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.

<table>
<thead>
<tr>
<th>HOTEL</th>
<th>CATCH THIS:</th>
<th>INFO:</th>
</tr>
</thead>
</table>
| **Downtown Marriott** | ▶ Located in the heart of vibrant downtown.  
▶ Offers amazing amenities and superior service. | 700 Grand Avenue, Des Moines  
catchdesmoines.com/listing/des-moines-marriott-downtown/109 |

<table>
<thead>
<tr>
<th>FRIDAY EVENING</th>
<th>CATCH THIS:</th>
<th>WHEN TO VISIT:</th>
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</table>
| **Royal Mile** | ▶ 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** | ▶ 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** | ▶ 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** | ▶ Try the broasted chicken with a side of bacon-wrapped Tater tots – both featured on Man vs. Food. | **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** | ▶ 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** | ▶ 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** | ▶ 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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@catchdesmoines  
catchdesmoines.com/catchlist  
@catchdesmoines
## QUINTESSENTIAL DES MOINES

<table>
<thead>
<tr>
<th>SATURDAY</th>
<th>ACTIVITY: Downtown Des Moines Farmers’ Market</th>
<th>CATCH THIS: 300+ vendors ranging from local produce and flowers to prepared foods and handcrafts.</th>
<th>WHEN TO VISIT: Every Saturday May – September: 7 a.m. - Noon October: 8 a.m. - Noon</th>
<th>INFO: Historic Court District, Des Moines dsmpartnership.com/desmoinesfarmersmarket</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Principal Riverwalk</td>
<td>1.2-mile trail and two pedestrian bridges connecting the east and west sides of downtown.</td>
<td>Year-round</td>
<td>115 Grand Avenue, Des Moines dsm.city/business_detail_T6_R75.php</td>
</tr>
<tr>
<td></td>
<td>Lauridsen Skatepark</td>
<td>The largest skatepark in the nation. Iconic skateable WOW sculpture!</td>
<td>Refer to website.</td>
<td>901 2nd Avenue, Des Moines dsmskatepark.com</td>
</tr>
<tr>
<td></td>
<td>Traveler’s Umbrella</td>
<td>Stop and look west when crossing Grand Avenue to snap a photo of this iconic red glowing landmark.</td>
<td>Year-round</td>
<td>401 Grand Avenue, Des Moines</td>
</tr>
<tr>
<td></td>
<td>Zombie Burger</td>
<td>A favorite of locals and visitors who rave about the spiked shakes and GORE-met burgers.</td>
<td>Sun - Thur: 11 a.m. - 9 p.m. Fri - Sat: 11 a.m. - 10 p.m.</td>
<td>300 E Grand Avenue, Des Moines zombieburgershakelab.com</td>
</tr>
<tr>
<td></td>
<td>RAYGUN</td>
<td>Pick up a cheeky t-shirt, coaster or wall art at the self-proclaimed “Greatest Store in the Universe.”</td>
<td>Mon - Fri: 10 a.m. - 6 p.m. Sat: 10 a.m. - 7 p.m. Sun: 11 a.m. - 5 p.m.</td>
<td>505 E Grand Avenue, Des Moines raygunsite.com</td>
</tr>
<tr>
<td></td>
<td>Iowa State Capitol</td>
<td>Over 100 rooms decorated with 29 types of marble. Free guided or self-guided tours.</td>
<td>Mon - Fri: 8 a.m. - 4 p.m. Sat: 9 a.m. - 4 p.m.</td>
<td>E 9th Street &amp; Grand Avenue, Des Moines legis.iowa.gov/resources/tourcapitol</td>
</tr>
<tr>
<td></td>
<td>Art Route</td>
<td>Look for the green spots painted on the sidewalks and follow them to discover public art pieces throughout downtown.</td>
<td>Year-round</td>
<td>Downtown Des Moines artroutedsm.com</td>
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**ACTIVITY:** Principal Riverwalk  **CATCH THIS:** 1.2-mile trail and two pedestrian bridges connecting the east and west sides of downtown. **WHEN TO VISIT:** Year-round **INFO:** 115 Grand Avenue, Des Moines dsm.city/business_detail_T6_R75.php

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**ACTIVITY:** Lauridsen Skatepark  **CATCH THIS:** The largest skatepark in the nation. Iconic skateable WOW sculpture! **WHEN TO VISIT:** Refer to website. **INFO:** 901 2nd Avenue, Des Moines dsmskatepark.com

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**ACTIVITY:** Traveler’s Umbrella  **CATCH THIS:** Stop and look west when crossing Grand Avenue to snap a photo of this iconic red glowing landmark. **WHEN TO VISIT:** Year-round **INFO:** 401 Grand Avenue, Des Moines

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**ACTIVITY:** Zombie Burger  **CATCH THIS:** A favorite of locals and visitors who rave about the spiked shakes and GORE-met burgers. **WHEN TO VISIT:** Sun - Thur: 11 a.m. - 9 p.m. Fri - Sat: 11 a.m. - 10 p.m. **INFO:** 300 E Grand Avenue, Des Moines zombieburgershakelab.com

