

To MEHAFFEY BRIDGE Rd.

SUGAR BOTTOM RECREATION AREA OFF-ROAD BICYCLE TRAILS

PRODUCED FOR
Iowa Coalition of Off-Road Riders
www.icorrmtnb.org
BY
VO2 Media Inc, Minneapolis, MN
www.vo2media.com

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INFO HOTLINE: (319) 626-1160

ICORR is a volunteer-based, non-profit organization formed to promote, preserve and improve mountain bike trail access in Iowa.

TRAIL ETIQUETTE:

- Do not ride on closed trails. Rangers will issue citations.
- Do not ride on muddy trails to prevent damaging trails.
- Most trails are directional; follow signs to avoid accidents.
- Yield to hikers and allow faster riders to pass.

SAFETY TIPS:

- Wear a helmet.
- Properly adjust tire pressure, brakes and gears.
- Do not use child carriers or trailers.
- Dogs must be leashed (park regulation).
- Watch out for poison ivy and thorns.

NORTH			SOUTHEAST			SOUTHWEST		
	mi	km		mi	km		mi	km
101	2.05	3.30	201	1.34	2.16	301	0.98	1.58
102	.26	.42	202	.22	.35	302	.39	.63
103	.29	.47	203	.44	.71	303	.63	1.01
104	.50	.80	204	.49	.79	304	.88	1.42
105	1.12	1.80	205	.39	.63	305	.63	1.01

Paved Road
 Access Road
 High Water Line

Easier Trail
 More Difficult Trail
 Most Difficult Trail
 Trail Direction
 Start Trail (Enter Here)
 End Trail (Do Not Enter)
 Connector (2-way)

Signboard
 Caution!

SUGAR BOTTOM Rd.

CORALVILLE LAKE

The Peninsula

Novice Loop

Shelter
Picnic
Tables

Cyclocross
Hill

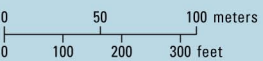
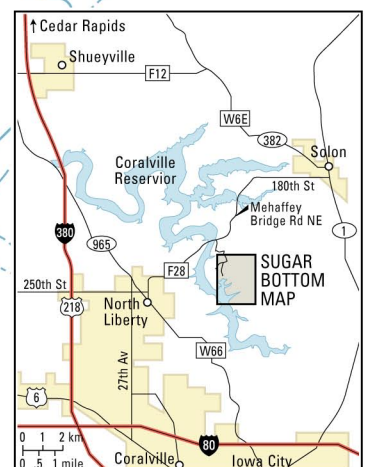
Parking
Bathrooms
& Water
Beach
showers

