

# BUILD YOUR OWN CAPITAL CITY ADVENTURE

Des Moines, Iowa

Pick Three Adventures, Three Meals Included

MAY 24-26, 2024 **AND** JULY 26-28, 2024



## YOUR TWO-NIGHT STAY AT STONEY CREEK INN

Stoney Creek Inn offers an indoor pool, continental breakfast and a relaxing environment for the entire family.

The hotel is conveniently located off of I- 80 and is close to all your adventure options.

Parents can relax while their kids spend time in the pool, and kids can burn off their energy—if they have any left—before bedtime.

“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 Stoney Creek Inn
- Your choice of three Capital City Adventures (see options)
- Three Capital City meals
- A trip to Snookie’s ice cream shop
- 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 GIFT CARD TO USE 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**





# SMASH PARK

**INCLUDES \$100 GIFT CARD TO ENJOY GAMES AND SNACKS**

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.

# ESCAPE CHAMBERS

**COVERS ADMISSION COSTS FOR THE ENTIRE FAMILY**

Have teenagers? Escape Chambers provides exciting, high level games that will challenge even the most experienced gamers. Escape Chambers 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, Escape Chambers covers every genre. Choose your adventure and escape reality.

Escape Rooms 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?





## SEASONAL

### BLANK PARK ZOO

#### \$50 GIFT CARD TO USE 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

#### \$100 GIFT CARD TO USE AT ADVENTURELAND

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!



### IOWA CUBS

#### COVERS THE COST OF ADMISSION FOR THE ENTIRE FAMILY AND A \$50 GIFT CARD TO USE AT THE BALLPARK.

Choose from a Friday night or Saturday night game, Friday games start at 7 p.m. and include a fireworks show afterwards. Saturday games start at 6 p.m.

Enjoy America’s favorite pastime with the Iowa Cubs! The crack of the bat, the roar of the crowd, and the smell of popcorn create an atmosphere like no other. Grab a hotdog, peanuts or popcorn and cheer on the Cubs as they take on the Indianapolis Indians.

Watch as future MLB stars showcase their skills on the field. As the Triple-A affiliate of the Chicago Cubs, the Iowa Cubs bring the excitement of top-tier baseball talent right to Des Moines.



# RESTAURANTS

## 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.

## JETHRO’S BBQ 'N PORK CHOP GRILL

**JOHNSTON**

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.

There will be no shortage of delicious options at Jethro’s! The popular restaurant offers a wide variety of BBQ classics including pulled pork, ribs and brisket, alongside burgers, sandwiches, soups and salads. The kids menu offers chicken strips, burgers, quesadillas, BBQ sandwiches and more. Stop by from 11 a.m. to 2 p.m. for weekend brunch options like biscuits and gravy, breakfast burritos and french toast sticks.

## 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.



“YOU’RE BRAVER THAN YOU BELIEVE,  
AND STRONGER THAN YOU SEEM, AND  
SMARTER THAN YOU THINK.”  
– CHRISTOPHER ROBIN



“MAKE EACH DAY  
YOUR MASTERPIECE!”  
– JOHN WOODEN



“BE SILLY, BE HONEST, BE KIND.”  
– RALPH WALDO EMERSON

“FROM THERE TO HERE AND HERE TO  
THERE, FUNNY THINGS ARE EVERYWHERE.”  
– DR. SEUSS



“TO THE WORLD YOU MAY BE ONE PERSON,  
BUT TO ONE PERSON YOU MAY  
BE THE WORLD.”  
– 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 PAPPASJOHN 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.

## GUIDED TOUR OF IOWA STATE CAPITOL

Get an inside look of what goes on inside the Iowa State Capitol! You will visit all four floors: ground, first, second and third to get the full experience—including seeing the Governor's office. You'll experience the glass floor of the first level, clear to the mosaics on the third level. The good news: you have a tour guide providing intel on every part of the Capitol.

The Iowa State Capitol is located in beautiful downtown Des Moines, and the tour is enjoyable for all ages. When you're finished with your guided tour at the Capitol, don't forget to head next door to visit the Iowa State Historical Museum— another great chance to learn about Iowa's history!







A SPECIAL  
**Adventure**  
 DEB AND JEFF HANSEN FOUNDATION



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