



2026

TrailLink Unlimited 

Guides



## Kruidenier Trail

*Iowa*



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Iowa

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The Kruidenier Trail cuts through beautifully landscaped areas around Gray's Lake and leads you into downtown Des Moines. The park offers a permanent on-site bike rental facility, restrooms, and a concession store, which includes rentals for canoeing, paddle boating, and other outdoor activities. (If you are seeking other options for bike rentals, Des Moines has a bike share-program; there are several kiosks located throughout the downtown area.) The area is also a great place for bird watching—you may even catch a bald eagle passing over the trail!

Starting your journey in the park and around the lake, the trail offers a flat, asphalt surface. Once out of the park, the trail surface switches to a wide, smooth concrete sidewalk as it heads towards downtown along Martin Luther King Jr. Parkway. The trail splits into spurs that connect to



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# Kruidenier Trail

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**States:** Iowa

**Counties:** Polk

Length: 1.9miles

**Trail end points:** Fleur Drive to Thomas Beck  
Road

**Trail surfaces:** Asphalt, Concrete

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

**Trail activities:** Bike, Inline

Skating, Walking, Wheelchair Accessible

## Parking & Trail Access

The Kruidenier Trail is located 2 miles north of Des Moines International Airport on Fleur Drive, heading north towards downtown. The park is located on the right-hand side of the street. Look for a sign marked "Gray's Lake Park entrance." Park near the concession building and pick up the trail from there.



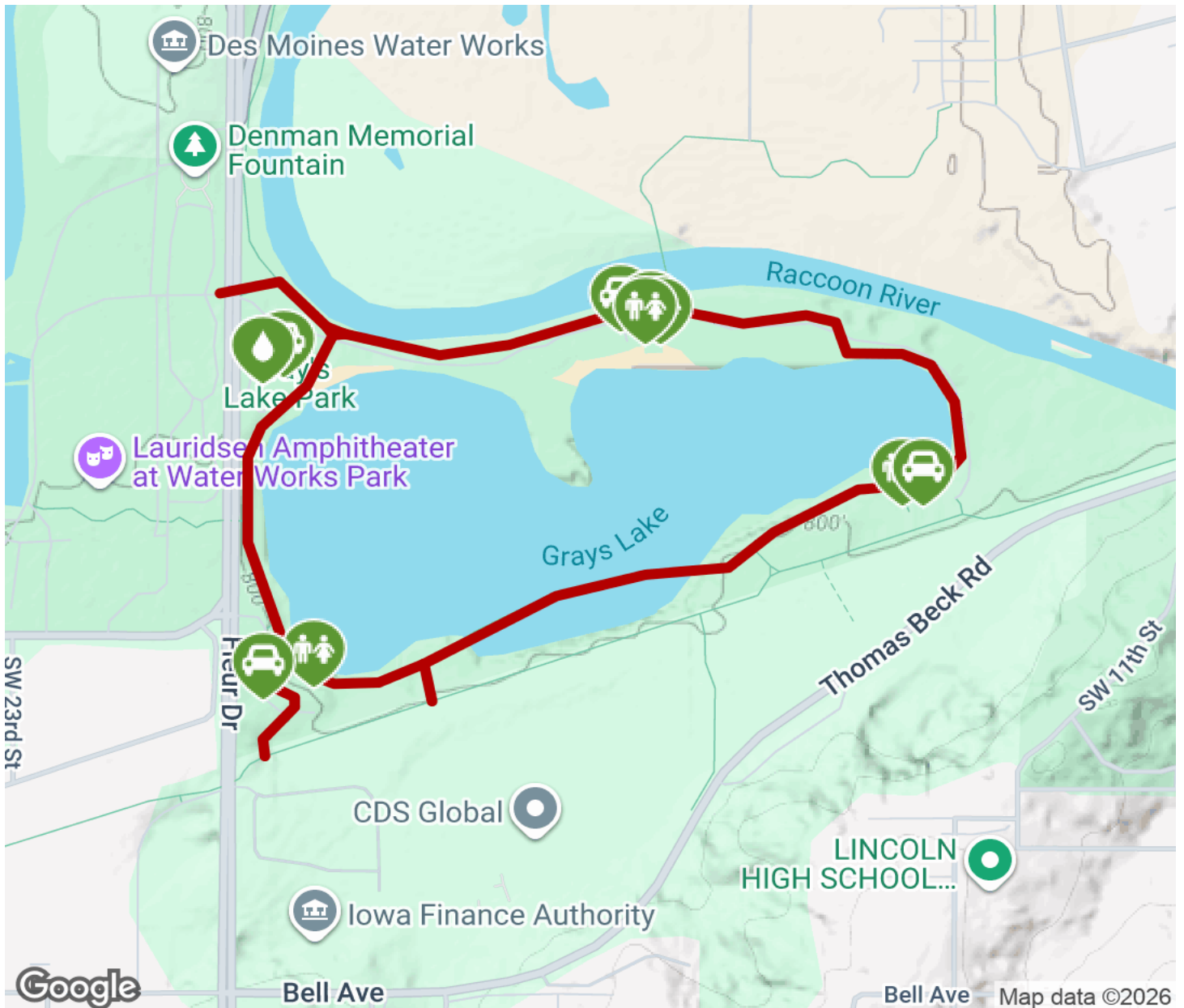
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Iowa



-  Trailhead
-  Restroom
-  Parking
-  Water Fountain
-  Tunnel