

BUILD YOUR OWN CAPITAL CITY ADVENTURE

Des Moines, Iowa

Pick Three Adventures, Three Meal Options

ALL YEAR, WITH SEASONAL OPTIONS

YOUR TWO-NIGHT STAY AT THE RAMADA TROPICS

Ramada Tropics is Des Moines' only hotel with an indoor waterpark, featuring 18,000 square feet of wet and wild fun (and a poolside tiki bar for parents).

Kick back, relax and let kids be kids while enjoying hours of wet and wild fun. With a destination built around having splash-tastic fun, the Buccaneer Bay Indoor Water Park lets parents and kids take a break while providing a safe environment to create new family memories.

Buccaneer Bay Indoor Water Park is conveniently located inside the hotel and features two large pools, a 40-ft Pirate Ship with slides, two tube slides, water basketball, water volleyball and an arcade.



**"YOU'RE OFF TO GREAT PLACES!
TODAY IS YOUR DAY! YOUR
MOUNTAIN IS WAITING, SO...
GET ON YOUR WAY!"**
— DR. SEUSS



Your Special Adventure Includes:

- A two-night stay at Ramada Des Moines Tropics Resort
- Your choice of three Capital City Adventures (see options)
- Your choice of three Capital City Food Options (see options)
- A Special Adventure Backpack with trip itinerary, confirmations and essentials
- Special Adventure t-shirts for the entire family
- A Fujifilm Instax Mini Polaroid camera and trip journal
- A collection of Special Surprise Fun Boxes filled with family-friendly travel games, travel accessories, activities and snacks



ADVENTURE EXPERIENCES PICK THREE!

SCIENCE CENTER OF IOWA

COVERS ADMISSION COSTS FOR THE ENTIRE FAMILY AND \$50 AT THE SCIENCE CENTER GIFT SHOP

Centrally located in Downtown Des Moines, SCI features hands-on exhibits, special-format theaters and unique programming to encourage learning and fun for all ages. With live science demonstrations, a 50-foot planetarium and interactive experiences around every corner, there's always more to explore!

Get up close with Iowa's native animals, explore the cosmos, build a rocket and discover more in SCI's permanent exhibits. Each space highlights a specific field of science with fun, hands-on ways for all ages to learn and discover. From box turtles and snakes in *What on Earth?* to the zipping, zooming Ball Wall in *When Things Get Moving*, SCI's permanent exhibits allow you to own the experience!

Don't miss the Maker's Studio! Explore, design, build, experiment, tinker and collaborate in this interactive exhibit space on SCI's Main Level. Explore the design cycle while you experiment with circuits, create a stop-motion animation video, build and test a flying machine and more!

Spectacular LEGO®-built marvels structures combined with hands-on building challenges bring engineering, architecture and construction to life and encourage creativity.

CLIMB IOWA—GRIMES, IOWA

COVERS A DAY PASS FOR ALL WHO ARE INTERESTED IN CLIMBING!

Climb Iowa offers an amazing experience for first-time or "seasoned" young climbers. Just remember to bring an adventurous spirit and a bit of courage! Climb Iowa has on-site staff trainers and climbing experts, several auto belays for youth climbers and climbing rocks dedicated to just kids.

Climb Iowa is Iowa's largest indoor climbing and training gym, with more than 10,000 square feet of climbing, 200 routes and problems, a fitness room and yoga studio. There is something for climbers of all ages and abilities.

GET AIR SPORTS TRAMPOLINE PARK

COVERS TWO HOURS OF PARK TIME FOR ALL JUMPERS AND GRIP SOCKS

Take your pick from wall-to-wall trampolines, foam pits, dodgeball, slamball, ninja obstacles and more!

Get Air has thousands of square feet of wall-to-wall trampolines to jump, bounce and flip on for hours of fun. Their Open Court has side-by-side trampolines—a massive space that allows everyone to jump around. You'll also find vertical trampolines, a trampoline dodgeball area and individual trampolines in the Main Court.

Plus, trampoline lanes to get you some serious air to dunk a slamball or launch into a foam pit.

