



# The CatchList

## FAMILY FUN

There is no way that all the family fun in Greater Des Moines could be contained in a two-day itinerary. You'll need multiple trips (or perhaps a summer) to fit in all of this merrymaking, so plan accordingly. Mix and match ideas to create various "funtineraries," so that you'll never have to hear your kids (or spouse) lament "I'm booooooored" ever again.

### ATTRACTIONS

ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
<b>Adventureland</b>	<ul style="list-style-type: none"> <li>▶ Iowa's largest amusement park with over 100 rides, it also includes Adventure Bay waterpark.</li> <li>▶ Cabana rentals are available, and it includes an on-site hotel and campgrounds.</li> </ul>	<b>Refer to website.</b>	3200 Adventureland Drive, Altoona <a href="http://adventurelandresort.com">adventurelandresort.com</a>
<b>The Blank Park Zoo</b>	<ul style="list-style-type: none"> <li>▶ Iowa's only accredited zoo with 49-acres of wild fun.</li> <li>▶ Popular exhibits include tigers, seals, giraffes (you can feed them), and their famous red pandas.</li> </ul>	<b>Mon - Sun:</b> 10 a.m. - 4 p.m.	7401 SW 9th Street, Des Moines <a href="http://blankparkzoo.com">blankparkzoo.com</a>
<b>Science Center of Iowa</b>	<ul style="list-style-type: none"> <li>▶ Science center in the heart of downtown with interactive exhibits and learning stations.</li> <li>▶ Includes Why the Sky? (space), Brick by Brick (LEGO), What on Earth (geology), and popular rotating exhibitions like Sue: The T. rex Experience.</li> </ul>	<b>Thur:</b> 9 a.m. - 4 p.m. <b>Sat - Sun:</b> 9 a.m. - 4 p.m.	401 W Martin Luther King Jr Parkway, Des Moines <a href="http://sciowa.org">sciowa.org</a>
<b>Living History Farms</b>	<ul style="list-style-type: none"> <li>▶ Interactive, 500-acre outdoor museum with four different working farms.</li> <li>▶ Tour the 1700 Ioway Farm, 1850 Pioneer Farm, 1900 Horse Powered Farm, and the 1876 Town of Walnut Hill.</li> </ul>	<b>Refer to website.</b>	11121 Hickman Road, Des Moines <a href="http://lhf.org">lhf.org</a>
<b>Boone and Scenic Valley Railroad</b>	<ul style="list-style-type: none"> <li>▶ Take a ride on a classic train car and learn about the history of railroading in Iowa.</li> <li>▶ Turns into the Santa Express train around the holidays.</li> </ul>	<b>Refer to website.</b>	225 10th Street, Boone <a href="http://bsvrr.com">bsvrr.com</a>



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### RESTAURANTS

ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
<b>Zombie Burger</b>	▶ A favorite of locals and visitors who rave about the spiked shakes and GORE-met burgers.	<b>Sun - Thur:</b> 11 a.m. - 9 p.m. <b>Fri - Sat:</b> 11 a.m. - 10 p.m.	300 E Grand Avenue, Des Moines <a href="http://zombieburgershakelab.com">zombieburgershakelab.com</a>
<b>Fong's Pizza</b>	▶ Crab Rangoon Pizza for the adventurous, and more traditional pizzas for the picky ones. ▶ Snag a selfie wearing a fighter pilot helmet while sipping a signature tiki drink.	<b>Sun - Thur:</b> 11 a.m. - 12 a.m. <b>Fri - Sat:</b> 11 a.m. - 3 a.m.	223 4th Street, Des Moines <a href="http://fongspizza.com">fongspizza.com</a>
<b>Smash Park</b>	▶ Home to the largest outdoor patio in Iowa with bocce ball, pickleball, cornhole, shuffleboard, and more. ▶ Large screen TVs inside with full menu of elevated bar food and cocktails.	<b>Mon - Sat:</b> 8 a.m. - 11 p.m. <b>Sun:</b> 8 a.m. - 10 p.m.	6625 Coachlight Drive, West Des Moines <a href="http://smashpark.com">smashpark.com</a>
<b>The Hall</b>	▶ German-style beer hall with four food menus, 54 beers on tap, and board games for the kids.	<b>Refer to website.</b>	111 S 11th Street, West Des Moines <a href="http://thehalldsm.com">thehalldsm.com</a>
<b>Spaghetti Works</b>	▶ Downtown pasta place with over 700 pasta and sauce combinations.	<b>Sun - Thur:</b> 11 a.m. - 8 p.m. <b>Fri - Sun:</b> 11 a.m. - 9 p.m.	310 Court Avenue, Des Moines <a href="http://spagworks.com/des-moines">spagworks.com/des-moines</a>
<b>Jethro's BBQ</b>	▶ Popular local BBQ chain with eight locations, each with a unique specialty.	<b>Refer to website.</b>	Eight Greater Des Moines locations. <a href="http://jethrosdesmoines.com">jethrosdesmoines.com</a>
<b>Mullets</b>	▶ Fun riverside roadhouse with a two-tiered patio and photos of mullets on the wall.	<b>Mon - Thur:</b> 8 a.m. - 2 p.m. <b>Fri - Sun:</b> 7 a.m. - 4 p.m.	1300 SE 1st Street, Suite 1253, Des Moines <a href="http://mulletsdm.com">mulletsdm.com</a>
<b>Central Standard</b>	▶ More than a dozen types of burgers and milkshakes that come with sparklers.	<b>Sun - Thur:</b> 11 a.m. - 9 p.m. <b>Fri - Sun:</b> 11 a.m. - 10 p.m.	1222 SE University Avenue, Waukee <a href="http://centralstandardburgers.com/waukee-central-standard">centralstandardburgers.com/waukee-central-standard</a>