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**ACTIVITY:** RAYGUN  **CATCH THIS:** Pick up a cheeky t-shirt, coaster or wall art at the self-proclaimed “Greatest Store in the Universe.” **WHEN TO VISIT:** Mon - Fri: 10 a.m. - 6 p.m. Sat: 10 a.m. - 7 p.m. Sun: 11 a.m. - 5 p.m. **INFO:** 505 E Grand Avenue, Des Moines raygunsite.com

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**ACTIVITY:** Iowa State Capitol  **CATCH THIS:** Over 100 rooms decorated with 29 types of marble. Free guided or self-guided tours. **WHEN TO VISIT:** Mon - Fri: 8 a.m. - 4 p.m. Sat: 9 a.m. - 4 p.m. **INFO:** E 9th Street & Grand Avenue, Des Moines legis.iowa.gov/resources/tourcapitol

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**ACTIVITY:** Art Route  **CATCH THIS:** Look for the green spots painted on the sidewalks and follow them to discover public art pieces throughout downtown. **WHEN TO VISIT:** Year-round **INFO:** Downtown Des Moines artroutedsm.com
### SATURDAY CONTINUED

<table>
<thead>
<tr>
<th>ACTIVITY: John &amp; Mary Pappajohn Sculpture Park</th>
<th>CATCH THIS: 4.4-acre park with 30+ sculptures Made of metal letters, Nomade is the most selfied spot in the state.</th>
<th>WHEN TO VISIT: Sun - Sat: 6 a.m. - 12 a.m.</th>
<th>INFO: Western Gateway Park, 1330 Grand Avenue, Des Moines desmoinesartcenter.org/visit/pappajohn-sculpture-park</th>
</tr>
</thead>
<tbody>
<tr>
<td>Americas</td>
<td>Wide range of classic American food from steaks and chops to creative burgers.</td>
<td>Mon - Thur: Mon - Sun: 11 a.m. - 9 p.m.</td>
<td>1312 Locust Street, Des Moines americandsm.com</td>
</tr>
<tr>
<td>Django</td>
<td>French restaurant with one of the best happy hour menus in town.</td>
<td>Daily: 4 - 9 p.m.</td>
<td>1420 Locust Street, Des Moines django.desmoines.com</td>
</tr>
<tr>
<td>Noce Jazz Cabaret</td>
<td>This cozy jazz club brings in regional acts and hosts holiday specials throughout the year.</td>
<td>Thur - Sat: 7 - 10 p.m.</td>
<td>1326 Walnut Street, Des Moines nocedsm.com</td>
</tr>
</tbody>
</table>

### SUNDAY

<table>
<thead>
<tr>
<th>ACTIVITY: Waveland Café</th>
<th>CATCH THIS: This beloved diner is a favorite of locals and celebrities alike! Try &quot;Da Mamoa&quot;, named after our favorite Hawaiowan, Jason Momoa.</th>
<th>WHEN TO VISIT: Daily: 6 a.m. - 2 p.m.</th>
<th>INFO: 4708 University Avenue, Des Moines wavelandcafe.com</th>
</tr>
</thead>
<tbody>
<tr>
<td>Confluence Brewing Company</td>
<td>Easily accessible from the bike trail along Gray’s Lake. Try the quintessential Des Moines IPA.</td>
<td>Mon - Thu: 4 - 9 p.m. Fri - Sat: Noon - 9 p.m. Sun: Noon - 6 p.m.</td>
<td>1235 Thomas Beck Road, Suite A, Des Moines confluencebrewing.com</td>
</tr>
<tr>
<td>Iowa Tap Room</td>
<td>Here you’ll find nearly a hundred all Iowa beer taps encircling a grain bin.</td>
<td>Mon - Sat: 11 a.m. - 12 a.m. Sun: 11 a.m. - 10 p.m.</td>
<td>215 E 3rd Street, Suite 100, Des Moines iowataproom.com</td>
</tr>
<tr>
<td>ACTIVITY: 515 Brewing</td>
<td>CATCH THIS: &quot;Coffee shop&quot; style taproom with patio seating right next to Clive Greenbelt bike trail.</td>
<td>WHEN TO VISIT: Refer to website.</td>
<td>INFO: 7700 University Avenue, Suite C, Clive, IA 515brewing.com</td>
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<td>-------------------------------------------------------------</td>
</tr>
<tr>
<td>ACTIVITY: High Trestle Trail Ride</td>
<td>Bike the famous bridge and stop at Firetrucker Brewery in Ankeny and Flat Tire Lounge in Madrid to refuel.</td>
<td>Year-round</td>
<td>2335 Qf Lane, Madrid, IA catchdesmoines.com/things-to-do/outdoor/trails/high-trestle-trail</td>
</tr>
</tbody>
</table>

**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.
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 and Gardens maintains impeccable photo-ready gardens right in downtown Des Moines – visit select days during the summer.

Nitefall 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 Art 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.