Play dodgeball with other kiddos, or try your luck at the Ninja Course—an adrenaline pumping race through a maze of walls and trampolines.

Get Air also offers Kiddie Court—a special section of the trampoline park for jumpers under 46 inches tall, and the slam ball courts take basketball to a whole new level. With trampolines leading up to the hoop, you can finally get all the air you need to dunk like the pros.



"TODAY WAS GOOD. TODAY WAS FUN. TOMORROW IS ANOTHER ONE."

— DR. SEUSS



DES MOINES BOTANICAL CENTER

COVERS ADMISSION COSTS FOR THE ENTIRE FAMILY AND \$50 AT THE BOTANICAL CENTER'S GARDEN SHOP

Explore the Greater Des Moines Botanical Garden, a vibrant public garden in the heart of downtown Des Moines.

The Botanical Garden offers seven acres of gardens with surprises around every corner, from their iconic geodesic tropical conservatory to the Gardeners Show House and outdoor gardens with ten distinct spaces including a native savanna, rose garden, water garden, perennial garden, gravel garden, views of the Des Moines River and more.

Whether you're a plant and garden enthusiast or simply enjoy being in a beautiful place, every season brings different displays that offer something for everyone to learn from and enjoy.

BREAKOUT GAMES

COVERS ADMISSION COSTS FOR THE ENTIRE FAMILY

Have teenagers? Breakout Games provides exciting, high level games that will challenge even the most experienced gamers. Breakout Games creates one-hour scenarios and storylines and lets you and your family experience them. Ever wanted to be part of a jewel heist? Get mixed up with the mafia? Be a CIA agent? Experience a world of magic? The list goes on because just like the movies, Breakout Games covers every genre. Choose your adventure and escape reality.

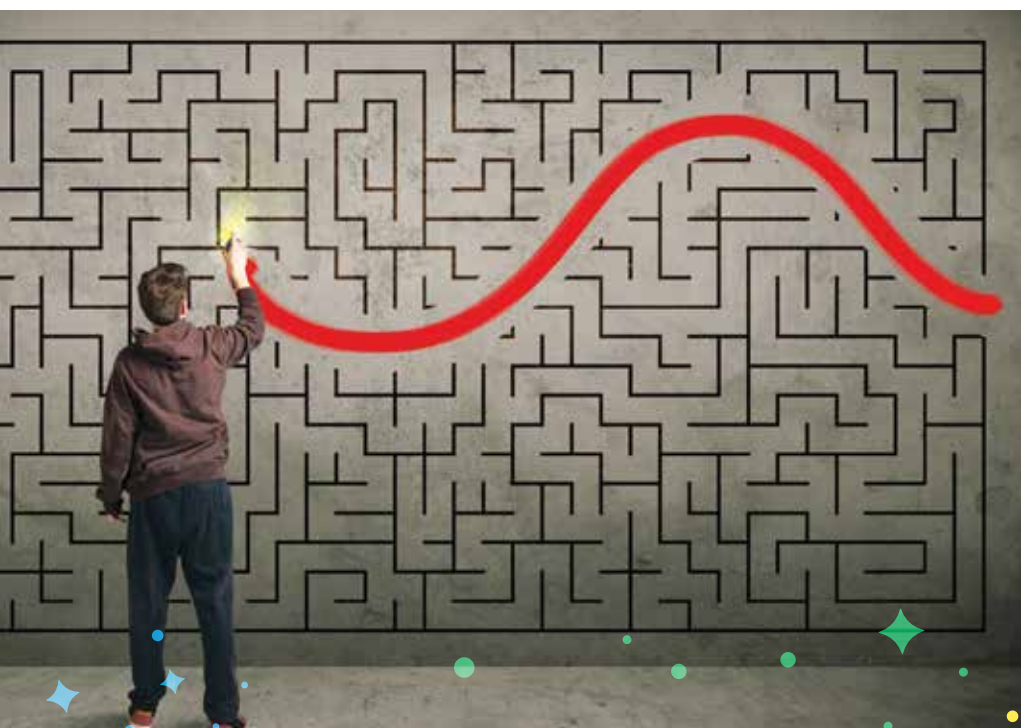
Breakout Games are built to test your family's guile and grit. It's problem solving and team building at its finest. A mission is given to you and there's 60 minutes to complete it. Sounds simple right? Why don't you stop in and find out?