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ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
<b>El Fogon</b>	▶ Some of the best authentic Mexican food north of the border (the Iowa border at least).	<b>Sun - Thur:</b> 11 a.m. - 9 p.m. <b>Fri - Sat:</b> 11 a.m. - 10 p.m.	1250 8th Street, West Des Moines <a href="http://elfogondsm.com">elfogondsm.com</a>
<b>Taki Steakhouse</b>	▶ Hibachi grill where the chefs prepare your steak, chicken, or shrimp feast table-side.	<b>Sun - Thur:</b> 4 - 8:30 p.m. <b>Fri - Sat:</b> 4 - 9 p.m.	2677 86th Street, Urbandale <a href="http://takisteakhouse.com">takisteakhouse.com</a>
<b>Iowa Tap Room</b>	▶ 99 problems but the 99 Iowa beers on tap ain't one.	<b>Mon - Sat:</b> 11 a.m. - 12 a.m. <b>Sun:</b> 11 a.m. - 10 p.m.	215 E 3rd Street, Suite 100, Des Moines <a href="http://iowataproom.com">iowataproom.com</a>
<b>Buzzard Billy's</b>	▶ Cajun, creole, American food, and fun near Wells Fargo Arena.	<b>Sun - Thur:</b> 8 a.m. - 10 p.m. <b>Fri - Sat:</b> 8 a.m. - 11 p.m.	615 3rd Street, Des Moines <a href="http://buzzardbillys.com">buzzardbillys.com</a>

\*Pro tip: Do your kids love pizza? Of course they do, they're kids!  
Check out our list of Des Best pizza places in the metro at [www.catchdesmoines.com/desbest](http://www.catchdesmoines.com/desbest) for more ideas.

### THINGS TO DO

ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
<b>Downtown Des Moines Farmers' Market</b>	▶ One of top farmers' markets in America with 25,000 people each Saturday, May – October. ▶ Over 300 vendors, live music, and prepared food, including famous breakfast burritos.	Every Saturday <b>May – September:</b> 7 a.m. - Noon <b>October:</b> 8 a.m. - Noon	Historic Court District, Des Moines <a href="http://dsmpartnership.com/desmoinesfarmersmarket">dsmpartnership.com/desmoinesfarmersmarket</a>
<b>Social - Eats &amp; Crafts and Great Escape</b>	▶ Ultimate playground with 24 bowling lanes, 50 arcade games, laser tag, and VR. ▶ On-site restaurant with burgers, flatbreads and over 30 beers on tap.	<b>Mon:</b> 11 a.m. - 11 p.m. <b>Tues:</b> 9 a.m. - 11 p.m. <b>Wed &amp; Thur:</b> 11 a.m. - 10:30 p.m. <b>Fri:</b> 11 a.m. - 1 a.m. <b>Saturday:</b> 9 a.m. - 1 a.m. <b>Sunday:</b> 11 a.m. - 10 p.m.	655 NE 56th Street, Des Moines <a href="http://greescapeiowa.com/social">greescapeiowa.com/social</a>



