



# The CatchList

## GIRLS GETAWAY

Looking for somewhere to spend a weekend with the gals? Greater Des Moines has it all – from bottomless brunches and retail therapy to bridges and Broadway, there is no shortage of ways to unwind and pamper yourselves (as you should, you queens)!

DAY 1			
MORNING			
ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
<b>St. Kilda Collective</b>	▶ Trendy, Australian-style brunch spot known for their avocado toasts, pastries, and Counter Culture coffee.	<b>Mon - Thur:</b> 8 a.m. - 9 p.m. <b>Fri - Sat:</b> 8 a.m. - 10 p.m. <b>Sun:</b> 8 a.m. - 4 p.m.	333 5th Street, West Des Moines <a href="http://stkildadsm.com/collective">stkildadsm.com/collective</a>
AFTERNOON			
<b>Historic Valley Junction</b>	▶ Walkable West Des Moines shopping district featuring unique antique and home good shops and hidden gem restaurants.	<b>Refer to website</b>	137 5th Street, West Des Moines <a href="http://valleyjunction.com">valleyjunction.com</a>
EVENING			
<b>Cooper's on 5th</b>	▶ Old-school elegant neighborhood eatery serving up the classics and a killer martini.	<b>Tue-Fri:</b> <b>Lunch-</b> 11 a.m. - 2 p.m. <b>Dinner-</b> 4 - 10 p.m. <b>Sat:</b> 10 a.m. - 11 p.m.	227 5th Street, West Des Moines <a href="http://cooperson5th.com">cooperson5th.com</a>
<b>Winchester Public House &amp; Eatery</b>	▶ Cozy, prohibition style pub with a signature line of cocktails.	<b>Tue - Sat:</b> 2 p.m. - Midnight <b>Sun:</b> 2 - 10 p.m.	224 5th Street, West Des Moines <a href="http://winchester.pub">winchester.pub</a>
<b>The Hall DSM</b>	▶ German-style beer hall with four food menus, 54 beers on tap, and board games for the kids.	<b>Mon - Wed:</b> 3 - 9 p.m. <b>Thur - Fri:</b> 3 - 11 p.m. <b>Sat:</b> 11 a.m. - 11 p.m.	111 S 11th Street, West Des Moines <a href="http://thehalldsm.com">thehalldsm.com</a>



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DAY 2			
MORNING			
ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
<b>Horizon Line Coffee</b>	▶ The best tasting and best-looking coffee in Des Moines, complete with glass mason jars.	<b>Tues - Sun:</b> 8 a.m. - 2 p.m.	1417 Walnut Street, Suite B, Des Moines <a href="http://horizonlinecoffee.com">horizonlinecoffee.com</a>
<b>Power Life Yoga</b>	▶ Free your mind at one of the most popular yoga spots in the metro, offering everything from hot yoga to meditation.	<b>Refer to website</b>	1717 Ingersoll Avenue, Des Moines <a href="http://powerlife.com">powerlife.com</a>
<b>East Village Spa</b>	▶ Day spa in the East Village known for massages, facials, and manis/pedis.	<b>Mon - Thur:</b> 10 a.m. - 8 p.m. <b>Fri:</b> 10 a.m. - 6 p.m. <b>Sat:</b> 9:30 a.m. - 5:30 p.m.	601 E Locust Street, Des Moines <a href="http://evdayspa.com">evdayspa.com</a>
<b>Downtown Des Moines Farmers' Market</b>	▶ 300+ vendors ranging from local produce and flowers to prepared foods and handcrafts. ▶ Try the famous breakfast burrito at the end of 4th Street.	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>Americana</b>	▶ Home of the Bombshell Brunch, with bottomless mimosas and Bloody Marys, along with a grilled cheese bar and every brunch item you can imagine.	<b>Mon - Thur:</b> 11 a.m. - 9 p.m. <b>Fri:</b> 11 a.m. - 10 p.m. <b>Sat:</b> 9 a.m. - 10 p.m. <b>Sun:</b> 9 a.m. - 9 p.m.	1312 Locust Street, Des Moines <a href="http://americanadsm.com">americanadsm.com</a>
AFTERNOON			
<b>Outlets of Des Moines</b>	▶ Save big at 50 outlet stores, including American Eagle, Nike, Kate Spade, and Vera Bradley.	<b>Mon - Thur:</b> 10 a.m. - 7 p.m. <b>Fri - Sat:</b> 10 a.m. - 8 p.m. <b>Sun:</b> 11 a.m. - 6 p.m.	801 Bass Pro Drive NW, Altoona <a href="http://outletsofdesmoines.com">outletsofdesmoines.com</a>
EVENING			
<b>Blue Sushi Sake Grill</b>	▶ Cool downtown sushi spot that is great for groups.	<b>Mon - Thur:</b> 11 a.m. - 10 p.m. <b>Fri - Sat:</b> 11 a.m. - 11 p.m. <b>Sun:</b> Noon - 9 p.m.	316 Court Avenue, Des Moines <a href="http://bluesushisakegrill.com">bluesushisakegrill.com</a>



