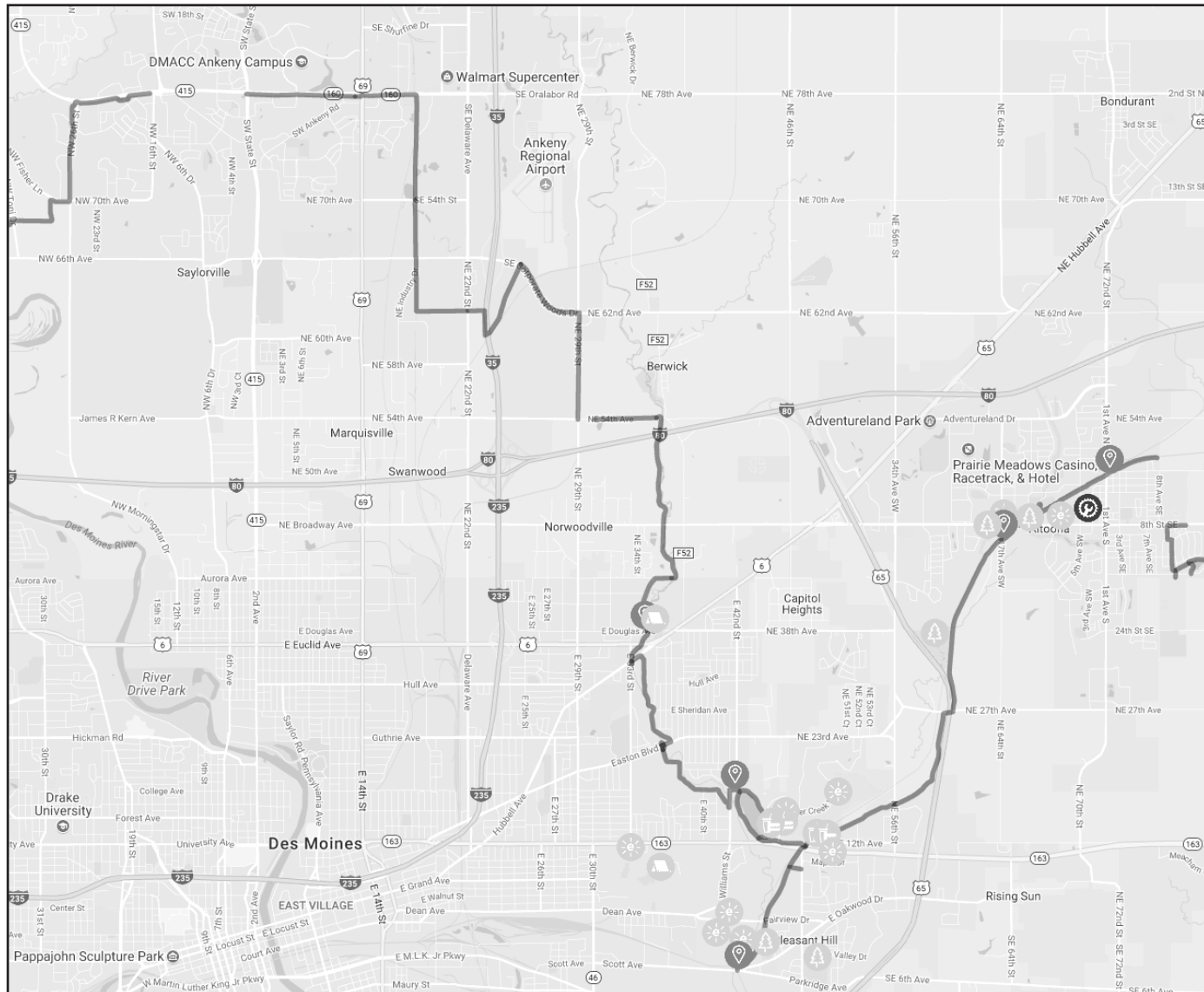


# Gay Lea Wilson Trail



**MILES:** 35

**TRAIL SURFACE:** Asphalt

**CITIES:** Altoona, Pleasant Hill, Des Moines

**DIFFICULTY:** Easy

**TRAIL DESCRIPTION:**

The Gay Lea Wilson Trail brings nature to an urban setting. The trail has two completed sections. One follows Four-Mile Creek through parts of Des Moines. The second section links Pleasant Hill with Altoona along a former railroad corridor. The trail has a variety of urban and natural features, including scenic views of Four Mile Creek, Copper Creek Lake, Strasser Woods (a 40-acre State Preserve and former INHF project) and Sargent Park. The Altoona trailhead is near the Greater Altoona Community Service Campus, the Pleasant Hill trailhead is at Copper Creek Lake Park, while the Des Moines trailhead is near Four-Mile Community Center, each of which supports several public facilities.

**TRAIL CONTACT:**

City of Altoona

**Phone:** 515-967-5136

**Email:** [info@altoona-iowa.com](mailto:info@altoona-iowa.com)

Des Moines Parks and Recreation

**Email:** [DMTripp@dmgov.org](mailto:DMTripp@dmgov.org)

Polk County Conservation

**Phone:** 515-323-5300

**Email:** [info@polkcountyiowa.gov](mailto:info@polkcountyiowa.gov)



**IOWA BY TRAIL**

IOWA NATURAL HERITAGE FOUNDATION