
have now returned to Union Park.

18. **Left** at to follow the road uphill to the
Heritage Carousel parking lot.

**Alternate route in case of flooding in Birdland Park at Step 15
(also see Alternate Flood Detour map)**

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| 15. Left at the sidewalk entrance to Riverview Park (before the Y-intersection). Follow the path downhill through the recreational area to the bridge on your right that leads to the parking lot. | 19. Left to cross 2nd Ave at the lights. |
| 16. Right to cross the bridge to the parking lot. | 20. Continue on New York for 2 blocks to Oxford Street. |
| 17. Exit the parking lot onto Corning Avenue and continue on Corning to 2nd Avenue. | 21. Right on Oxford for 1 block to E Sheridan Ave. |
| 18. Right on 2nd Ave to New York Avenue. | 22. Left on Sheridan for 5 blocks to N Union Street. |
| | 23. Right on N Union |
| | 24. Continue on N Union to return to the shelter in Union Park. |

Thanks for walking with Iowa's Walking Club.

Be sure to log back into the OSB system to finish/complete your online registration by entering your participation date, distance and any special program. After logging into your account, select "Finish Table."

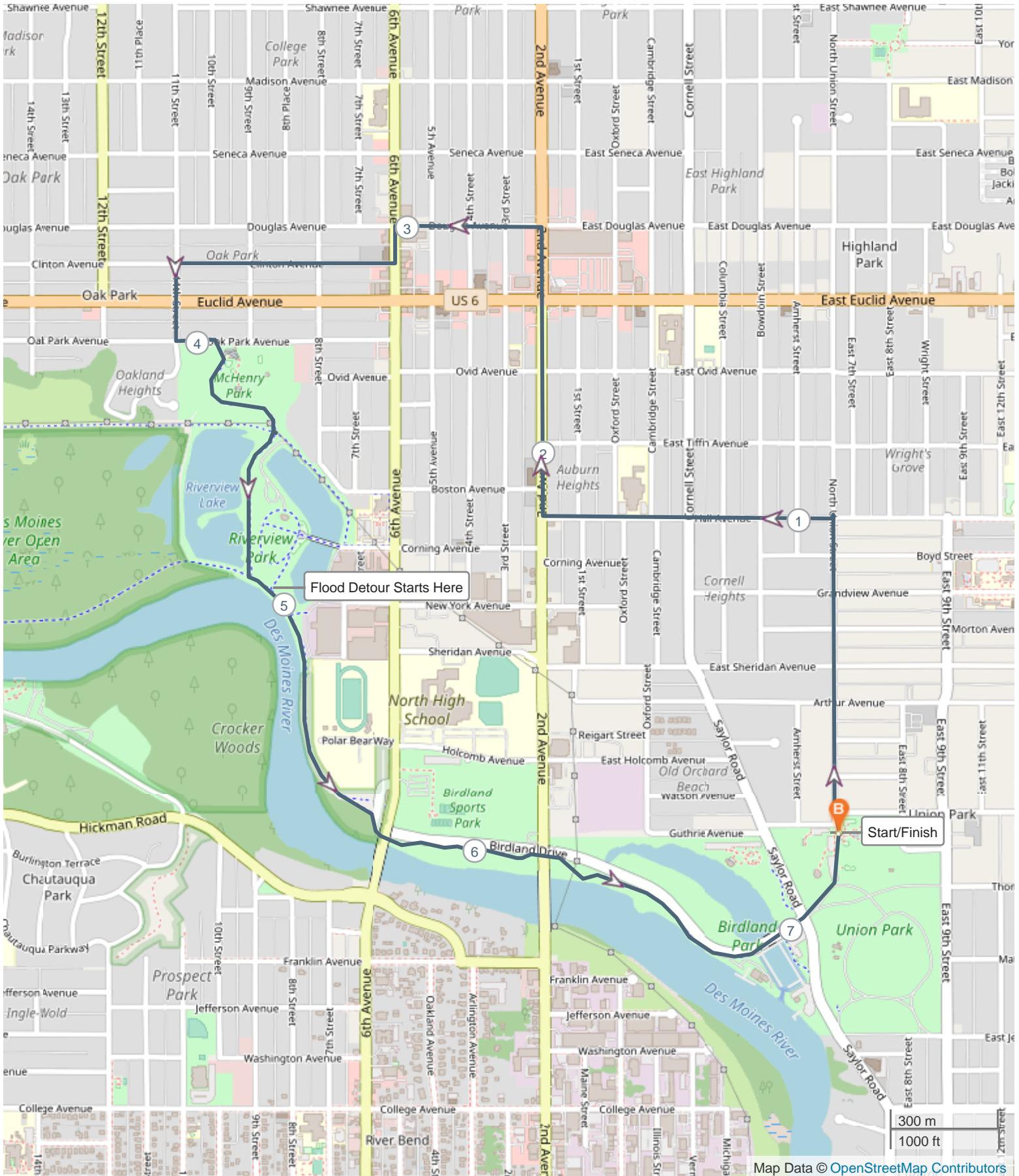
IN CASE OF EMERGENCY: Dial 911

Point of contact for walk-related assistance: Robin Madison, 515-238-4536

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

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East Des Moines Parks



East DM Parks Alternate Flood Detour