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### THINGS TO DO - CONTINUED

ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
<b>Sleepy Hollow Adventure Park</b>	▶ Fun for all seasons, rotating between Renaissance Faire, event park (go-karts, mini-golf, inflatables), Halloween Theme Park, and snow park with sledding and tubing.	<b>Mon- Fri:</b> 10 a.m. - 6 p.m. <b>Thur:</b> Noon - 6 p.m. <b>Sat:</b> 10 a.m. - 9 p.m. <b>Sun:</b> Noon - 8 p.m.	4051 Dean Avenue, Des Moines <a href="http://sleepyhollowevents.com">sleepyhollowevents.com</a>
<b>Selfie Wrld</b>	▶ Only “selfie museum” in Iowa with 27 different “Instagram rooms” to snap cool pics.	<b>Tue - Fri:</b> 3 – 8 p.m. <b>Sat:</b> Noon – 8 p.m. <b>Sun:</b> Noon – 5:30 p.m.	3800 Merle Hay Road, Suite 912, Des Moines <a href="http://selfiewrldsm.com">selfiewrldsm.com</a>
<b>Urban Air Trampoline and Adventure Park</b>	▶ Trampoline park with ropes course, climbing wall, warrior course, and Sky Rider zipline.	<b>Mon - Thur:</b> 4 – 8 p.m. <b>Fri:</b> Noon – 9 p.m. <b>Sat:</b> 10 a.m. – 9 p.m. <b>Sun:</b> 11 a.m. – 8 p.m.	2829 S Ankeny Boulevard, Ankeny <a href="http://urbanairtrampolinepark.com/locations/iowa/ankeny">urbanairtrampolinepark.com/locations/iowa/ankeny</a>
<b>Climb Iowa</b>	▶ Iowa’s largest climbing center with an epic rock wall for bouldering and rock climbing.	<b>Mon- Fri:</b> 11 a.m. - 10 p.m. <b>Sat:</b> 10 a.m. - 9 p.m. <b>Sun:</b> 10 a.m. - 6 p.m.	150 E 4th Street, Des Moines <a href="http://climbiowa.com">climbiowa.com</a>
<b>Glazed Expressions</b>	▶ Choose from more than 350 pottery pieces to paint or create your own candles.	<b>Wed - Sat:</b> 10 a.m. - 7 p.m. <b>Sun:</b> Noon – 5 p.m.	8826 Swanson Boulevard, Clive <a href="http://glazedexpressions.com">glazedexpressions.com</a>
<b>Operating Room</b>	▶ Bar arcade with old school video games, pinball, and Skee-ball, along with craft cocktail slushies, pizza, and burgers.	<b>Mon - Fri:</b> 3 p.m. - 1 a.m. <b>Sat - Sun:</b> 11 a.m. - 1 a.m.	5515 Mills Civic Parkway, Suite #130, West Des Moines <a href="http://operatingroomarcade.com">operatingroomarcade.com</a>
<b>Warrior Lanes</b>	▶ Fun that’s right up your alley with 16 lanes and Extreme Glow Bowling on Friday and Saturday nights.	<b>Mon - Thur:</b> Noon - 9 p.m. <b>Fri - Sat:</b> Noon – 10 p.m. <b>Sun:</b> Noon - 8 p.m.	190 SE Laurel Street, Waukee <a href="http://warriorlanes.com">warriorlanes.com</a>
<b>Des Moines Community Playhouse</b>	▶ Playhouse presenting musicals, classic plays, and a children’s theater series.	<b>Refer to website for showtimes.</b>	831 42nd Street, Des Moines <a href="http://dmplayhouse.com">dmplayhouse.com</a>
<b>AR Workshop</b>	▶ Unique DIY craft studio in Ankeny offering DIY to-go kits (wood, canvas textiles, paint, etc.), workshops, kids parties, and camps.	<b>Refer to website.</b>	1631 SW Main Street, Suite 104, Ankeny <a href="http://arworkshop.com/ankeny/">arworkshop.com/ankeny/</a>
<b>Reiman Gardens</b>	▶ This enchanting 17-acre public botanical garden on the Iowa State campus features 26 distinct garden areas and is home to 800 live butterflies.	<b>Refer to website.</b>	1407 University Boulevard, Ames <a href="http://reimangardens.com">reimangardens.com</a>