IOWA HALL OF PRIDE

COVERS THE COST OF ADMISSION FOR ALL NON STUDENTS (ALL K-12 STUDENTS ARE FREE)

Experience Iowa like never before! Filled with dozens of hands-on interactive exhibits, the Iowa Hall of Pride tells the stories of Iowa's communities and their heroes. It's fun for kids, adults and families and a great venue for group meetings and events. All Iowa students, grades K-12, are admitted free, and we'll pick up the cost for the adults.

The Iowa Hall of Pride, located in downtown Des Moines, is an interactive celebration to all that is all about Iowa. The people that are recognized at the Iowa Hall of Pride are former Iowa students who excelled in sport, on the stage, and as great ambassadors of their communities. Take pride in Iowa as real stories of great Iowans are brought to life and explore through Hall of Heroes which features notable Iowans. Relive the stories, relive the glories. It is fun for all ages.



SEASONAL

BLANK PARK ZOO (MAY - SEPTEMBER)

COVERS ADMISSION FOR THE ENTIRE FAMILY AND \$50 AT THE ZOO GIFT SHOP

Blank Park Zoo is "Iowa's Wildest Adventure!" Experience the wonders of nature found in the tropical rainforests, Australian Outback and Africa. The Blank Park Zoo showcases animals of every kind, inviting visitors to see them flutter and fly or slip, slide and swim.

The Jamaa Kwa Africa exhibit includes ostriches, spurred tortoises, eastern black rhinos and an African aviary. The Hub Harbor seal and sea lion pool gives visitors an underwater view of these slick creatures. The penguin exhibit is very popular, and offers events to enhance the experience.

Guests can feed parakeets at Budgie Bogin or view fantastic felines at the Great Cats Exhibit. Other animal enclosures include zebras, lemurs, and the petting zoo. While at the park, visitors can also purchase feed bundles. These packages give animal enthusiasts the opportunity to feed parakeets, ostriches and giraffes right from their hands, creating an interactive animal experience.

One of the most innovative and intriguing exhibits at the park is the Discovery Center. This immersive exhibit brings visitors right into the jungle, creating a scavenger hunt to identify the many birds soaring, hopping and chirping throughout the enclosure. The Discovery Center is not just for the birds—other animals include turtles, fruit bats, red pandas and more. It also includes a 15,000 gallon saltwater aquarium, showcasing brightly colored fish and sea creatures. The enclosure creates a safari for adventurers, with winding paths, tumbling waterfalls and an Amazon-inspired rainforest.

ADVENTURELAND (MAY - SEPTEMBER)

COVERS THE COST OF ADMISSION FOR THE ENTIRE FAMILY AND \$100 IN ADVENTURELAND BUCKS

Adventureland Amusement Park contains over 100 rides, shows, and attractions including some of the country's most exciting roller coasters and thrill rides to challenge the most avid amusement park enthusiasts. There are plenty of rides for less adventurous guests, as well, including great water rides and a full selection of children's rides spread throughout the park. The entertainment doesn't stop with rides. Adventureland also presents a full array of shows ranging from live music to magic to song and dance—there's something to suit everyone's taste. It's simply the most fun you will have all year!

The popular roller coaster and thrill rides include the Monster, Phoenix Tornado, Sidewinder, Dragon, Outlaw, Space Needle and Gang Plank & Pirates' Plummet! With the recent addition of Adventure Bay Water Park, the fun now includes 20 waterslides, Iowa's longest lazy river, a swimming pool with a swim up bar, kids splash pad and a wave pool. Rides for all ages are available, from mild to wet-and-wild. This is a family adventure you won't want to miss!



