



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

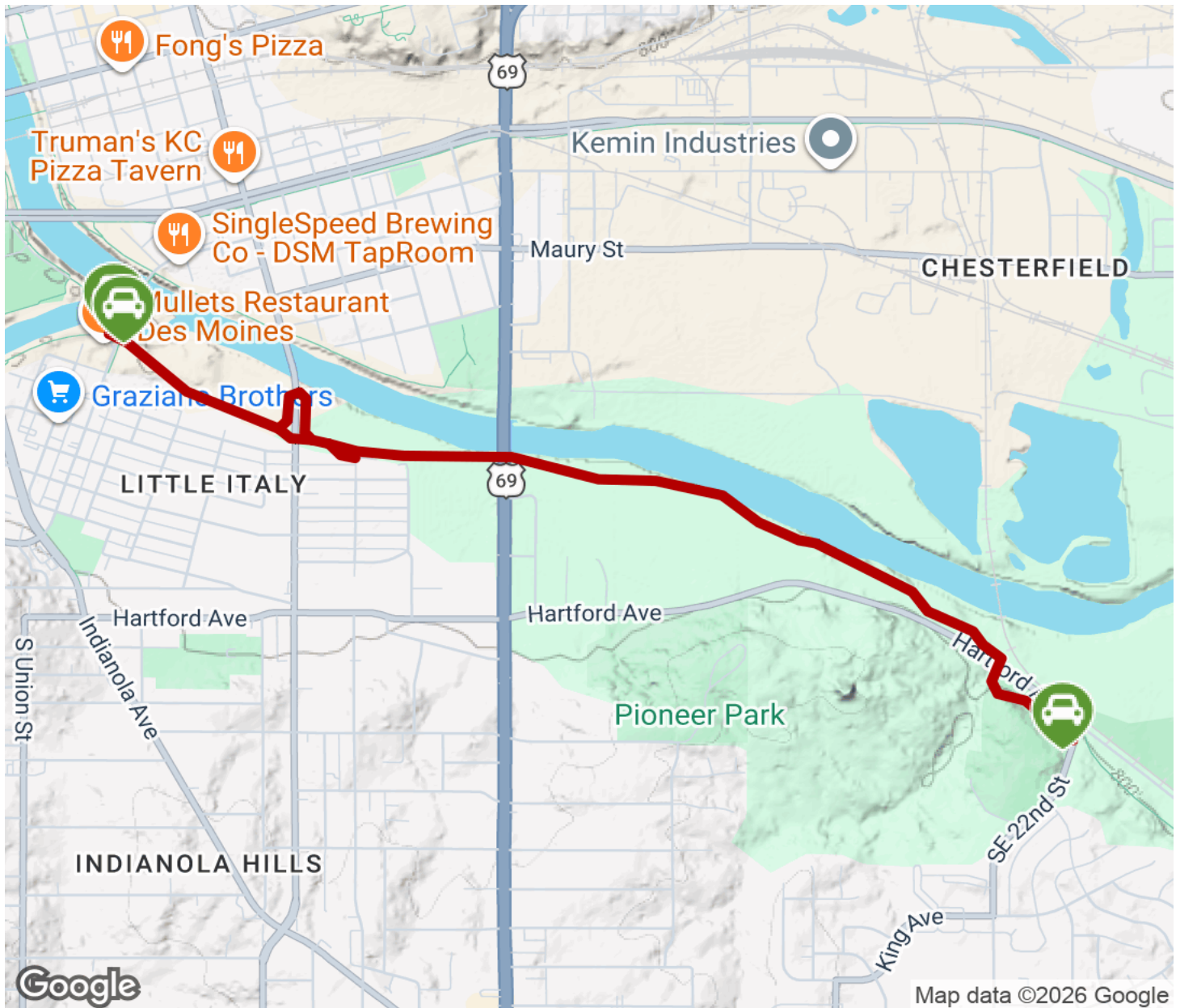
## Parking & Trail Access

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

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