



The CatchList

GUYS WEEKEND

We're all in favor of guys getaways to Vegas, or trips to the deep wilderness with no cell reception, but sometimes you need to meet in the middle, and that's where Des Moines is the sweet spot. With great golf, rare steaks, and cold beer, it's the perfect place to workshop some dad jokes while working on your short game.

DAY 1			
MORNING			
ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
Eggs and Jam	<ul style="list-style-type: none"> ▶ 90s hip-hop themed restaurant serving up delicious breakfast dishes with creative names. ▶ Try the toast face killah (French Toast w/raspberry whipped cream and chambord syrup) or the Lud-abiscuits (two buttermilk biscuits with house made sausage gravy). 	<p>M — T: Closed</p> <p>W — F: 8 a.m. — 3 p.m.</p> <p>Sat — Sun: 7 a.m. — 3 p.m.</p>	<p>1907 EP True Parkway, Suite 102, West Des Moines</p> <p>eggsandjamwdm.com</p>
ICU Paintball	<ul style="list-style-type: none"> ▶ Indoor facility offering group fun all year round with low impact paintball equipment. 	<p>Friday: 5 — 9 p.m.</p> <p>Saturday: Noon — 9 p.m.</p> <p>Sunday: Noon — 6 p.m.</p>	<p>2220 E. Ovid Avenue, Des Moines</p> <p>icupaintball.us</p>
AFTERNOON			
Climb Iowa	<ul style="list-style-type: none"> ▶ Iowa's largest climbing center with an epic rock wall for bouldering and rock climbing. 	<p>M — F: 11 a.m. — 10 p.m.</p> <p>Saturday: 10 a.m. — 9 p.m.</p> <p>Sunday: 10 a.m. — 6 p.m.</p>	<p>150 E. 4th Street, Des Moines</p> <p>climbiowa.com/east-village</p>
BREWERIES & TAPROOMS			
Iowa Taproom	<ul style="list-style-type: none"> ▶ More than 100 all Iowa beers on tap. ▶ Elevated bar food includes tenderloin strips and Iowa ham balls. 	<p>M — Sat: 11 a.m. — Midnight</p> <p>Sunday: 11 a.m. — 10 p.m.</p>	<p>215 E. 3rd Street, Suite 100, Des Moines</p> <p>iowataproom.com</p>
Kinship Brewing Co.	<ul style="list-style-type: none"> ▶ Crisp, accessible beers are the name of the game here. ▶ Enjoy their gigantic patio and dog park. 	<p>Monday: Closed</p> <p>T — Th: 4 — 9 p.m.</p> <p>Friday: 2 — 10 p.m.</p> <p>Saturday: 11 a.m. — 10 p.m.</p> <p>Sunday: 1 — 7 p.m.</p>	<p>255 NW Sunrise Drive, Waukee</p> <p>kinshipbeer.com</p>
Lua Brewing	<ul style="list-style-type: none"> ▶ Brewery in Sherman Hill neighborhood known for "push pop" beers and innovative food. 	<p>M — Th: 11 a.m. — 10 p.m.</p> <p>F — Sat: 11 a.m. — 11 p.m.</p> <p>Sunday: 11 a.m. — 9 p.m.</p>	<p>1525 High Street, Des Moines</p> <p>luabeer.com</p>



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BREWERIES & TAPROOMS - CONTINUED