"IF YOU HAVE GOOD THOUGHTS THEY WILL SHINE OUT OF YOUR FACE LIKE SUNBEAMS AND YOU WILL ALWAYS LOOK LOVELY."

— ROALD DAHL



RESTAURANTS PICK THREE!

SMASH PARK WEST DES MOINES

Looking for a great place to eat dinner and have fun? Smash Park West Des Moines is just the place!

This unique establishment in West Des Moines offers indoor and outdoor opportunities to play. The Yard has two pickleball courts, two shuffleboard courts, two bocce ball courts, bag toss, giant Connect 4 and Jenga, giant pong, ladder ball, ring toss, and foosball. Whoa!

The indoor area is just as amazing. The Hall is where you are able to eat and drink and offers a ton of seating area. There are two retro gaming lounges, life-size Connect 4 and Jenga, and a variety of tabletop games.

ZOMBIE BURGER DOWNTOWN DES MOINES

A sign just inside the door reminds us to “Eat Burgers, Not Brains,” and that’s exactly the thing to do. Famous for inventive flavor combos in a “post-apocalyptic” setting, Zombie Burger serves fast food with a creative—and creepy—flair.

A gore-met eatery evoking classic roadside burger stands of the 1970s, Zombie Burger features its own custom three-cut beef burger blend, specially-crafted artisan buns and hand-mixed shakes – and a commitment to producing the best burger anywhere. The Undead Elvis, Dawn of the Dead and Planet Terror are just a few burger offerings, which you can pair with one of more than a dozen milkshakes made with everything from cake to cereal to Kool Aid to Nutella. We recommend the Zombie Bride Wedding Cake.

THE MACHINE SHED URBANDALE

There’s no better way to start your day than with a hearty breakfast here. In fact, the Travel Channel has proclaimed this the Best Breakfast in America! Enjoy thick-sliced ham, hash browns, eggs, pancakes, sweet rolls and more.

When lunchtime rolls around, you’ll want to head to this place for a delicious salad, bowl of soup, or sandwich. The pork tenderloin sandwich is the most popular lunch item, and you’ll see why when it arrives at your table. Warm up with a bowl of the Shed’s World Famous Baked Potato Soup. It’s rich and creamy, with Colby cheese, green onion and crispy bits of bacon.

But don’t forget about dinner! There’s nothing to make your evening better than a plate piled high with comfort food, and that’s what The Machine Shed does best. Dinner starts with fresh-baked, hot rolls. These morsels will melt in your mouth. Enjoy tasty entrees like traditional pot roast, roasted stuffed Iowa pork chop, plowman’s meatloaf, and more. The Machine Shed offers Future Farms Breakfast, Lunch and Dinner, offering kids a big variety of some of The Shed’s favorites.

SPAGHETTI WORKS DOWNTOWN DES MOINES

Spaghetti Works specializes in pizza and pasta and is sure to have something the kids will enjoy. Their kids menu includes Spaghetti (with just sauce or sauce and meatballs), a peanut butter and jelly pizza, regular cheese pizza, chicken tenders w/fries or a toasted cheese sandwich.

Formerly a hat company, Spaghetti Works’ home is a 19th century building in the historic Court Avenue District in Des Moines. The restaurant has a full service bar, sidewalk cafe and patio. As their name implies, Spaghetti Works serves traditional Italian dishes—some with a spin—like chicken broccoli alfredo, house special pizza, eggplant parmesan and garlic cheese bread. If none of that tickles your fancy, you can design your own pasta dish!

WOBBLY BOOTS CLIVE, IOWA

Award-winning Des Moines Bar-b-que is what they are known for! Wobbly Boots smoked meats would best be described as hybrid BBQ, a unique blend of the flavors and styles of the BBQ meccas of the United States—Kansas City, St. Louis, Memphis or Texas.

Their meats are generously coated in our special dry rub and smoked low and slow over hickory for maximum flavor and tenderness. Kid’s menu includes chicken strips, mini corn dogs, cheeseburger, pork slider, grilled cheese and a boat of mac and cheese.

