



National Walking Week 2025

April 1 - 7

Tuesday, April 1

Corinne Nelson, Urbandale Library, 2:00 PM

Our first walk of the week will start from the south end of the Urbandale Public Library parking lot, 3510 86th St, in Urbandale. We will walk the nature trail along North Walnut Creek.

Wednesday, April 2

Jan Knock, Raccoon River Park, 10:30 AM

Located in the SE part of West Des Moines is the “crown jewel” of the West Des Moines parks system. We’ll start our walk at the Nature Lodge. You’ll find ample parking nearby. Our walk takes us on the Blue Heron Lake Loop, a flat 3.3 miles. Plan on a short out and back over the Raccoon River on the Athene Pedestrian Bridge into Walnut Woods State Park. If this distance is too ambitious for you, please know there are benches along the route and the distance can be adjusted by turning around at your chosen distance.

Bring a snack or lunch if you like and in good weather we’ll enjoy a picnic together.

Thursday, April 3

Dana/Ann Bresler, High Trestle Bridge, 11:30 AM

Please pack a picnic lunch for this walk. We will walk over the High Trestle Bridge and have our picnic at the bridge overlook. We will gather at the trailhead at the intersection of the High Trestle Trail and QF Lane. Traveling west from Madrid on Hwy 210, within 1.5 miles you will pass QW Lane on the left, then after a slight bend in the road you will come to QF Lane on the left. Turn and go South .4 miles to the High Trestle trailhead parking lot where we will meet. There is a portable toilet there.

Friday, April 4

Sandy Nabholz, Easter Lake, 2:00 PM

Enter Easter Lake Park at the main entrance off Easter Lake Drive, which is between SE 26th Ct and SE 30th St in Des Moines. Take the first right, heading towards the covered bridge. Park at the first lot nearest the red covered bridge (on the left). We will walk on the paved trail going through the bridge. The trail is on slightly rolling hills through woodlands with some views of the lake. It will last roughly an hour, with options to extend your walk further.

Saturday, April 5

Robin Madison, Gray's Lake, 10:00 AM

We'll meet in Water Works Park in the lot behind the amphitheater stage at 10 am and decide upon our route, either around Gray's Lake, through Water Works, or some combination, depending on current trail conditions. We'll walk for about 45-60 minutes. After the walk, we'll see if there's interest in gathering for lunch somewhere.

Sunday, April 6

Ann/Dana Bresler, Marshalltown, 2:00 PM

A walk around downtown Marshalltown to review the reconstruction (so far) of the extensive storm damage caused by the E4 Tornado of July 2018 and the Derechos of August 2020. We will start in the parking lot of the YMCA-YWCA, 108 Washington St, Marshalltown, IA.

Monday, April 7

Corinne Nelson, Pleasant Hill Lake, 11:00 AM

The last walk of the week will be at Copper Creek Lake Park, 4390 E University, in Pleasant Hill. We will meet in the parking lot and walk the paved trail around the lake. There are restaurants in the area if we want to top the week off with lunch.

Event Cancellation Policy:

Always use your own best judgment about conditions when attending our events. Generally, we cancel events when extreme temperatures, heavy rain, or measurable snow are forecasted. Events in the Des Moines metro will be canceled if Des Moines Public Schools have canceled classes or are closing early.

To check for event cancellations, visit our website or Facebook page. The Club will attempt to notify members by email when possible.