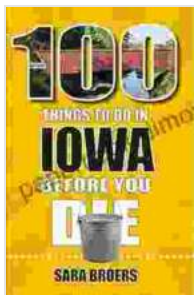


# 100 Things to Do in Iowa Before You Die

Iowa, the Hawkeye State, may not be the first place that comes to mind when you think of must-visit travel destinations. But don't be fooled by its unassuming facade. This Midwestern gem is home to an astonishing array of hidden gems and unforgettable experiences that will leave you yearning for more.



## 100 Things to Do in Iowa Before You Die by Sharon Pendana

★★★★★ 5 out of 5

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Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 179 pages  
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Whether you're an adventure seeker, a history buff, or a culinary enthusiast, there's something for everyone on our curated list of 100 things to do in Iowa before you die. So pack your bags, embrace the Hawkeye spirit, and get ready to embark on an extraordinary journey through the heart of the Midwest.

## Natural Wonders

- **Visit the Effigy Mounds National Monument:** Explore ancient Native American burial mounds shaped into effigies of bears, birds, and other

animals.

- **Hike the Backbone State Park:** Conquer the iconic "Backbone Trail" for breathtaking views of the Mississippi River and limestone cliffs.
- **Paddle through the Yellow River State Forest:** Embark on a serene canoe or kayak adventure amidst towering bluffs and sparkling streams.
- **Stargaze at the Neal Smith National Wildlife Refuge:** Escape to this sprawling prairie for an unforgettable celestial spectacle.
- **Witness the Monarch Butterfly Migration:** Marvel at the vibrant dance of millions of butterflies as they flutter through the Loess Hills Scenic Byway.

## Vibrant Cities

- **Explore the Des Moines Art Center:** Immerse yourself in world-class art collections, including masterpieces by Grant Wood and Pablo Picasso.
- **Stroll through the Iowa City Pedestrian Mall:** Discover charming shops, live music, and historic buildings in the heart of this university town.
- **Visit the National Czech & Slovak Museum & Library:** Celebrate the rich heritage of Iowa's Czech and Slovak communities.
- **Attend a concert at the Civic Music Center:** Enjoy live performances by world-renowned symphony, opera, and ballet companies.
- **Explore the Science Center of Iowa:** Engage in interactive science exhibits and planetarium shows that ignite curiosity.

## Adventure and Recreation

- **Go kayaking on the Cedar River:** Navigate the scenic rapids and tranquil waters of this iconic river.
- **Rock climb at the Devil's Backbone:** Challenge yourself on the sheer limestone walls of this legendary climbing site.
- **Bike the Trestle Trail:** Pedal along an abandoned railroad trestle for stunning views of the Des Moines River Valley.
- **Attend the Iowa State Fair:** Immerse yourself in the iconic sights, sounds, and flavors of the Midwest's largest state fair.
- **Visit the Field of Dreams:** Step into the cinematic landscape of the legendary baseball movie and enjoy a nostalgic game.

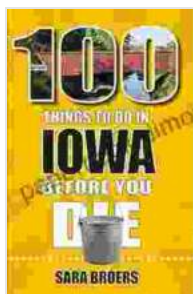
## History and Culture

- **Visit the Herbert Hoover National Historic Site:** Explore the boyhood home and presidential library of the 31st President of the United States.
- **Attend a performance at the Englert Theatre:** Witness a diverse array of live performances in this historic downtown venue.
- **Visit the Pella Historical Village:** Step back in time to experience the Dutch heritage and pioneer life of this charming community.
- **Explore the Amana Colonies:** Discover the unique history and communal living of this German-speaking religious settlement.
- **Attend the RAGBRAI:** Join thousands of cyclists for this annual week-long cross-state bicycle ride.

## Culinary Delights

- **Savor a juicy Maid-Rite loose meat sandwich:** Indulge in this Iowa-born culinary icon, featuring ground beef grilled on a hot griddle.
- **Visit the Chocolate Manor:** Step into a world of sweet delights at this family-owned chocolate factory and museum.
- **Attend the Iowa Wine Festival:** Sample award-winning wines from over 40 Iowa wineries at this annual celebration.
- **Explore the Millstream Brewery:** Quench your thirst with locally crafted beers at one of Iowa's oldest and most respected breweries.
- **Dine at the New Bohemian Café:** Savor authentic Czech cuisine in the heart of Cedar Rapids.

These are just a taste of the countless experiences that await you in Iowa. Whether you're a first-time visitor or a lifelong resident, this comprehensive guide will inspire you to create lasting memories in the Hawkeye State. So gather your loved ones, explore our curated list, and embark on an unforgettable journey that will leave you yearning for more.



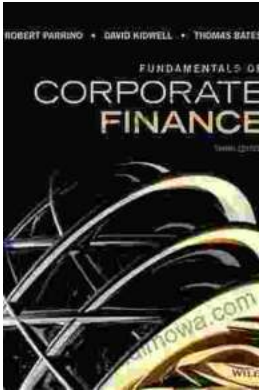
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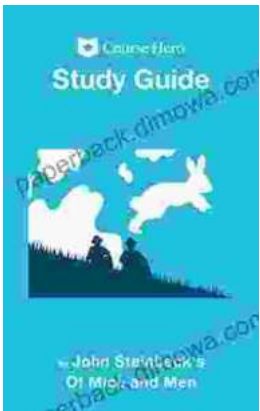
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