<p>Confluence Brewing</p>	<ul style="list-style-type: none"> ▶ Easily accessible from the bike trail along Gray's Lake. ▶ Try the quintessential Des Moines IPA. 	<p>M — W: 4 — 10 p.m. Thursday: Noon — 10 p.m. Friday: Noon — 11 p.m. Saturday: 11 a.m. — 11 p.m. Sunday: 11 a.m. — 8 p.m.</p>	<p>1235 Thomas Beck Road, Des Moines confluencebrewing.com</p>
<p>Big Grove Brewery</p>	<ul style="list-style-type: none"> ▶ Newly opened brewery in Sherman Hill. ▶ Enjoy craft beer brewed on-site on their large patio or modern indoor space. Don't forget to order off their full-service menu. 	<p>Monday: Closed T — Th: 11 a.m. — 11 p.m. F — Sat: 11 a.m. — Midnight Sunday: 11 a.m. — 10 p.m.</p>	<p>555 17th Street, Des Moines biggrove.com/pages/des-moines-taproom</p>
<p>Peace Tree Brewing</p>	<ul style="list-style-type: none"> ▶ Creative craft beers. ▶ Family-friendly, relaxed atmosphere. 	<p>M — Th: 2 — 10 p.m. Friday: Noon — 11 p.m. Saturday: 11 a.m. — 11 p.m. Sunday: 1 — 9 p.m.</p>	<p>317 E. Court Avenue, Des Moines peacetreebrewing.com/des-moines-taproom/</p>
<p>Twisted Vine</p>	<ul style="list-style-type: none"> ▶ Big on brewery collaborations, this brewery will win you over with not only their beers, but also their spacious patio. 	<p>M — Th: 3 — 10 p.m. F — Sat: 11 a.m. — 11 p.m. Sunday: 11 a.m. — 8 p.m.</p>	<p>317 E. Court Avenue, Des Moines twistedvinebrewery.com</p>
<p>Exile Brewing</p>	<ul style="list-style-type: none"> ▶ Grab a pint of their Beatnick Sour, indulge with a plate of Exile Truffle Fries, and chow down on the Dante's Inferno burger. 	<p>Monday: Closed T — Th: 11 a.m. — 10 p.m. Friday: 11 a.m. — 11 p.m. Saturday: 10 a.m. — 11 p.m. Sunday: 10 a.m. — 9 p.m.</p>	<p>112 SE Fourth Street, Des Moines exilebrewing.com</p>

EVENING

<p>Truman's Pizza Tavern</p>	<ul style="list-style-type: none"> ▶ Kansas City fans will love this pizza joint with their popular pizzas like French Dip and "Mahomes." 	<p>M — T: 7 a.m. — 11 p.m. W — F: 8 a.m. — Midnight Saturday: 8 a.m. — Midnight Sunday: 8 a.m. — 11 p.m.</p>	<p>400 SE 6th Street, Des Moines trumanstavern.com</p>
<p>Up Down Arcade Bar</p>	<ul style="list-style-type: none"> ▶ Located in Historic East Village this local barcade features classic arcade games and a creative drink menu. 	<p>M — F: 5 p.m. — 2 a.m. Sat — Sun: 2 p.m. — 2 a.m.</p>	<p>500 Locust Street, Des Moines updownarcadebar.com/des-moines</p>
<p>Wooly's</p>	<ul style="list-style-type: none"> ▶ Music venue in the East Village that hosts many up-and-coming indie acts. 	<p>Refer to website for showtimes.</p>	<p>504 E Locust Street, Des Moines woolysdm.com</p>



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MORNING			
ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
Mullets	▶ American roadhouse fare with a two-level patio offering a killer view of the Des Moines skyline and photos of mullets on the wall.	M – Th: 7 a.m. – 2 p.m. F – Sun: 7 a.m. – 3 p.m.	1300 SE 1st Street, Des Moines mulletsdm.com
Waveland Golf Course	▶ Only municipal golf course named by golf writer Davy Hoffman as one of “American’s Greatest Golf Courses.”	Refer to website for course hours.	4908 University Avenue, Des Moines golfwaveland.com
Tournament Club of Iowa	▶ The only Arnold Palmer Signature Course in the state of Iowa.	Refer to website for course hours.	1000 Tradition Drive, Polk City tcofiowa.com
AFTERNOON			
High Life Lounge	▶ Try the broasted chicken with a side of bacon-wrapped Tater tots – both featured on Man vs. Food	Sun – Th: 11 a.m. – 11 p.m. F – Sat: 11 a.m. – Midnight	200 SW 2nd Street, Des Moines thehighlifelounge.com
El Bait Shop	▶ Next door to High Life Lounge, this taproom boasts Iowa’s largest beer selection, with more than 250 beers on tap.	Sun – Th: 11 a.m. – 11 p.m. F – Sat: 11 a.m. – Midnight	200 SW 2nd Street, Des Moines elbaitshop.com
EVENING			
Prairie Meadows Casino and Hotel	▶ Enjoy live horseracing May - September, year-round sports betting, and 85,000 square feet of non-stop casino action. ▶ Includes on-site hotel, event center, and AJ’s Steakhouse.	24 hours / 7 days a week	1 Prairie Meadows Drive, Altoona prairiemeadows.com



