



2026

TrailLink Unlimited 

Guides



Des Moines River Trail

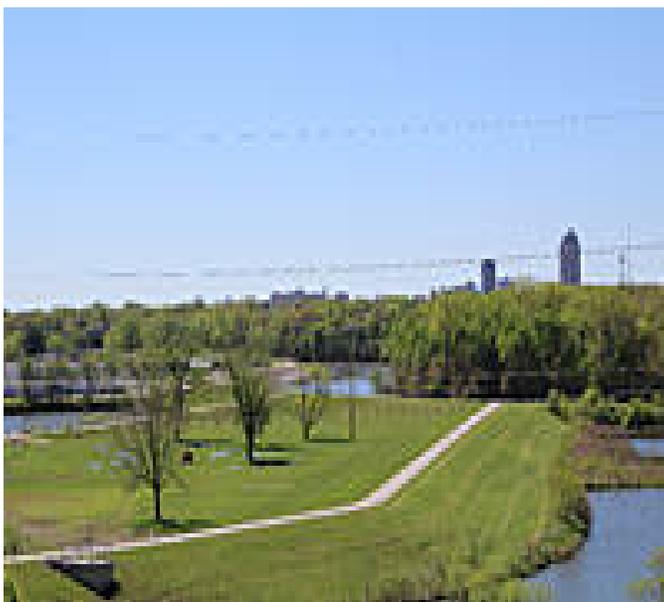
Iowa



Des Moines River Trail

Iowa

Take a morning bike ride or evening stroll on the Des Moines River Trail. The paved trail diverges from the Meredith Trail and



Take a morning bike ride or evening stroll on the Des Moines River Trail. The paved trail diverges from the [Meredith Trail](#) and Principal Riverwalk, continuing for 2.6 miles downstream to the James W. Cownie Baseball Complex at Hartford Avenue and SE 22nd Street. The pathway provides both a tranquil riverside traveling experience and stunning views of downtown Des Moines.



Des Moines River Trail

Iowa

States: Iowa

Counties: Polk

Length: 2.6miles

Trail end points: Meredith Trail at Scott Ave to
James W. Cownie Baseball Complex

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike, Inline Skating, Walking

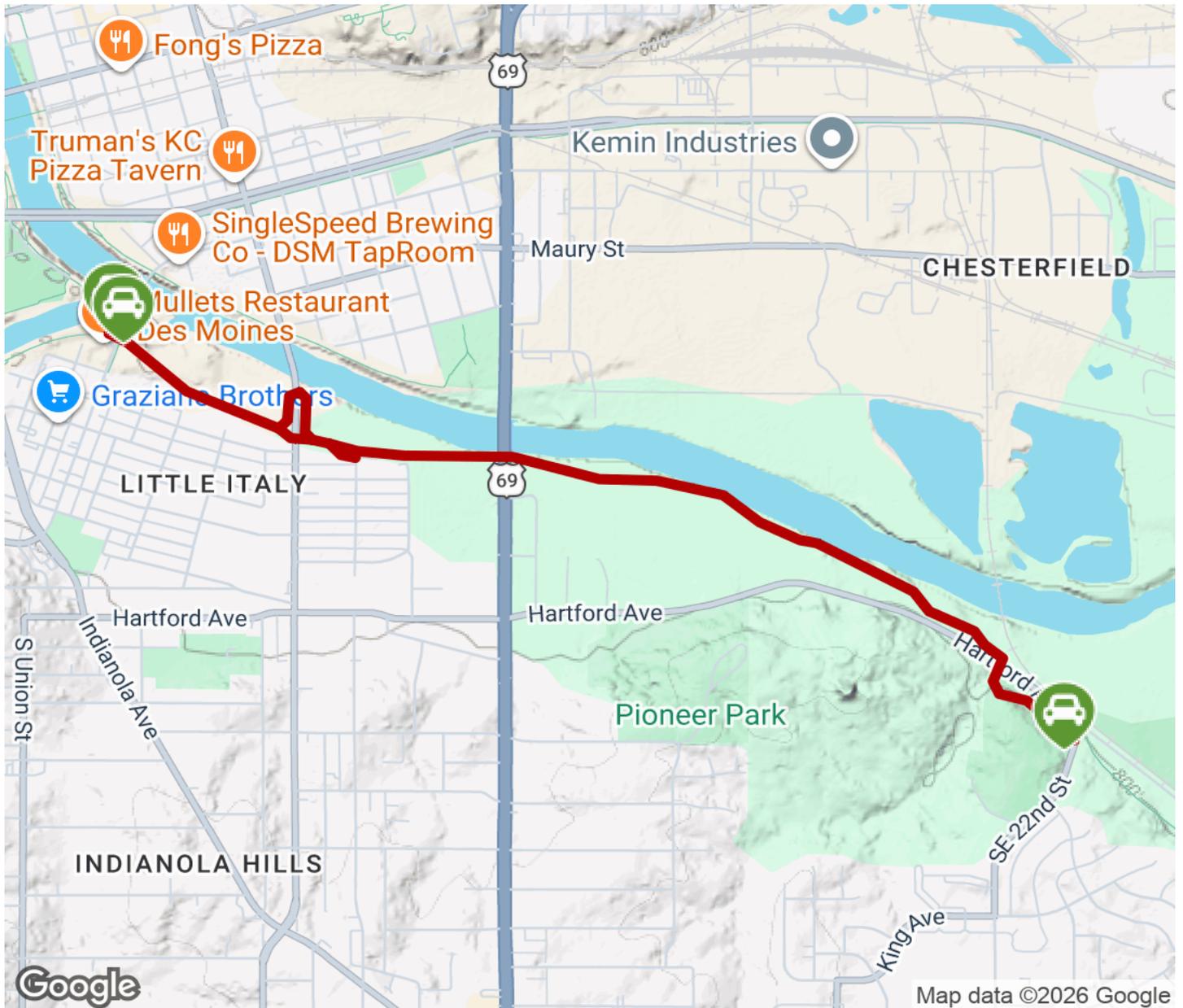
Parking & Trail Access

The trail can be accessed from the surrounding neighborhoods so on-street parking is one option. Off-street parking can be found at the Baseball Complex (Hartford Avenue and SE 22nd Street).



Des Moines River Trail

Iowa



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com