WAHLBURGERS, WEST DES MOINES

Located at the Jordan Creek Town Center in West Des Moines, families are invited to come in and enjoy a fun, casual, music -filled atmosphere to share great food, a few laughs and lots of love.

While the interior decor is filled with photos and memories celebrating the Wahlberg brothers’ life journeys from Dorchester neighborhood kids to rising chef and international superstars, Wahlburgers makes food the real star. Our guests enjoy delicious fresh ground beef burgers, signature sandwiches, crispy fries, onion rings, sweet tater tots and salads—all served with heartfelt hospitality. While you’re there, be sure to try a root beer or creamsicle float or homemade chocolate, strawberry or chocolate strawberry frappe!



EGGS AND JAM!

WEST DES MOINES

From East Toast to West Toast people are talking about this 90's-hip-hop fueled retro cafe. Eggs and Jam pays homage to simpler times when the beats were as fresh as the food served. This place offers a full track of healthy breakfast-inspired options as well as many of the comfort food favorites—all named after your favorite 90's hits. From 'The Roots' veggie omelet to the 'Ludabiscuits' and gravy, you'll be sure to find something that fits your flavor.

With golden-era, hip-hop soundtracks starring artists like Nas, Beastie Boys, and Snoop coming out of the speakers the shop serves up nostalgia for the parents and a kid's menu to boot. Street art murals and urban flair will have you in full throwback mode while we expand the boundaries of your taste buds. The atmosphere is lively, the servings are generous and the flavors are decadent. Eggs and Jam is a food experience your family won't forget!

DOMINO'S PIZZA DELIVERY

Let's be real. Pizza delivered poolside at the hotel is totally the way to go. You'll get gift cards to cover breadsticks, pizza, chicken, sandwiches, dessert and soda delivered right to the hotel. From America's number one pizza chain—Domino's.

CHUCK E CHEESE

WEST DES MOINES

Where a kid can be a kid! Everything you could want for a full day of excitement is under one roof at Chuck E. Cheese's. From a video arcade with interactive games, to their famous pizza and an all-you-can-eat salad bar, to performances by the one and only Chuck E. and his gang, expect fun and entertainment galore.

JETHRO'S BBQ

DES MOINES, WEST DES MOINES, JOHNSTON, ANKENY, ALTOONA

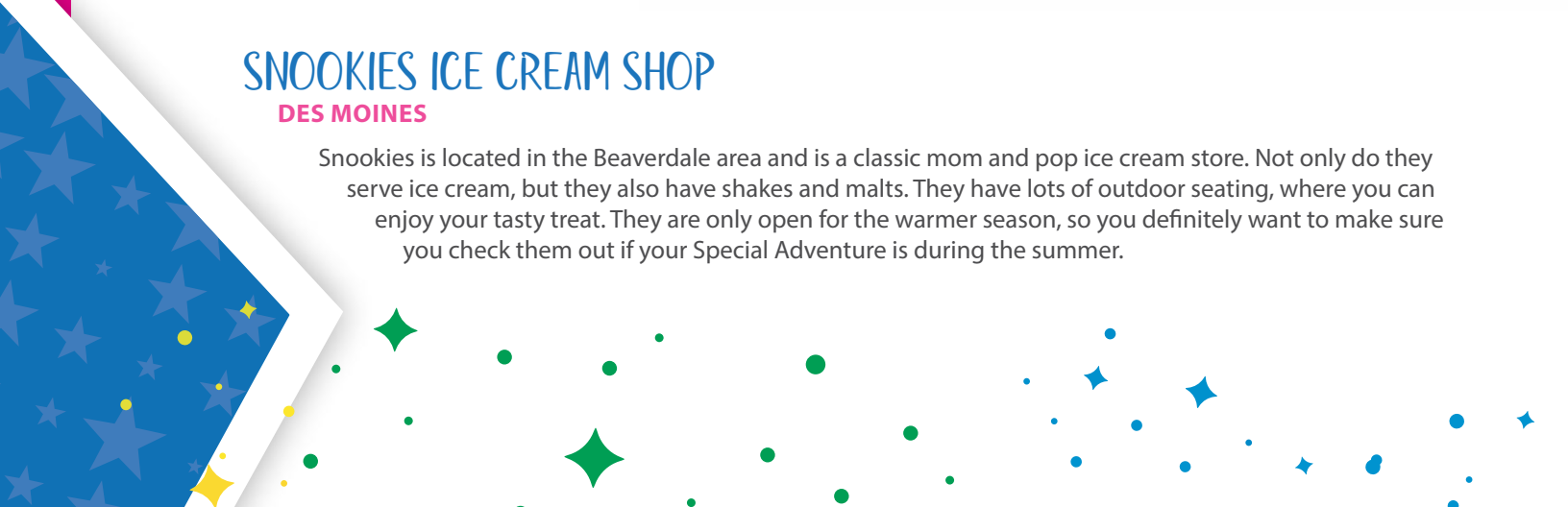
Jethro's BBQ is a name that is synonymous with Iowa. In less than 10 years, the popular neighborhood sports bars offering "amazing slow smoked meats" have become treasured institutions for those living near or visiting the Des Moines metro area.

