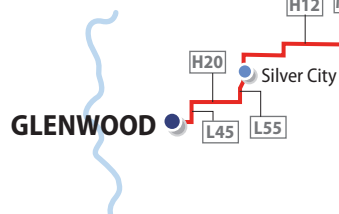


AREA SHOWN

DAY 1

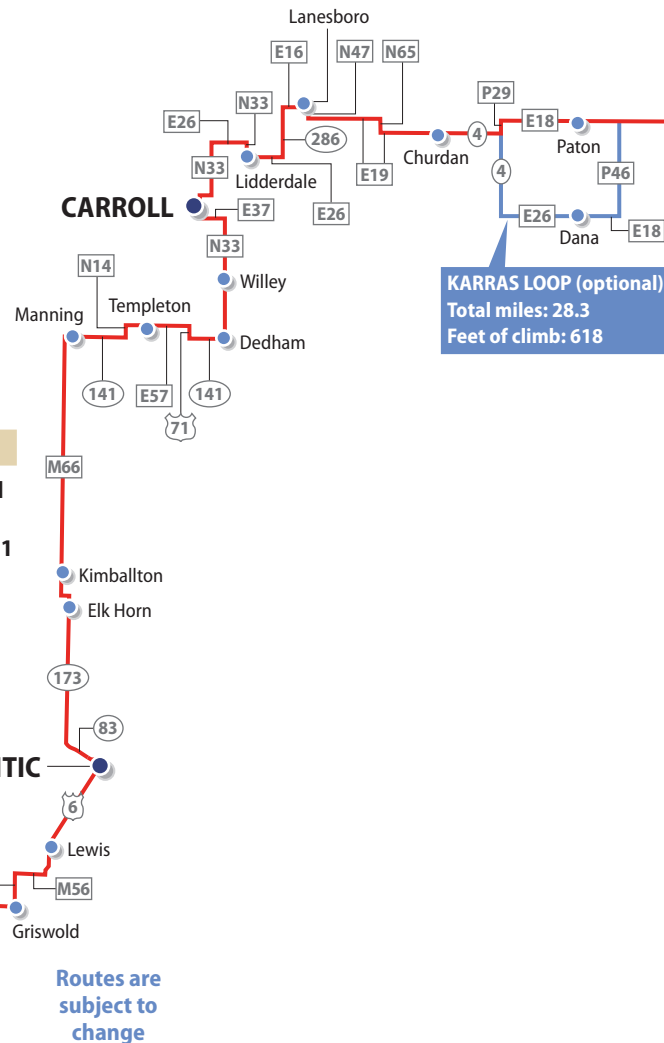
Glenwood to Atlantic
Total miles: 63.8
Feet of climb: 4,471



DAY 2

Atlantic to Carroll
Total miles: 65.8
Feet of climb: 4,731

ATLANTIC

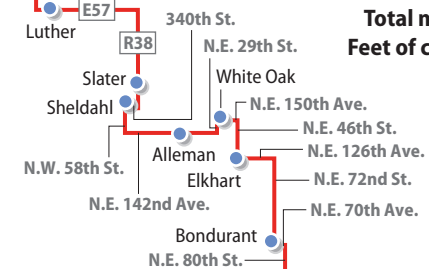


KARRAS LOOP (optional)
Total miles: 28.3
Feet of climb: 618

DAY 3

Carroll to Boone
Total miles: 71.5
Feet of climb: 1,761

BOONE



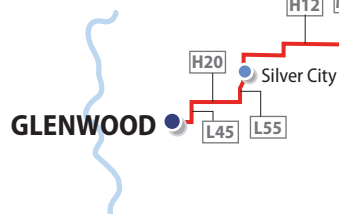
DAY 4

Boone to Altoona
Total miles: 54.9
Feet of climb: 1,158

ALTOONA

DAY 1

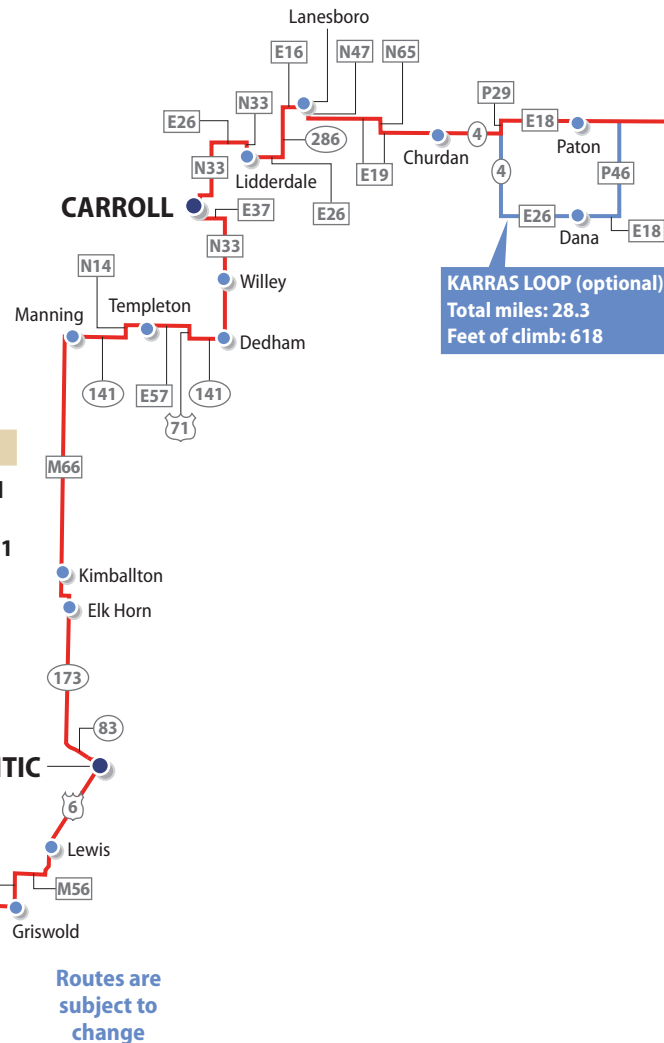
Glenwood to Atlantic
Total miles: 63.8
Feet of climb: 4,471



DAY 2

Atlantic to Carroll
Total miles: 65.8
Feet of climb: 4,731

ATLANTIC

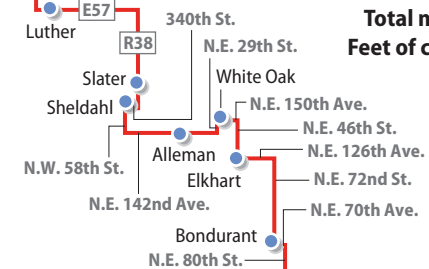


KARRAS LOOP (optional)
Total miles: 28.3
Feet of climb: 618

DAY 3

Carroll to Boone
Total miles: 71.5
Feet of climb: 1,761

BOONE



DAY 4

Boone to Altoona
Total miles: 54.9
Feet of climb: 1,158

ALTOONA

DAY 7

Coralville to Davenport
Total miles: 64.6
Feet of climb: 2,373

CORALVILLE

DAVENPORT

