The Metropolitan Area has more than 70 miles of off-street multi-use trails that contribute to an active transportation network. These trails, along with side paths/wide sidewalks and on-street facilities, such as bike lanes and sharrows, provide safe and efficient routes for commuting and recreation.

The Metropolitan Planning Organization of Johnson County (MPOJC) works with Johnson County communities and the University of Iowa to coordinate bicycle and pedestrian planning. MPOJC's Regional Trails and Bicycle Committee (RTBC) brings together representatives from Iowa City, Coralville, North Liberty, University Heights, Tiffin, Johnson County, and the University of Iowa, along with members of local bicycle advocacy groups, to plan for improvements to the trail network and for other programs and policies to enhance bicycle and pedestrian safety. MPOJC assists member communities with grant applications for state and federal funds to extend and improve pedestrian and bike facilities and with applications to the League of American Bicyclists for designations as Bike Friendly Communities.

TRAIL ETIQUETTE
- Ride or walk on the right side of the trail.
- When in a group or with your pets, use no more than half the trail.
- When stopping, move as far to the right as you can or off the trail where appropriate.
- Pass on the left.
- Alert those you are passing by ringing your bell or simply saying "passing on your left" as you approach...before you actually pass.
- Ride at a reasonable speed.
- Yield to slower and oncoming traffic.
- Be cautious when crossing driveways, streets, side walks, or other trails.
- Obey all traffic signs and signals.

Cover photo courtesy of the Iowa City Cycling Club's Women's Initiative.
BICYCLE FACILITIES

Off-Streets: A paved multi-use path. Off-street infrastructure is typically associated with a reduced number of street crossings or encounters with motor vehicle traffic. Trails are shared by bicyclists, pedestrians, and other non-motorized users.

Sidewalks/Wide Sidewalks: Paved multi-use paths that are part of the street right-of-way running parallel to the roadway. Many new arterial streets include sidewalks on one side of the street. For the purpose of this map, sidewalks also include in this classification short trails (<800 feet) in areas of narrow streets include wide sidewalks on one side of the street. For the purpose of this map, sidewalks are dedicated only along roadways that do not have curbs and gutters (i.e., rural roadways).

Bike Lane: A marked portion of a roadway, designated for exclusive use by bicyclists. Metro area bike lanes are for one-way travel only.

Marked Shared Lane (Sharrow): A roadway that includes pavement markings to indicate the appropriate priority for bicyclists using a shared lane that is shared by motor vehicle and bicycles. While bicyclists have the right of way in the full bike lane, a sharrow alerts motorists to the presence of bicyclists in the marked lane that are commonly used by bicyclists but where there is not adequate space for a bike lane.

Shared Shoulder: Roadways with areas of pavement just outside the regular lane. A shared shoulder may be used by bicyclists similar to a bike lane that is used as accommodative stoppable vehicle emergency use, and pedestrian use. For the purpose of this map, shared shoulders are dedicated only along roadways that do not have curbs and gutters (i.e., rural roadways).

On-Street Route: A paved multi-use path. Off-street trails typically provide facilities to bicyclists in areas of narrow streets include wide sidewalks on one side of the street. For the purpose of this map, we also include in this classification short trails (<800 feet) in areas of narrow streets include wide sidewalks on one side of the street. For the purpose of this map, sidewalks are dedicated only along roadways that do not have curbs and gutters (i.e., rural roadways).

Legend:
- **Bike Stations**
- **Bike Repair Stations**
- **Bike Tracks**
- **Bike Lanes**
- **Bike Shelves**
- **Bike Paths**
- **Bike Pathways**
- **Bike Shoulder**
- **Bike Shared Shoulder**
- **Bike Markings**
- **Bike Lanes**
- **Bike Shoulder**
- **Bike Shared Shoulder**
- **Bike Markings**

**METRO BIKEWAYS**

**IOWA RIVER TRAIL**

- **End Points:**
  - Coralville: South of Johnson Avenue to North Liberty
  - North Liberty: South of the Iowa River bridge in North Liberty
- **Destinations:**
  - Johnson Avenue
  - South of Johnson Avenue to North Liberty
  - North Liberty
  - North Liberty Trail
- **Water/Restrooms:**
  - North Liberty Trail

