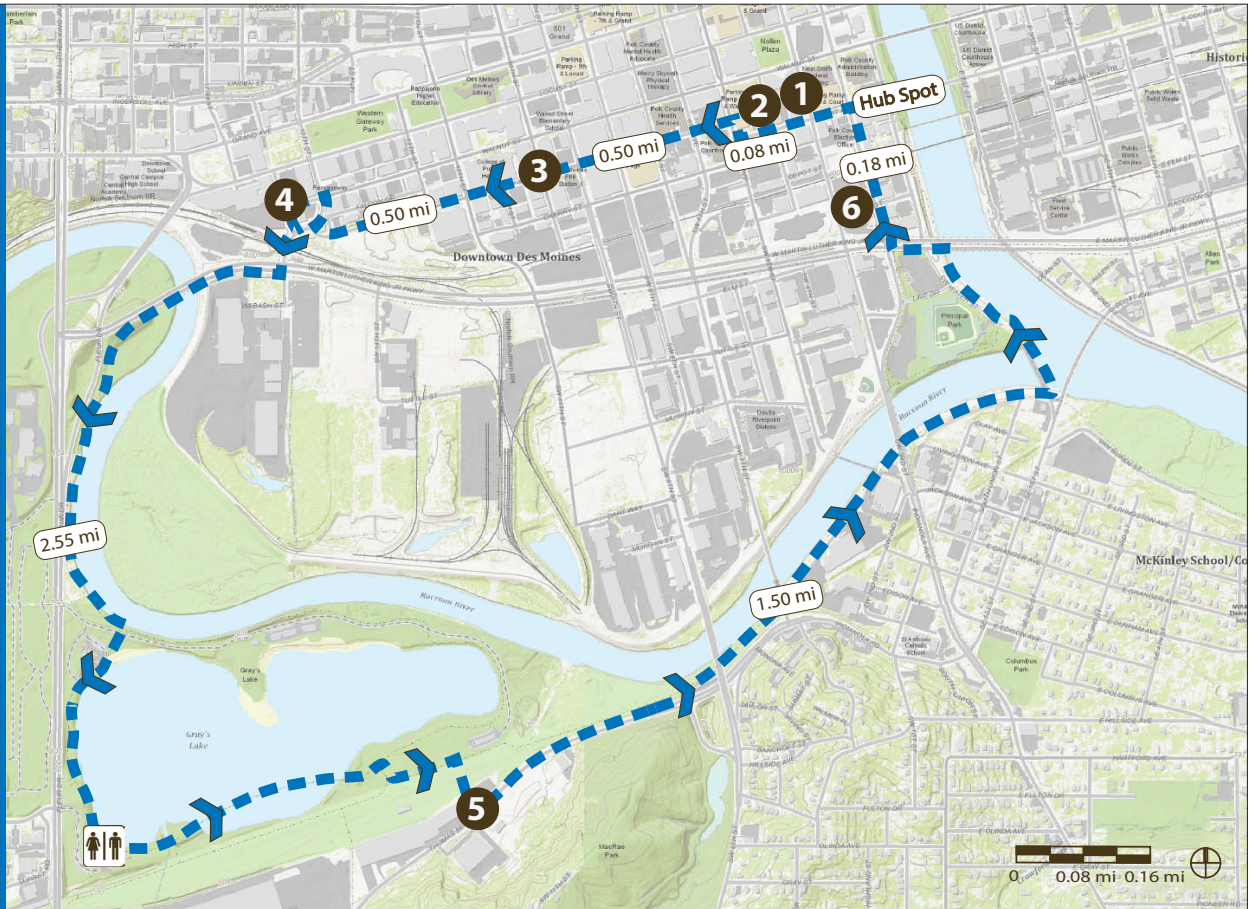




A PINT-SIZE TOUR

4 craft breweries and 2 top-rated bars 6.2 miles



Downtown Des Moines is fortunate to have four craft breweries and two nationally recognized beer bars within a 6.2-mile loop. Each establishment offers 6-ounce or half-pint pours. Bicycle parking available at each stop.

Court Avenue Brewing Company (1) Des Moines' first brew pub (1996) serves nine or more house and premium brews. Favorite: 21st Amendment Ale, cask-aged in Templeton Rye barrels. Brewery has won gold, silver, and bronze medals in Festival of Wood & Barrel Aged Beer; restaurant has won Restaurant of the Year by the Iowa Restaurant Association & Beef Council. courtavebrew.com

Royal Mile (2) Park your bike and stroll into this British-style pub, which has earned *Draft* magazine's recognition among the "100 Best Beer Bars in America." *Draft* says The Mile offers "the best collection of U.K. beer on this side of the pond." Nearly 30 ales and lagers on draft; 120 in bottles. Then climb the steps to **The Red Monk**; more than 80 Belgian beers (12 on tap). Splendid! royalmilebar.com

Raccoon River Brewing Company (3) A must-stop for hop heads; go directly for Bandit IPA, a local favorite. Raccoon River, which traces its roots to Denver's Wynkoop beers, focuses its brewing process on eight or nine house ales and seasonal beers. If you're fortunate, one of their German lagers will be on tap. raccoonbrew.com

Exile Brewing Company (4) Des Moines' largest craft-brewing operation features flavorful and easy-drinking German-style ales and lagers savored in Exile's American Beer Hall. It's the perfect setting to enjoy the finished product and scope out the brewing process. Favorite: Hannah, a Bavarian-style weiss bier. exilebrewing.com

Confluence Brewing Company (5) Downtown's newest brewery, Confluence is the dream of two award-winning home brewers, John Martin and Ken Broadhead, who took their hobby to the next level. Enjoy their flagship and seasonal beers in the taproom or on the deck overlooking Gray's Lake. Favorite: Farmer John's Ale, a refreshing blonde ale. confluencebrewing.com

El Bait Shop (6) El Bait boasts more than 120 U.S. craft beers on draft with another 150 bottled choices, earning *Draft* magazine's title of "The Most American Craft on Draft in the U.S." *Draft* recognizes el Bait Shop among the "100 Best Beer Bars in America" (four years running). El Bait has more than 25 beers on tap from Iowa breweries. elbaitshop.com

Route Scout Scott Dennis, founding member of the Iowa Brewers Union and nationally certified beer and mead judge iowabrewersunion.com