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DAY 3			
MORNING			
ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
The Breakfast Club	▶ Funky new brunch place in the East Village with creative dishes and a robust drink menu.	Every Day: 6 a.m. — 2:30 p.m.	212 E. 3rd Street, Des Moines thebreakfastclubusa.com
Barn Town Brewing	▶ Buzzy brewpub offering a brunch menu with a variety of taps that are sure to please anyone's palette.	M — Th: 11 a.m. — 10 p.m. F — Sat: 11 a.m. — 11 p.m. Sunday: 10 a.m. — 10 p.m.	9500 University Avenue, Suite 1110, West Des Moines barntownbrewing.com
AFTERNOON			
Smash Park	▶ 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.	M — Th: 8 a.m. — 11 p.m. F — Sat: 8 — 1 a.m. Sunday: 8 a.m. — 10 p.m.	6625 Coachlight Drive, West Des Moines smashpark.com/west-des-moines
EVENING			
Ironside	▶ Harness your competitive spirit with some good old fashioned axe throwing (and beer drinking).	Monday: Closed Tuesday: 5 — 10 p.m. Wednesday: 11 a.m. — 1 p.m., 5 — 10 p.m. Thursday: 5 — 10 p.m. Friday: 3 — 11 p.m. Saturday: Noon — 11 p.m. Sunday: 2 — 7 p.m.	2700 University Avenue, West Des Moines ironsideaxeclub.com/west-des-moines-ironside
Fong's Pizza	▶ 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.	Sun — W: 11 a.m. — Midnight Thursday: 11 — 2 a.m. F — Sat: 11 a.m. — 3 a.m.	223 4th Street, Des Moines fongspizza.com/downtown-2



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DES MOINES SPORTS TEAMS

TEAM:	CATCH THIS:	WHEN TO VISIT:	INFO:
Iowa Cubs	▶ Catch a rising star (or a hot dog) with the Chicago Cubs AAA affiliate at beautiful Principal Park along the river.	See website for schedule.	1 Line Drive, Des Moines milb.com/iowa
Iowa Barnstormers	▶ The Indoor Football League team where Hall of Famer Kurt Warner got his start.	See website for schedule.	233 Center Street, Des Moines theiowabarnstormers.com
Iowa Wild	▶ The AHL affiliate of the Minnesota Wild drop the puck at Wells Fargo Arena.	See website for schedule.	233 Center Street, Des Moines iowawild.com
Iowa Wolves	▶ The NBA G-League team is affiliated with the Minnesota Timberwolves.	See website for schedule.	233 Center Street, Des Moines iowa.gleague.nba.com
Des Moines Buccaneers	▶ Tier 1 junior hockey league in the USHL.	See website for schedule.	7201 Hickman Road, Urbandale bucshockey.com
Des Moines Menace	▶ Soccer team that plays in USL League Two.	See website for schedule.	4440 Mills Civic Parkway, West Des Moines menacesoccer.com
Iowa Speedway	▶ 7/8-mile oval motor racing track that attracts NASCAR drivers.	See website for schedule.	3333 Rusty Wallace Drive, Newton iowaspeedway.com