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ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
<b>Bass Pro Shops</b>	▶ Yes, it's an outdoor store, but did you know it's also home to a bowling alley, antique store, aquarium, restaurant, and an entertainment center?	<b>Mon- Sat:</b> 9 a.m. - 8 p.m. <b>Sun:</b> 10 a.m. - 6 p.m.	1000 Bass Pro Drive NW, Altoona <a href="https://stores.basspro.com/us/ia/altoona/1000-bass-pro-dr-nw.html">stores.basspro.com/us/ia/altoona/1000-bass-pro-dr-nw.html</a>
<b>Rusty Stars Alpaca Farm</b>	▶ Hang out (for free!) with the world's cutest animal, the alpaca.	<b>Sat:</b> 10 a.m. - 4 p.m.	2054 Rustic Lane, Winterset, IA <a href="https://facebook.com/rustystarsalpacas">facebook.com/rustystarsalpacas</a>

### PARKS AND OUTDOOR

ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
<b>Jester Park</b>	▶ One of Iowa's favorite outdoor playgrounds, with hiking, equestrian activities, mini-golf, a nature center, and elk and bison herds.	<b>Summer Hours:</b> 6:30 a.m. - 10:30 p.m. <b>Winter Hours:</b> Sunrise to sunset	12130 NW 128th Street, Granger <a href="https://jesterparknaturecenter.com">jesterparknaturecenter.com</a>
<b>Ledges State Park</b>	▶ With sandstone cliffs and dense forests, soak in nature's beauty while your kids wade in the winding creek along Canyon Drive.	<b>Mon-Sun:</b> 4 a.m. - 10:30 p.m.	1515 P Avenue, Madrid <a href="https://alltrails.com/parks/us/iowa/ledges-state-park">alltrails.com/parks/us/iowa/ledges-state-park</a>
<b>Seven Oaks</b>	▶ All the fun of a canoe, kayak or tube float without the hassle of planning and hauling. ▶ Take a seven-mile (2-4 hours) float down the Des Moines River Valley via canoe, kayak, or tube.	<b>Wed-Thur:</b> 4 - 9 p.m. <b>Fri-Sat:</b> 10 a.m. - 9 p.m. <b>Sun:</b> 11 a.m. - 8 p.m.	1086 222nd Drive, Boone <a href="https://sevenoaksrec.com">sevenoaksrec.com</a>
<b>Saylorville Lake</b>	▶ 26,000 acres of boating, beaches, and lakeside bars.	<b>Mon-Sun:</b> 9 a.m. - 5 p.m.	6170 NW Polk City Drive, Polk City <a href="https://saylorvillelakemarina.com">saylorvillelakemarina.com</a>
<b>High Trestle Trail</b>	▶ 25 miles of exploration, anchored by an illuminated bridge.	<b>Year-round</b>	Trailheads in Madrid, Woodward, Slater, and Ankeny. <a href="https://trailink.com/trail/high-trestle-trail">trailink.com/trail/high-trestle-trail</a>
<b>John &amp; Mary Pappajohn Sculpture Park</b>	▶ 4.4 acres of awe-inspiring art and selfie opportunities.	<b>Sun - Sat:</b> 6 am. - 12 a.m.	Western Gateway Park, 1330 Grand Avenue, Des Moines <a href="https://desmoinesartcenter.org/visit/pappajohn-sculpture-park">desmoinesartcenter.org/visit/pappajohn-sculpture-park</a>



