



The CatchList

QUINTESSENTIAL DES MOINES

Ask any Des Moines native what they recommend for food, drinks, or fun, and they'll happily inundate you with suggestions. Here we've compiled everything you need for a weekend filled with all things essential Des Moines.

FRIDAY EVENING			
ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
Royal Mile	<ul style="list-style-type: none"> ▶ Enjoy beer styles of the British Isles, American crafts, and an impressive Scotch menu. Best fish and chips in town! 	Mon - Fri: 11 a.m. - 2 a.m. Sat - Sun: 10 a.m. - 2 a.m.	210 4th Street, Des Moines royalmilebar.com
Red Monk	<ul style="list-style-type: none"> ▶ This not-so-secret second-floor above Royal Mile offers an impressive variety of Belgian style beers. Don't miss it! 	Fri - Sat: 5 p.m. - 12 a.m.	210 4th Street, Des Moines theredmonk.com
801 Chophouse	<ul style="list-style-type: none"> ▶ This upscale option is one of the best restaurants in Des Moines. ▶ Located in the tallest building of the same address. 	Mon - Sat: 4 p.m. - 10 p.m. Sun: 5 p.m - 9 p.m.	801 Grand Avenue, Suite 200, Des Moines 801restaurantgroup.com
High Life Lounge	<ul style="list-style-type: none"> ▶ Try the broasted chicken with a side of bacon-wrapped Tater tots – both featured on <i>Man vs. Food</i>. 	Sun - Thur: 11 a.m. - 11 p.m. Fri - Sat: 11 a.m. - 12 a.m.	200 SW 2nd Street, Des Moines thehighlifelounge.com
El Bait Shop	<ul style="list-style-type: none"> ▶ Next door to High Life Lounge, this taproom boasts Iowa's largest beer selection, with more than 250 beers on tap. 	Sun - Thur: 11 a.m. - 11 p.m. Fri - Sat: 11 a.m. - 12 p.m.	200 SW 2nd Street, Des Moines elbaitshop.com
Up-Down	<ul style="list-style-type: none"> ▶ Located in Historic East Village this local barcade features classic arcade games and a creative drink menu. 	Mon - Fri: 5 p.m. - 2 a.m. Sat - Sun: 2 p.m. - 2 a.m.	500 E Locust Street, Des Moines updownarcadebar.com/des-moines
Fong's Pizza	<ul style="list-style-type: none"> ▶ For late-night dining, Crab Rangoon Pizza can't be beat! ▶ Snag a selfie wearing a fighter pilot helmet while sipping a signature tiki drink. 	Sun - Thur: 11 a.m. - 12 a.m. Fri - Sat: 11 a.m. - 3 a.m.	223 4th Street, Des Moines fongspizza.com



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SATURDAY

ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
Downtown Des Moines Farmers' Market	<ul style="list-style-type: none"> ▶ 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 May – September: 7 a.m. - Noon October: 8 a.m. - Noon	<i>Historic Court District, Des Moines</i> dsmpartnership.com/ desmoinesfarmersmarket
Principal Riverwalk	<ul style="list-style-type: none"> ▶ 1.2-mile trail and two pedestrian bridges connecting the east and west sides of downtown. 	Year-round	<i>115 Grand Avenue, Des Moines</i> dsm.city/business_detail_T6_R75.php
Lauridsen Skatepark	<ul style="list-style-type: none"> ▶ The largest skatepark in the nation. ▶ Iconic skateable WOW sculpture! 	Refer to website.	<i>901 2nd Avenue, Des Moines</i> dsmskatepark.com
Traveler's Umbrella	<ul style="list-style-type: none"> ▶ Stop and look west when crossing Grand Avenue to snap a photo of this iconic red glowing landmark. 	Year-round	<i>401 Grand Avenue, Des Moines</i>
Zombie Burger	<ul style="list-style-type: none"> ▶ A favorite of locals and visitors who rave about the spiked shakes and GORE-met burgers. 	Sun - Thur: 11 a.m. - 9 p.m. Fri - Sat: 11 a.m. - 10 p.m.	<i>300 E Grand Avenue, Des Moines</i> zombieburgershakelab.com
RAYGUN	<ul style="list-style-type: none"> ▶ Pick up a cheeky t-shirt, coaster or wall art at the self-proclaimed "Greatest Store in the Universe." 	Mon - Fri: 10 a.m. - 6 p.m. Sat: 10 a.m. - 7 p.m. Sun: 11 a.m. - 5 p.m.	<i>505 E Grand Avenue, Des Moines</i> raygunsite.com
Iowa State Capitol	<ul style="list-style-type: none"> ▶ Over 100 rooms decorated with 29 types of marble. ▶ Free guided or self-guided tours. 	Mon - Fri: 8 a.m. - 4 p.m. Sat: 9 a.m. - 4 p.m.	<i>E 9th Street & Grand Avenue, Des Moines</i> legis.iowa.gov/resources/ tourcapitol
Art Route	<ul style="list-style-type: none"> ▶ Look for the green spots painted on the sidewalks and follow them to discover public art pieces throughout downtown. 	Year-round	<i>Downtown Des Moines</i> artroutedsm.com



