



2025

TrailLink Unlimited 

Guides



## Flint River Trail (IA)

*Iowa*



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*The Flint River Trail, when complete, will run for about 18 miles between downtown Burlington, Iowa, and the Big Hollow Creek*



The southern section runs from 113th Street (north of downtown Burlington) to the levee behind the Case New Holland factory. A converted railroad trestle there is ready for pedestrian and bicycle use. This portion of the Flint River Trail occupies the same former corridor that the [Hoover Nature Trail](#) is being built upon. The trail continues east from the levee to Mill Dam Road and west to open space directly behind Case New Holland.

The Flint River Trail, when complete, will run for about 18 miles between downtown Burlington, Iowa, and the Big Hollow Creek Recreation Area in the northern part of Des Moines County. The trail will also link together other popular sites, including Starr's Cave Park and Preserve—home to a substantial bat population—and Thye Woods Habitat Preserve, as well as the Zion Schoolhouse historic landmark.

Although about half of the trail is still in development, approximately 9 miles of the Flint River Trail are paved and open for use. The longer northern section runs from Big Hollow Creek Recreation in the north to Flint Bottom Rd. just northwest of Burlington with small gaps in the trail near 145th and 155th street.



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

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## Flint River Trail (IA)

*Iowa*

**States:** Iowa

**Counties:** Des Moines

Length: 9.6miles

**Trail end points:** 180th St. (Big Hollow Creek Recreation Center) to Flint Bottom Rd. to 113th St. to Port of Burlington Welcome Center

**Trail surfaces:** Crushed Stone

**Trail category:** Rail-Trail

**Trail activities:** Bike,Inline

Skating,Walking,Wheelchair Accessible,Cross Country Skiing

## Parking & Trail Access

There are numerous parking options along the trailhead including the northernmost endpoint at 180th St, along N Prairie Grove Rd. where it meets flint bottom Rd., and at the southern endpoint at the Port of Burlington Welcome Center, 400 N Front St.

See [TrailLink Map](#) for more detailed directions.



Map of the Burlington, Iowa area showing a route with red pins and a red line. The route starts near Pleasant Grove, goes south through Dodgeville and Sperry, then east through Beaverdale and West Burlington, ending near Gulfport. A green pin with a family icon is also shown near Pleasant Grove. The map includes labels for Pleasant Grove, Dodgeville, Sperry, Kingston, Prairie Grove, Beaverdale, Danville, Middletown, West Burlington, Burlington, Gulfport, Carthage Lake, and Hoppe. The Mississippi River and Skunk River are also labeled. A map error warning is visible in the top right corner.



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