



2026

TrailLink Unlimited



Guides



# Southeast Connector Trail

*Iowa*



## Southeast Connector Trail

Iowa

*Named for the major project the city of Des Moines has undertaken to improve transportation and connectivity along the Martin*



anchor for future development efforts.

Named for the major project the city of Des Moines has undertaken to improve transportation and connectivity along the Martin Luther King Jr. Parkway in the southeastern section of downtown, the Southeast Connector Trail ensures that cyclists and pedestrians share in the benefits from all the city's work. The trail runs along the side of the busy road, connecting businesses and neighborhoods along the route with a series of trails at its western terminus, where the Raccoon River meets the Des Moines River. Trail users can continue north into downtown Des Moines along the river via the [John Pat Dorrian Trail](#), or explore some of the city's premier parks and natural spaces along the Raccoon River via the [Meredith Trail](#). While the Southeast Connector Trail might not be the most scenic of sidepath trails, it provides a crucial link in the area's trail network and provides an



# Southeast Connector Trail

Iowa

**States:** Iowa

**Counties:** Polk

Length: 3.09miles

**Trail end points:** MLK Jr. Parkway & SW 2nd Street (Meredith Trail) to SE 30th Street

**Trail surfaces:** Concrete

**Trail category:** Greenway/Non-RT

**Trail activities:** Bike, Inline Skating, Walking, Wheelchair Accessible

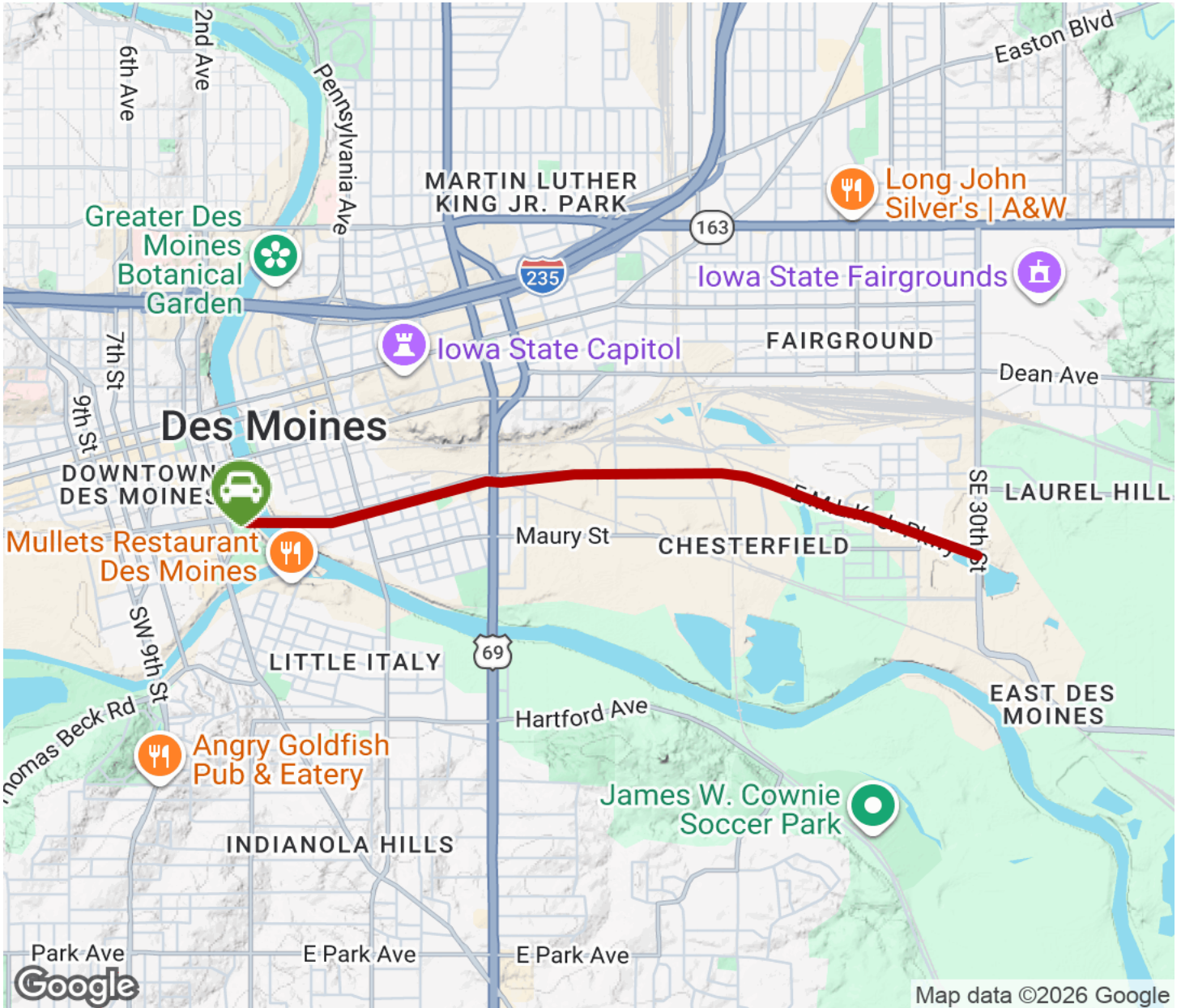
## Parking & Trail Access

Parking is available across the river near the start of the western end of the trail at Principal Park on SW 2nd Street.



# Southeast Connector Trail

Iowa



Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

[TrailLink.com](https://www.TrailLink.com)