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ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
<b>Walnut Woods</b>	▶ Collect rocks along the river and paint/hide them for others to find.	<b>Mon- Sun:</b> 4 a.m. - 10:30 p.m.	3155 Walnut Woods Drive, West Des Moines <a href="http://iowadnr.gov/Places-to-Go/State-Parks/Iowa-State-Parks">iowadnr.gov/Places-to-Go/State-Parks/Iowa-State-Parks</a>
<b>Walker Johnson Park</b>	▶ Home to a skate park, giant slide, and tons of play structures with spider nets and wooden bridges.	<b>Mon- Sun:</b> 6 a.m. - 10:30 p.m.	9000 Douglas Avenue, Urbandale <a href="http://urbandale.org/Facilities/Facility/Details/Walker-Johnston-Park-39">urbandale.org/Facilities/Facility/Details/Walker-Johnston-Park-39</a>
<b>Gray's Lake</b>	▶ An urban oasis in the heart of the city with a 2-mile trail around the lake and a skyline backdrop.	<b>Sat - Sun:</b> 6 a.m. - 10 p.m.	2101 Fleur Drive, Des Moines <a href="http://dsm.city/business_detail_T6_R58.php">dsm.city/business_detail_T6_R58.php</a>
<b>Clive Greenbelt</b>	▶ Eight miles of paved trails offering a string of trailside parks and fun twists and turns.	<b>Year-round</b>	Clive <a href="http://cityofclive.com/parkandrecreation/greenbelt/trail/index.php">cityofclive.com/parkandrecreation/greenbelt/trail/index.php</a>
<b>Lake Ahquabi State Park</b>	▶ The place to go for fishing and camping, with an underrated beach known for its bright blue water.	<b>Mon - Sun</b> 4 a.m. - 10:30 p.m.	16510 118th Avenue, Indianola <a href="http://iowadnr.gov/Places-to-Go/State-Parks/Iowa-State-Parks/Lake-Ahquabi-State-Park">iowadnr.gov/Places-to-Go/State-Parks/Iowa-State-Parks/Lake-Ahquabi-State-Park</a>

### SPORTS

ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
<b>Iowa Cubs</b>	▶ Catch a rising star (or a hot dog) with the Chicago Cubs AAA affiliate at beautiful Principal Park along the river.	<b>Refer to website for schedule.</b>	Principal Park, Des Moines <a href="http://milb.com/iowa">milb.com/iowa</a>
<b>Iowa Wild</b>	▶ The AHL affiliate of the Minnesota Wild drop the puck at Wells Fargo Arena.	<b>Refer to website for schedule.</b>	Wells Fargo Arena, Des Moines <a href="http://iowawild.com">iowawild.com</a>
<b>Iowa Barnstormers</b>	▶ The Indoor Football League team where Hall of Famer Kurt Warner got his start.	<b>Refer to website for schedule.</b>	Wells Fargo Arena, Des Moines <a href="http://theiowabarnstormers.com">theiowabarnstormers.com</a>
<b>Iowa Wolves</b>	▶ The NBA G-League team is affiliated with the Minnesota Timberwolves.	<b>Refer to website for schedule.</b>	Wells Fargo Arena, Des Moines <a href="http://iowa.gleague.nba.com">iowa.gleague.nba.com</a>



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SPORTS - CONTINUED			
ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
<b>Des Moines Menace</b>	▶ Soccer team that plays in USL League Two.	<b>Refer to website for schedule.</b>	Valley Stadium, 4440 Mills Civic Parkway West Des Moines, <a href="http://menacesoccer.com">menacesoccer.com</a>
<b>Drake Relays</b>	▶ Check out the premiere amateur track and field event in the U.S. on the iconic blue oval.	<b>Refer to website for schedule.</b>	Drake University, Des Moines <a href="http://godrakebulldogs.com/index.aspx?path=dr">godrakebulldogs.com/index.aspx?path=dr</a>

## DON'T MISS THESE SEASONAL ATTRACTIONS AND EVENTS

### Des Moines Arts Festival (late June)

- ▶ One of the top art festivals (free!) in the entire country, this three-day celebration downtown has just as much fun stuff for the little ones.
- ▶ Creativity Zone where littles can paint, draw, and do all sorts of arts and crafts.

### Iowa State Fair (mid-August)

- ▶ The Iowa State Fair is a bucket list item that USA Weekend ranked ahead of Disneyland for summer fun.
- ▶ There's fun for the whole family, with concerts, giant slides, amusement rides, animals, parades, contests, livestock competitions, and of course, over 80 foods on a stick.

### Center Grove Orchard and Geisler Farms (September/October)

- ▶ Popular pumpkin patches and apple orchards with activities, prepared foods, and general stores.
- ▶ Includes everything from potato sack slides, corn mazes, and sunflower meadows to hayrides, pumpkin patches, and cider donuts.

### Holiday Festivals and Lights (November/December)

- ▶ Kick things off with the [East Village Promenade](#) and [Jingle in the Junction](#) with shopping, carriage rides, caroling, and Santa!
- ▶ Month long light displays include [Jolly Holiday Lights](#) (the largest display in the State) at Adventureland and [Santa's Rock N' Lights](#) at Living History Farms.