



2026

TrailLink Unlimited



Guides



Meredith Trail

Iowa



Meredith Trail

Iowa

The Meredith Trail connects from downtown Des Moines west to Gray's Lake Park. The trail picks up off where the Principal



illuminated by shards of rainbow light. In 2011, the American Planning Association's (APA) named Gray's Lake Park one of their Great Places in America for that year.

Meredith Trail was named in memory of Ted Meredith, former Chairman of the Board for Meredith (publishing), as well as a dedicated conservationist.

The Meredith Trail connects from downtown Des Moines west to Gray's Lake Park. The trail picks up off where the Principal Riverwalk leaves off along the Des Moines River. At the confluence with Raccoon River, the trail pivots southwest towards the Gray's Lake Park, where it turns over the journey to other trails including the Bill Riley Trail to Walnut Creek, and the Kruideneir Trail, which circumscribes Gray's Lake. From here, one can access additional trails in Des Moines' 46-mile multiuse pathway network.

Gray's Lake Park is arguably the city's most famous, most loved and most frequented recreational area. The bridge over the lake which completes the Kruideneir's circuit is a particular standout as the perfect vantage point to view the downtown skyline. At night, the bridge's pathway is



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States: Iowa

Counties: Polk

Length: 5.2miles

Trail end points: Bill Riley Trail at SW 30th Street to Principal Riverwalk at Court Ave and Water Street

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike, Walking, Wheelchair Accessible

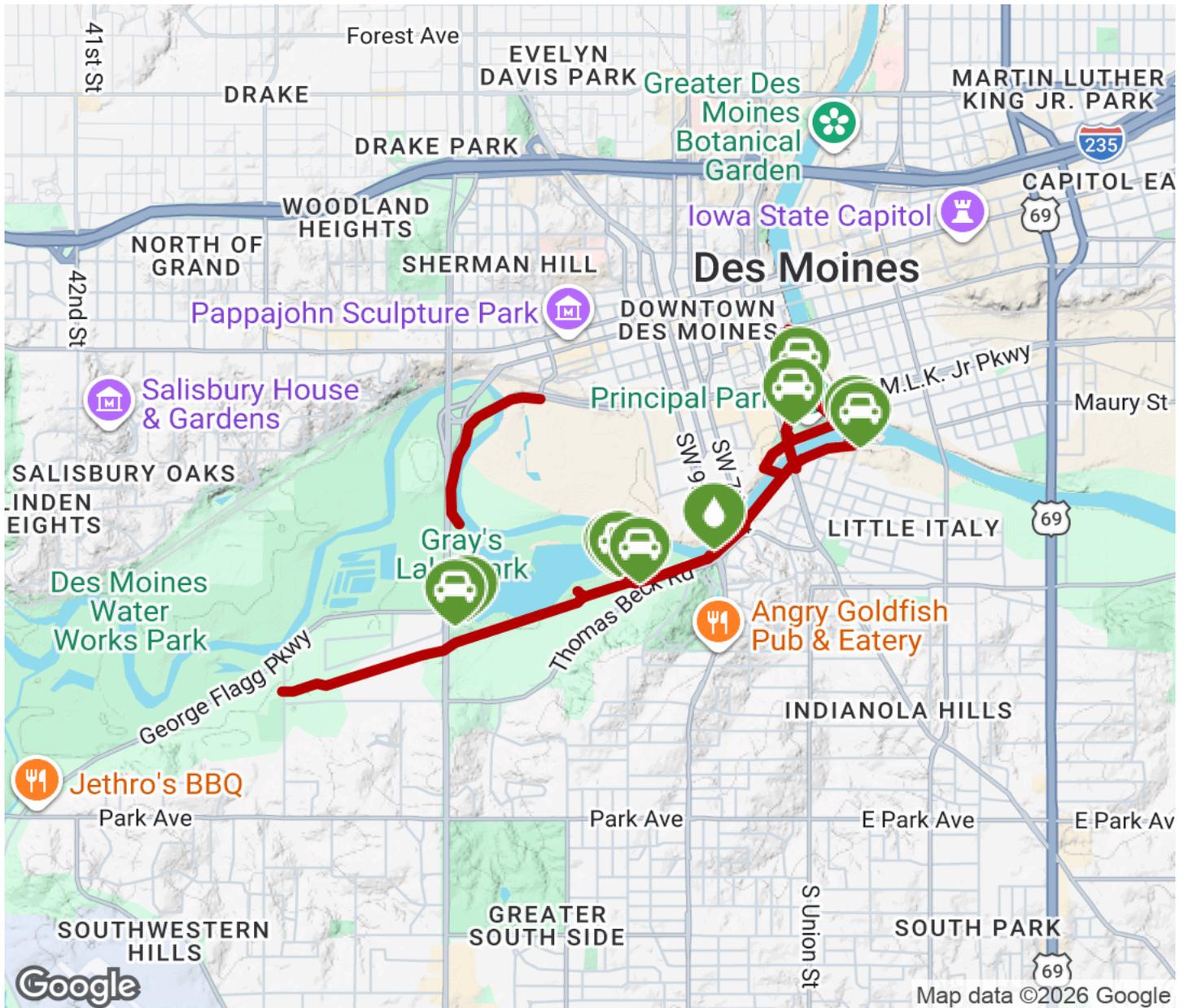
Parking & Trail Access

There is off-street parking provided at Gray's Lake Park (2101 Fleur Drive).



Meredith Trail

Iowa



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

[TrailLink.com](https://www.TrailLink.com)