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### EVENING CONTINUED

<b>Miyabi 9</b>	▶ Sushi, bento boxes, and Japanese entrees in a small, artsy storefront.	<b>Mon - Thur:</b> Lunch: 11 a.m. - 2:30 p.m. Dinner: 5 - 9 p.m. <b>Fri - Sat:</b> Lunch: 11 a.m. - 2:30 p.m. Dinner: 5 - 10 p.m.	512 E Grand Avenue, Des Moines <a href="http://miyabi9official.com">miyabi9official.com</a>
<b>RoCA</b>	▶ Stylish brick-walled eatery serving tapas and craft cocktails.	<b>Mon - Thur:</b> 4 - 10 p.m. <b>Fri - Sat:</b> 4 - 11 p.m.	208 Court Avenue, Des Moines <a href="http://rocadsm.com">rocadsm.com</a>
<b>The Stuffed Olive</b>	▶ Contemporary spot focused on small plates and more than 100 different martinis.	<b>Mon - Thur:</b> 4 p.m. - Midnight <b>Fri - Sat:</b> 4 p.m. - 2 a.m.	208 3rd Street, Des Moines <a href="http://paramountbarco.com/brand/stuffed-olive-des-moines/">paramountbarco.com/brand/stuffed-olive-des-moines/</a>
<b>Malo</b>	▶ Upscale Mexican food in a renovated Art Deco firehouse with the most popular margaritas in town.	<b>Mon - Thur:</b> 4 - 9 p.m. <b>Fri - Sat:</b> 11 a.m. - 9 p.m. <b>Sun:</b> 11 a.m. - 5 p.m.	900 Mulberry Street, Des Moines <a href="http://malodesmoines.com">malodesmoines.com</a>
<b>Bottle and Bottega</b>	▶ Paint and sip at this BYOB studio for the quintessential Girl's Night experience.	<b>Tue - Thur:</b> 2 - 8:30 p.m. <b>Fri:</b> 2 - 9 p.m. <b>Sat:</b> Noon - 9 p.m. <b>Sat:</b> Noon - 4 p.m.	1301 Locust Street, Suite E, Des Moines <a href="http://paintingwithtwist.com/studio/des-moines">paintingwithtwist.com/studio/des-moines</a>

### DAY 3

### MORNING

ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
<b>Early Bird Brunch</b>	▶ Brand new brunch spot in West Des Moines serving up Pancake Flights and Hash Holes.	<b>Everyday:</b> 6:30 a.m. - 2:30 p.m.	9250 University Avenue, Suite 107, West Des Moines <a href="http://earlybirdbrunch.com">earlybirdbrunch.com</a>
<b>Smashpark</b>	▶ The largest outdoor patio in Iowa offers Brunch Bingo every Sunday from 11 a.m. - 1 p.m.	<b>Mon - Thur:</b> 8 a.m. - 11 p.m. <b>Fri - Sat:</b> 8 a.m. - Midnight <b>Sun:</b> 8 a.m. - 10 p.m.	6625 Coachlight Dr, West Des Moines <a href="http://smashpark.com">smashpark.com</a>



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### AFTERNOON

<p><b>Bridges of Madison County</b></p>	<p>► The namesake of the 1995 film features breathtaking shots of the countryside and these iconic bridges.</p>	<p><b>May through October:</b>  <b>Mon - Sat:</b> 9 a.m. - 4 p.m.  <b>Sun:</b> Noon - 3 p.m.</p>	<p>73 Jefferson Street,  Winterset  <a href="http://madisoncounty.com/the-covered-bridges">madisoncounty.com/the-covered-bridges</a></p>
<p><b>Covered Bridges Winery</b></p>	<p>► Winery just a few minutes away from the bridges, experience beautiful views and 100% Iowa Wines.</p>	<p><b>Refer to website</b></p>	<p>2207 170th Trail,  Winterset  <a href="http://coveredbridgeswinery.com">coveredbridgeswinery.com</a></p>

### EVENING

<p><b>Splash Seafood Bar &amp; Grill</b></p>	<p>► Iowa's premier seafood restaurant, with fish flown in from the coasts daily.</p>	<p><b>Tue - Thur:</b>  5 - 9 p.m.  <b>Fri - Sat:</b>  5 - 10 p.m.</p>	<p>303 Locust Street,  Des Moines  <a href="http://splash-seafood.com">splash-seafood.com</a></p>
<p><b>Des Moines Performing Arts Center</b></p>	<p>► Home to Des Moines Symphony and Willis Broadway Series.</p> <p>► Has hosted Broadway shows like Hamilton, Book of Mormon, and Dear Evan Hansen.</p>	<p><b>Refer to website for showtimes.</b></p>	<p>221 Walnut Street,  Des Moines  <a href="http://desmoinesperformingarts.org">desmoinesperformingarts.org</a></p>
<p><b>Hoyt Sherman Place</b></p>	<p>► Beautifully restored, 1,200 seat performance venue featuring an art gallery.</p>	<p><b>Refer to website for showtimes.</b></p>	<p>1501 Woodland Avenue,  Des Moines  <a href="http://hoytsherman.org">hoytsherman.org</a></p>