TRANSITION
ENTRANCE

Fire Road

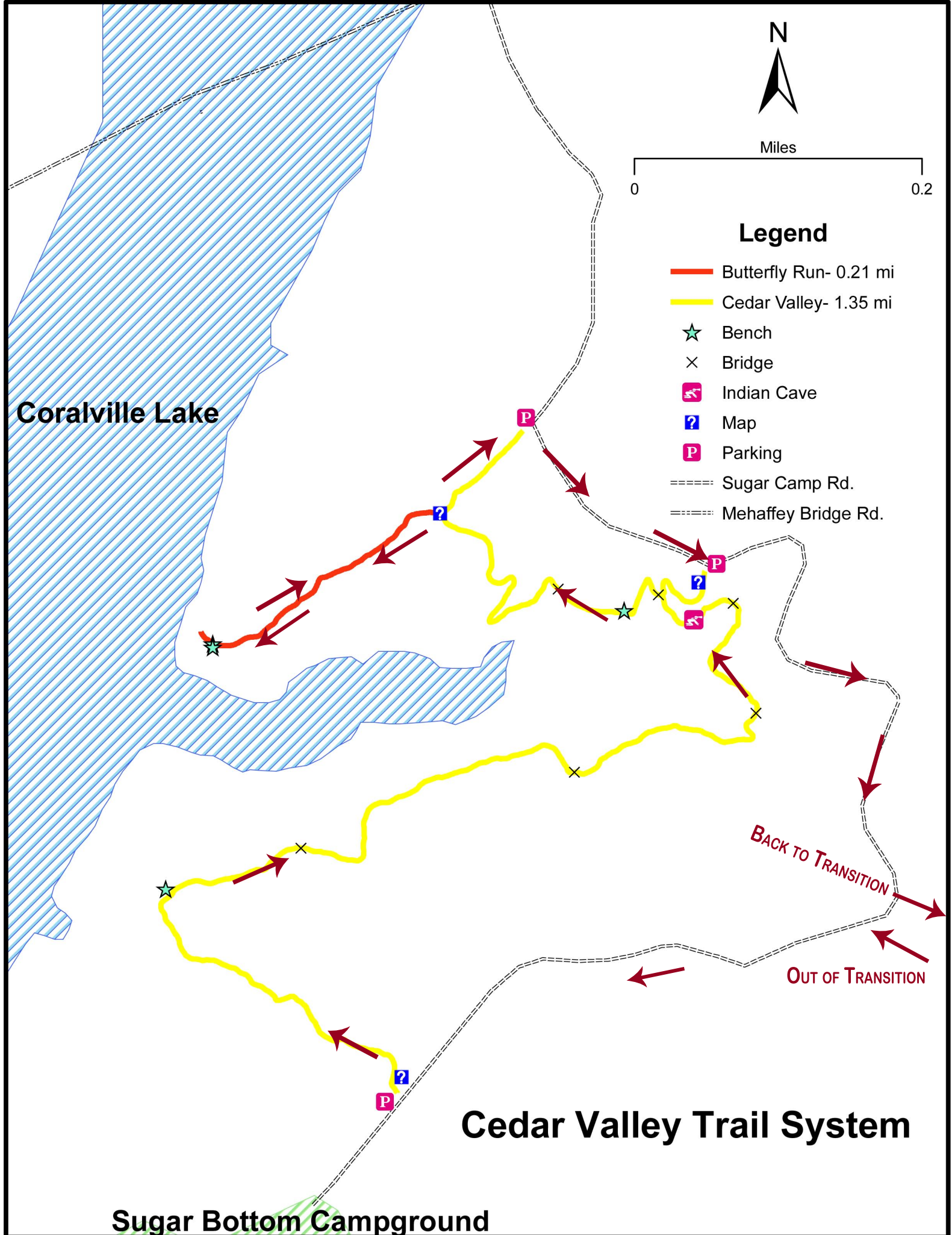
Hell Trail

Troll Bridge



The New Bike Course:

- North out of transition to Mehaffey Bridge Rd.
- Turn right onto Mehaffey Bridge Rd.
- Turn right onto Sugar Bottom Rd.
- From Sugar Bottom Rd, turn right onto gravel access road to get to trails. Volunteers and signs will be present.
- Turn left at 201 and continue as on the map. This means doing trails 201, 202, 203, 205, 301, 302, and 303. You will do this loop two times
- Once you have done two laps, turn left from 301 onto the gravel road and then turn right onto trail 105.
- Continue on 105 , then onto 101, which will lead you into 104. This will loop around back to 101 which you will take until the south half of 102.
- 102 will take you of the woods, turn left and that will be the road that leads back to transition.



The New Run Course (2 Laps):

- Exit transition from the south end and turn up the road toward the exit of the park.
- Turn left at the intersection toward the campground
- Turn right into the Cedar Valley Nature Trail and follow the signs and directions of volunteers.
- At the intersection of the Cedar Valley Nature Trail and the Butterfly Run, turn left to go down the Butterfly Run until you see the turnaround.
- Turn back up the Butterfly Run and head straight for the exit of the Cedar Valley Nature Trail.
- At the trail exit, turn right onto the road and head toward the first trail entrance near the campground to start your 2nd lap. On the 2nd lap you will SKIP the Butterfly Run.