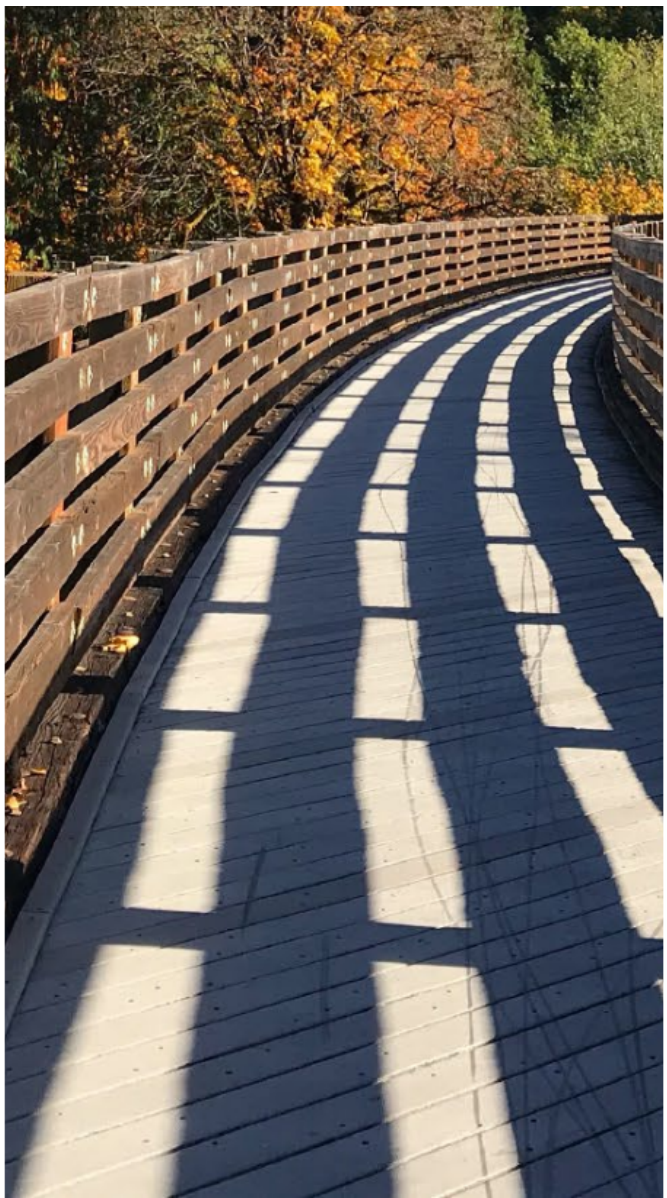
TrailLink
by Rails-to-Trails Conservancy

2025

TrailLink Unlimited

Guides



Sac and Fox Trail

Iowa

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The Sac and Fox Trail offers 7.2 miles of beautiful, shady recreation along the Cedar River and Indian Creek on the outskirts of Cedar Rapids. The oldest designated National Recreation Trail in Iowa, the trail is for the most part crushed limestone and the terrain is mostly level, making it a popular route for cyclists and equestrians, as well as cross-country skiers in the winter.

Starting at the southern end, the trail winds east along the course of the Cedar River until it reaches the junction with Indian Creek, where the path turns north to follow the creek. Trail users may want to check out the adjacent Indian Creek Nature Center, which offers information about the area, a gift shop and exhibits, and hosts frequent activities. Here, you'll also find a 5-mile system of hiking trails through the surrounding forest.

The trail continues north and west along the creek through more densely wooded land, ending in a residential area on the eastern edge of Cedar Rapids.