**NORTH RIDGE - NORTH LIBERTY TRAIL**

- **End Points:**
  - Coralville: South of the Hwy 965 interchange to Iowa City
  - Iowa City: South of the Hwy 965 interchange to Coralville
- **Destinations:**
  - Coralville
  - Iowa City
  - North Liberty
  - North Liberty Trail
- **Water/Restrooms:**
  - North Ridge Trail

**COURT HILL TRAIL**

- **End Points:**
  - Coralville: South of the Hwy 1 Trail to Iowa City
  - Iowa City: South of the Hwy 1 Trail to Coralville
- **Destinations:**
  - Coralville
  - Iowa City
  - South of the Hwy 1 Trail to Coralville
  - South of the Hwy 1 Trail to Iowa City
- **Water/Restrooms:**
  - Coralville

**NORTH RIDGE - COUNTRY CLUB TRAIL**

- **End Points:**
  - Coralville: North of the Hwy 1 Trail to Iowa City
  - Iowa City: North of the Hwy 1 Trail to Coralville
- **Destinations:**
  - Coralville
  - Iowa City
  - North of the Hwy 1 Trail to Coralville
  - North of the Hwy 1 Trail to Iowa City
- **Water/Restrooms:**
  - Coralville

**CLEAR CREEK TRAIL**

- **End Points:**
  - Coralville: South of the Hwy 1 Trail to Iowa City
  - Iowa City: South of the Hwy 1 Trail to Coralville
- **Destinations:**
  - Coralville
  - Iowa City
  - South of the Hwy 1 Trail to Coralville
  - South of the Hwy 1 Trail to Iowa City
- **Water/Restrooms:**
  - Coralville

**WILLOW CREEK TRAIL**

- **End Points:**
  - Coralville: South of the Hwy 1 Trail to Iowa City
  - Iowa City: South of the Hwy 1 Trail to Coralville
- **Destinations:**
  - Coralville
  - Iowa City
  - South of the Hwy 1 Trail to Coralville
  - South of the Hwy 1 Trail to Iowa City
- **Water/Restrooms:**
  - Coralville

**SYCAMORE GREENWAY TRAIL**

- **End Points:**
  - Coralville: South of the Hwy 1 Trail to Iowa City
  - Iowa City: South of the Hwy 1 Trail to Coralville
- **Destinations:**
  - Coralville
  - Iowa City
  - South of the Hwy 1 Trail to Coralville
  - South of the Hwy 1 Trail to Iowa City
- **Water/Restrooms:**
  - Coralville

**MUDDY CREEK TRAIL**

- **End Points:**
  - Coralville: South of the Hwy 1 Trail to Iowa City
  - Iowa City: South of the Hwy 1 Trail to Coralville
- **Destinations:**
  - Coralville
  - Iowa City
  - South of the Hwy 1 Trail to Coralville
  - South of the Hwy 1 Trail to Iowa City
- **Water/Restrooms:**
  - Coralville

**WINNERS CREEK TRAIL**

- **End Points:**
  - Coralville: South of the Hwy 1 Trail to Iowa City
  - Iowa City: South of the Hwy 1 Trail to Coralville
- **Destinations:**
  - Coralville
  - Iowa City
  - South of the Hwy 1 Trail to Coralville
  - South of the Hwy 1 Trail to Iowa City
- **Water/Restrooms:**
  - Coralville

**SUGAR BOTTOM TRAIL**

- **End Points:**
  - Coralville: South of the Hwy 1 Trail to Iowa City
  - Iowa City: South of the Hwy 1 Trail to Coralville
- **Destinations:**
  - Coralville
  - Iowa City
  - South of the Hwy 1 Trail to Coralville
  - South of the Hwy 1 Trail to Iowa City
- **Water/Restrooms:**
  - Coralville

**LEGEND**

- **Bike Stations**
- **Bike Repair Stations**
- **Bike Tracks**
- **Bike Lanes**
- **Bike Shoulder**
- **Bike Shared Shoulder**
- **Bike Markings**
- **Bike Lanes**
- **Bike Shoulder**
- **Bike Shared Shoulder**
- **Bike Markings**

**DECLARATION:** This map is intended to illustrate the trail networks in the Iowa City Metropolitan Area. All trails depicted on the map are for illustrative purposes only and are maintained for personal use. Soft surfaces, hikes, and short rides within nearby neighborhoods may not be shown, but may be designated with a hiking or mountain bike icon.