



OFF ROAD TRAILS

MILES OF FUN YEAR-ROUND.

Mountain Bike. Hike. Cross Country Ski.



See you on the trail!
visitdecorah.com

Adventure!

OFF ROAD TRAILS
MILES OF FUN YEAR-ROUND.
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IMPORTANT—please read
The Decorah Trail system is extensive and includes trails that can be challenging for riders of all skill levels. Proper equipment and experience is necessary to ensure the safety of all who use the trails. Regardless of past mountain biking experience, we recommend you use extreme caution when testing out new trails.

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1-563-382-3990

Looking for paved bike trails? Contact us to get your copy of our Paved Trails of Winneshiek County Map.

Photos: Hannah Garry



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If you have an emergency on the trail call 911

NORTHEAST DECORAH

1 Beginners Start Here

New to mountain biking? Start here! The River Trail is a great spot to test out off road trails and get a feel for the sport. It is always a good idea to start slow and learn with the proper safety equipment.

3 Ice Cave Park

The Decorah Ice Cave gets its name from layers of ice that form every year in January and last through August. Trails surrounding the cave have steep inclines that cut around ravines and exposed limestone.

2 Dunning's Spring Park

Dunning's Spring is the site of a beautiful waterfall surrounded by limestone cliffs. The park features a walking path, scenic overlook, and bridge crafted by local stone mason, Ted Wilson.

Dunning's Spring Park and Ice Cave Park Trails

The trails throughout Dunning's Spring and Ice Cave Park are numerous. Due to their complexity and technical difficulty, the trails are not marked on this map. Talk to experts at the local bike shops about navigating this system.

2 DUNNING'S SPRING PARK

walk or bike only

To College Drive

Quarry St

Quarry Hill Road

Ice Cave Road

River Trail

To Winneshiek Ave

Quarry Hill Road

Ice Cave Road

River Trail

To Winneshiek Ave

Quarry Hill Road

Ice Cave Road

River Trail

To Winneshiek Ave

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Ice Cave Road

River Trail

To Winneshiek Ave

Quarry Hill Road

Ice Cave Road

River Trail

To Winneshiek Ave

7 Twin Springs Park

This beautiful loop overlooks one of Decorah's natural springs. The changes in elevation will challenge experienced bikers and hikers.

6 Will Baker Park ~ Pulpit Rock ~

This short climb will take you to the iconic stone structure, Pulpit Rock. The city campground located across the road gets its name from this landmark. The view looks over the Upper Iowa River and Community Prairie.

WILL BAKER PARK

COMMUNITY PRAIRIE

9 Phelps Park

Decorah's oldest park has ample parking and restroom facilities. Hikers can enjoy a scenic overlook and trail along the bluff that connects to the paved Trout Run Trail on the west end.

8 Community Prairie

The prairie was planted to protect water quality along the Upper Iowa River and create habitat for native pollinators. The walking trails here are wide and grassy. A butterfly garden lies within the prairie and creates an easily accessible, peaceful space for visitors.

LEGEND

Off Road Trails

Easy

Beginner

Trout Run Trail

Main Roads

into Decorah

Hard

North

South

West

East

4 Van Peenen Park

Variety of terrain including pine forests, steep climbs, and a "Rocky Road." The Prairie and Pines are suitable for new riders but leaving these trails will take you to technical sections with no easy bail outs.

5 Palisades Park

Features elevation, steep descents, roots, tight corners, and rocky sections. It's a skilled rider's dream come true! The off-road trails in Palisades cross the paved road that cars drive up to see the overlook, so it's wise to use caution as you cross.

5 PALISADES PARK

Upper Palisades
Middle Palisades
Lower Palisades
Dead Pet
Lower Dead Pet
Log Jam
Ice Cave Road
Old Palisades Road

WEST DECORAH

Fifth Ave

Mound St

Ohio St

AASE HAUGEN

WAYSIDE PARK

Main St

Broadway St

Upper Broadway

Jefferson St

Vernon St

Park St

College Drive

Mill St

Project Partners:

Decorah Bicycles
Oneota River Cycles
Decorah Area Chamber of Commerce
Winneshiek County Development, Inc.

This project paid for in part by the Iowa Tourism Office.

travel IOWA

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