Sac and Fox Trail

Iowa

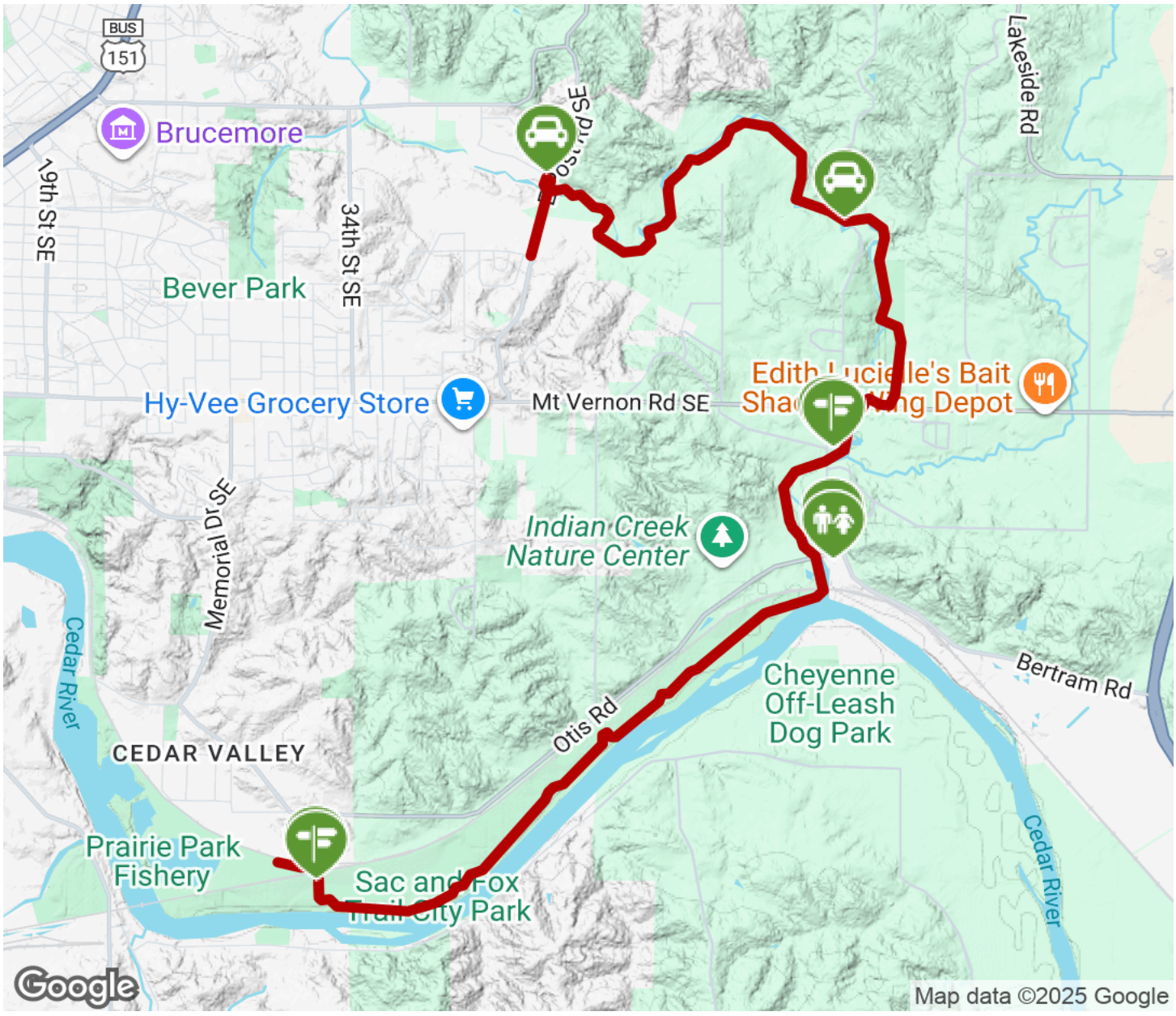
States: Iowa
Counties: Linn
Length: 7.2miles
Trail end points: Fir Ave. SE to E Post Rd. SE and Cottage Grove Pkwy SE
Trail surfaces: Concrete,Crushed Stone
Trail category: Greenway/Non-RT
Trail activities: Bike,Horseback Riding,Walking,Cross Country Skiing

Parking & Trail Access

Parking is available at several points along the trail. The northern trailhead offers convenient street parking on Cottage Grove Parkway SE. A small parking area is available at the trail's intersection with Rosedale Road SE. Parking is also available at the Indian Creek Nature Center, and at a gravel lot located right next to the southern trailhead entrance off of Fir Avenue SE.

Sac and Fox Trail

Iowa



Trailhead Restroom Parking Water Fountain Tunnel

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