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SATURDAY CONTINUED

ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
John & Mary Pappajohn Sculpture Park	<ul style="list-style-type: none"> ▶ 4.4-acre park with 30+ sculptures ▶ Made of metal letters, Nomade is the most selfied spot in the state. 	Sun - Sat: 6 a.m. - 12 a.m.	<p>Western Gateway Park, 1330 Grand Avenue, Des Moines</p> <p>desmoinesartcenter.org/visit/pappajohn-sculpture-park</p>
Americana	<ul style="list-style-type: none"> ▶ Wide range of classic American food from steaks and chops to creative burgers. 	Mon - Thur: 11 a.m. - 9 p.m. Fri: 11 a.m. - 10 p.m. Sat: 9 a.m. - 10 p.m. Sun: 9 a.m. - 9 p.m.	<p>1312 Locust Street, Des Moines</p> <p>americanadsm.com</p>
Django	<ul style="list-style-type: none"> ▶ French restaurant with one of the best happy hour menus in town. 	Daily: 4 - 9 p.m.	<p>1420 Locust Street, Des Moines</p> <p>djangodesmoines.com</p>
Noce Jazz Cabaret	<ul style="list-style-type: none"> ▶ This cozy jazz club brings in regional acts and hosts holiday specials throughout the year. 	Thur - Sat: 7 - 10 p.m.	<p>1326 Walnut Street, Des Moines</p> <p>nocedsm.com</p>

SUNDAY

ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
Waveland Café	<ul style="list-style-type: none"> ▶ This beloved diner is a favorite of locals and celebrities alike! ▶ Try "Da Mamoa", named after our favorite Hawaiioan, Jason Momoa. 	Daily: 6 a.m. - 2 p.m.	<p>4708 University Avenue, Des Moines</p> <p>wavelandcafe.com</p>

BARLEY & HOPS & BREWERY STOPS

ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
Confluence Brewing Company	<ul style="list-style-type: none"> ▶ Easily accessible from the bike trail along Gray's Lake. ▶ Try the quintessential Des Moines IPA. 	Mon - Thur: 4 - 9 p.m. Fri - Sat: Noon - 9 p.m. Sun: Noon - 6 p.m.	<p>1235 Thomas Beck Road, Suite A, Des Moines</p> <p>confluencebrewing.com</p>
Iowa Taproom	<ul style="list-style-type: none"> ▶ Here you'll find nearly a hundred all Iowa beer taps encircling a grain bin. 	Mon - Sat: 11 a.m. - 12 a.m. Sun: 11 a.m. - 10 p.m.	<p>215 E 3rd Street, Suite 100, Des Moines</p> <p>iowataproom.com</p>



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BARLEY & HOPS & BREWERY STOPS - CONTINUED

ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
515 Brewing	▶ "Coffee shop" style taproom with patio seating right next to Clive Greenbelt bike trail.	Refer to website.	7700 University Avenue, Suite C, Clive, IA 515brewing.com
High Trestle Trail Ride	▶ Bike the famous bridge and stop at Firetrucker Brewery in Ankeny and Flat Tire Lounge in Madrid to refuel.	Year-round	2335 Qf Lane, Madrid, IA catchdesmoines.com/things-to-do/outdoor/trails/high-trestle-trail

Hanging out even longer?

Well, then we're just getting started! Now that you have a small taste of some of the local favorites that Des Moines has to offer, check out our "[Best of the Burbs](#)" itinerary for additional ideas around the metro.



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QUINTESSENTIAL DES MOINES FESTIVALS,

ATTRACTIONS, AND EVENTS

Greater Des Moines Botanical Garden

- ▶ Enjoy meandering through the exotic plants in the perpetually 80-degree conservatory year-round.

Drake Relays

- ▶ Where the best track and field athletes in the country compete annually in April.

Iowa Cubs Baseball

- ▶ AAA affiliate of the Chicago Cubs
- ▶ Season runs throughout spring and summer at Principal Park in downtown.

CelebrAsian

- ▶ Celebrate Asian culture, taste international cuisines, and experience far east art and music in May at Western Gateway Park.

Capital City Pride Festival

- ▶ Spend a warm June weekend celebrating the LGBTQIA+ community with an event schedule full of live music, shows, and parade.

Better Homes & Gardens Test Garden

- ▶ Better Homes & Gardens maintains impeccable photo-ready gardens right in downtown Des Moines – visit select days during the summer.

Nitfall on the River

- ▶ A summer concert series hosted at Brenton Skating Plaza along the Des Moines River with the downtown skyline as the backdrop.

Des Moines Arts Festival

- ▶ An award-winning event features renowned artists from across the nation. Hosted annually in June in downtown Des Moines' Western Gateway Park.

80/35

- ▶ Hosted by the Des Moines Music Coalition, the annual event in July hosts a diverse mix of artists while showcasing local Des Moines businesses and musicians.



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ATTRACTIONS, AND EVENTS

Iowa State Fair

- ▶ "Nothing compares" to the Iowa State Fair hosted annually in August. There's something for everyone at the best fair in the nation!

Ciao! Des Moines: Italian American Heritage Festival

- ▶ Take a trip to Italy right here in Des Moines each July!

Hinterland

- ▶ Whimsical and groovy, this festival takes on a lively, communal atmosphere and invites all ages every August!

World Food and Music Festival

- ▶ Every September, savor the experience of premier international cuisine and culture at the World Food & Music Festival

Latino Heritage Festival

- ▶ Celebrate the culture of Central and South America at the Latino Heritage Festival in September.

ChristkindlMarket Des Moines

- ▶ An outdoor festival styled after the popular European holiday market tradition hosted annually in November.