There are more than 100 miles of off-street multi-use trails and sidepaths in Johnson County. Along with on-street facilities, signed routes, and low-volume streets, the Iowa City Metro trails provide a safe and efficient bicycling network for commuting and recreation.

The Metropolitan Planning Organization of Johnson County (MPOJC) works to coordinate bicycle and pedestrian planning within the urbanized area of Johnson County, including the allocation of federal funding for bicycle and pedestrian projects. Visit MPOJC.org/bicycleresources.

The Metropolitan Planning Organization of Johnson County (MPOJC) makes no warranties, expressed, or implied, including without limitation, any warranties of merchantability or fitness for the particular purpose. In no event shall MPOJC be liable for lost profits or any consequential or incidental damages caused by the use of this map.

Bike Iowa City is an initiative to recognize the Iowa City area as the premier community for bicycling in the Midwest. Bikeiowacity.com is the go-to resource for planning bicycle adventures in Johnson County and a central hub for bicycling information, including popular routes, links to active bicycle groups, and a comprehensive calendar of cycling rides and events for riders of all ages and abilities.

Make yourself visible 24/7: wear light-colored or reflective clothing and use a headlight and blinky red tail light whenever you ride—night or day.
Multi-Use Paved Trails

Iowa River Corridor Trail
8.2 miles (north-south) Iowa City, North Liberty, Johnson County.
From the Westside Bridge northeast of Liberty to Trueblood Recreation Area in North Liberty. The trail parallels the Iowa River and provides access to local destinations.

Clear Creek Trail
9 miles (east-west) Iowa City, Coralville, Tiffin, Johnson County.
From 1st Ave in Coralville or Mormon Trek Blvd in Iowa City, the Clear Creek Trail extends west toward Kent Park, Tiffin where the trail extends west toward Kent Park.

North Ridge-North Liberty Trails
6.3 miles (north-south) Coralville, North Liberty.
This commuter trail runs from Penn St in North Liberty to the Coral Ridge Mall in Coralville. At the south end, connect via 35th St to the Iowa River Corridor Trail (IRC). In between, connect with the Muddy Creek Trails and or skateparks on Oakdale Blvd and Hickory Rd.

Highway 6 and 1 Trails
2.6 miles (east-west) Iowa City.
The Highway 1 Trail extends from Mormon Trek Blvd to Orchard St. The Highway 6 Trail runs from 1st Ave to Broadway St. In 2022, a new segment will be constructed from Farmwood Blvd to Indiana Blvd.

Creekside Connector Trail
2.25 miles (east-west) Iowa City.
A trail connecting neighborhoods east of Scott Blvd to James St, 7th Ave, is planned for construction in 2025/2026.

Highway 6 Trail
10 miles (east-west) Iowa City.
A trail connecting neighborhoods east of Scott Blvd to James St. The Hwy 6 Trail runs from S Gilbert St to Broadway St. In 2022, a new segment will be constructed from Fairmeadows Blvd to Broadway St.

Heinz Rd. The final segment, from Fairmeadows Blvd to Broadway St. In 2022

Highway 1 Trail
3.6 miles (east-west) Iowa City.
A trail connecting neighborhoods east of Scott Blvd to James St. The Hwy 1 Trail extends from Penn St in North Liberty to the Clear Creek Trail. On the north end, connect from Penn St to the Iowa River Corridor Trail (IRC).

Southwick Greenway Trail
2.5 miles (north-south) Iowa City.
From Lagemann Dr to Solon Soccer Park. The trail follows a unique wetland system that is the Southwick Greenway. Spurs also connect to S Sycamore St, Lagemann Blvd to join from the Southwick Greenway Trail to the Iowa River Corridor Trail at Trueblood River Park.

Willow Creek Trail
3.5 miles (east-west) Iowa City.
This neighborhood trail in west Iowa City extends from West High School to Willow Creek and Kiwanis Park. A low-stress on-street connection from the south end of the trail links to the Hwy 1 Trail.

Sport Trail
This commuter trail runs from Penn St in North Liberty to the Coral Ridge Mall in Coralville. At the south end, connect via 35th St to the Iowa River Corridor Trail (IRC). In between, connect with the Muddy Creek Trails and or skateparks on Oakdale Blvd and Hickory Rd.

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From Lagemann Dr to Solon Soccer Park. The trail follows a unique wetland system that is the Southwick Greenway. Spurs also connect to S Sycamore St, Lagemann Blvd to join from the Southwick Greenway Trail to the Iowa River Corridor Trail at Trueblood River Park.

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This neighborhood trail in west Iowa City extends from West High School to Willow Creek and Kiwanis Park. A low-stress on-street connection from the south end of the trail links to the Hwy 1 Trail.

SPORT TRAIL MARKING patterns are used along routes where analytists are necessary to safely direct bike traffic.

2.0 miles (north-south) Iowa City.
From Lakeside Dr to Kickers Soccer Park. The trail follows a unique wetland system that is the Sycamore Greenway. Spurs also connect to S Sycamore St, Lagemann Blvd to join from the Sycamore Greenway Trail to the Iowa River Corridor Trail at Trueblood River Park.

Muddy Creek Trail
6 miles of Singletrack. Coralville

Trailhead and from the Clear Creek Trail in Coralville. Access from Camp Cardinal Blvd at the Tom Harkin Rec Area.

Muddy Creek Trail
80/380 interchange; accessible from Clear Creek Trail.

3550 340th St SE, Coralville, southeast of the Interstate 80/380 interchange accessible from Clear Creek Trail.

1.5 mile singletrack trail between Deer Creek Rd and Creekside Cross Park in under construction (2022).

Sugar Bottom Mountain Bike Trails
Sugar Bottom Recreation Area, Southwest of Solon in Johnson County.

13 miles of singletrack trails.

3550 340th St SE, Coralville, southeast of the Interstate 80/380 interchange accessible from Clear Creek Trail.

2.6 miles cyclocross course

2.5 mile singletrack trail

Creekside Cross
3550 340th St SE, Coralville, southeast of the Interstate 80/380 interchange accessible from Clear Creek Trail. 2.6 miles cyclocross course

2.5 mile singletrack trail

Sycamore Greenway Trail
From Lagemann Dr to Solon Soccer Park. The trail follows a unique wetland system that is the Sycamore Greenway. Spurs also connect to S Sycamore St, Lagemann Blvd to join from the Sycamore Greenway Trail to the Iowa River Corridor Trail at Trueblood River Park.

Willow Creek Trail
3.5 miles (east-west) Iowa City.
This neighborhood trail in west Iowa City extends from West High School to Willow Creek and Kiwanis Park. A low-stress on-street connection from the south end of the trail links to the Hwy 1 Trail.

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