



2026

TrailLink Unlimited 

Guides



Flint River Trail (IA)

Iowa



Flint River Trail (IA)

Iowa

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

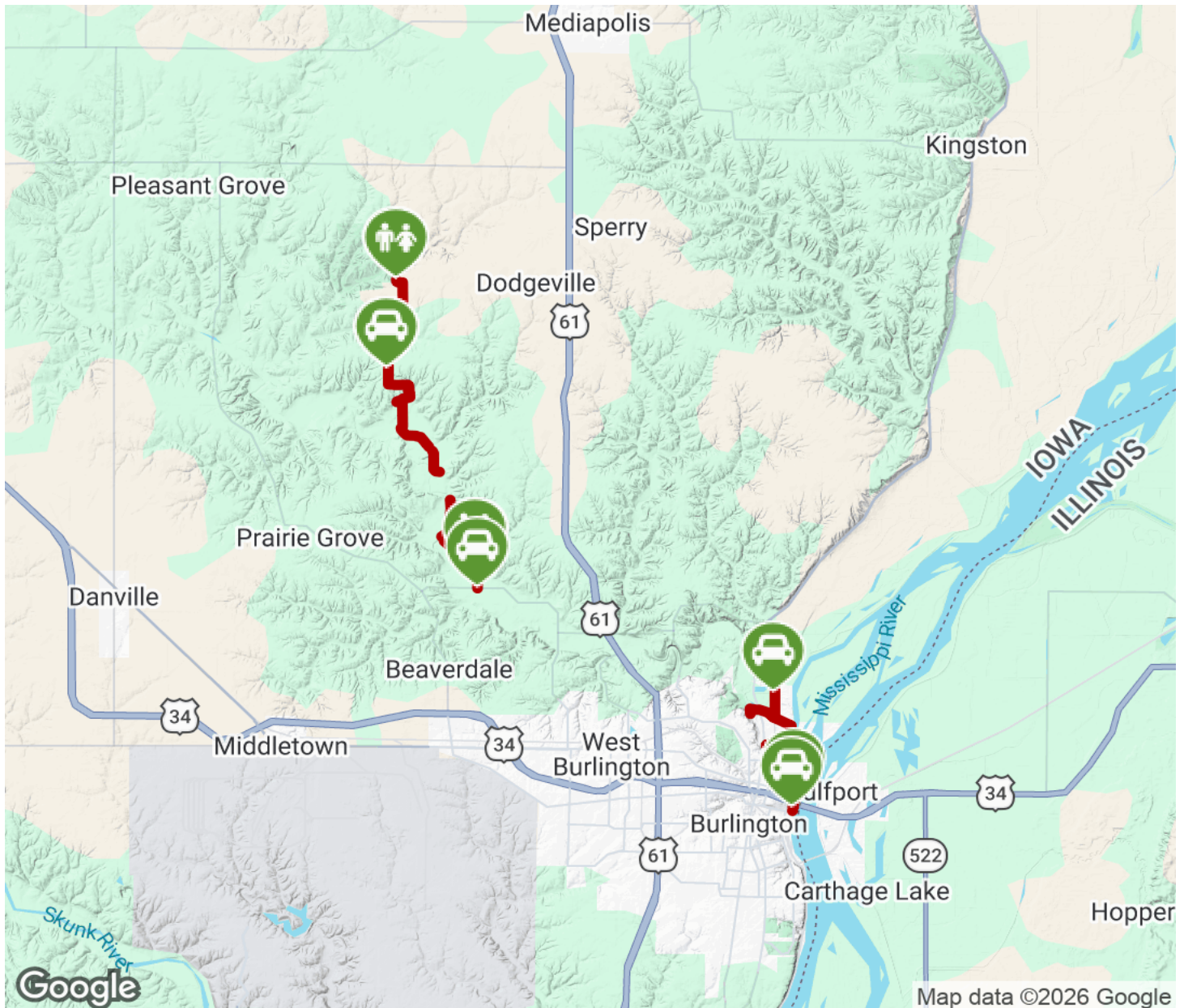
There are numerous parking options along the trailhead including the northernmost endpoint at 180th St, along N Prairie Grove Rd. where it meets flint bottom Rd., and at the southern endpoint at the Port of Burlington Welcome Center, 400 N Front St.

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



Flint River Trail (IA)

Iowa



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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