In addition to the original Jethro's near Drake University, which opened in 2008, there are five other Jethro's in the area that boast specialties reflective in their names: Jethro's 'n Jambalya, Jethro 'n Jake's Smokehouse Steaks, Jethro's LakeHouse, Jethro's Pork Chop Grill and Jethro's Bacon Bacon. Each Jethro's location is known for its own unique, signature dishes in addition to serving up generous portions of BBQ favorites.

SNOOKIES ICE CREAM SHOP

DES MOINES

Snookies is located in the Beavertdale area and is a classic mom and pop ice cream store. Not only do they serve ice cream, but they also have shakes and malts. They have lots of outdoor seating, where you can enjoy your tasty treat. They are only open for the warmer season, so you definitely want to make sure you check them out if your Special Adventure is during the summer.





"IN THE PLACES I GO THERE ARE THINGS THAT I SEE THAT I NEVER COULD SPELL IF I STOPPED WITH THE Z." – DR. SEUSS



FREE ADVENTURES

JESTER PARK NATURAL PLAYScape

The Jester Park Natural Playscape is not a run of the mill playground. It is a play area constructed using natural materials such as boulders, earth mounds, and water features, avoiding plastics, metals, concrete, or signs explaining how to play.

Children that climb trees, roll down hills, scramble up rocks, dam up water, and hide in grass experience natural play. This type of play frees the child's imagination to limitless learning opportunities. By using the approach of a Natural Playscape instead of a fabricated playground, children's creativity will be challenged with adventurous natural activities and objects.

GRAYS LAKE

Stretch your legs and get some exercise! Grays Lake is a 167-acre park featuring a 1.9-mi. lighted walking path around a lake with small boat rentals. Your family will enjoy the peace and serenity of this beautiful lake—a hidden gem tucked away near downtown Des Moines.

BIG CREEK STATE PARK

Located near Saylorville Lake just 20 miles from Des Moines, Big Creek State Park is a family-friendly park perfect for picnicking and outdoor recreation. The star of the show is Big Creek Lake, home of the largest beach in the state park system. The lake is also a popular fishing destination with boat and bike rentals available at the beach concessionaire. Take a day-trip to Big Creek State Park this season and enjoy everything Iowa outdoors has to offer!

JOHN AND MARY PAPPAJOHN SCULPTURE PARK

You've seen the picture before—smiling faces inside the person made of letters. Get your own snap inside the sculpture called Nomade at the John and Mary Pappajohn Sculpture Park. This 4.4 acre park features artwork by 25 of the world's most celebrated artists.

Located within a major crossroads of the urban grid, the park creates a pedestrian-friendly entryway to downtown Des Moines. This accessible setting, coupled with the skilled landscape design and caliber of the art, makes it unlike any other sculpture park in the United States. The Pappajohns' contribution of 31 works for the park is the most significant donation of artwork ever made to the Des Moines Art Center.





A SPECIAL
Adventure
DEB AND JEFF HANSEN FOUNDATION



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