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SLOGAN: HAWKEYE STATE
ABBREVIATION: IA

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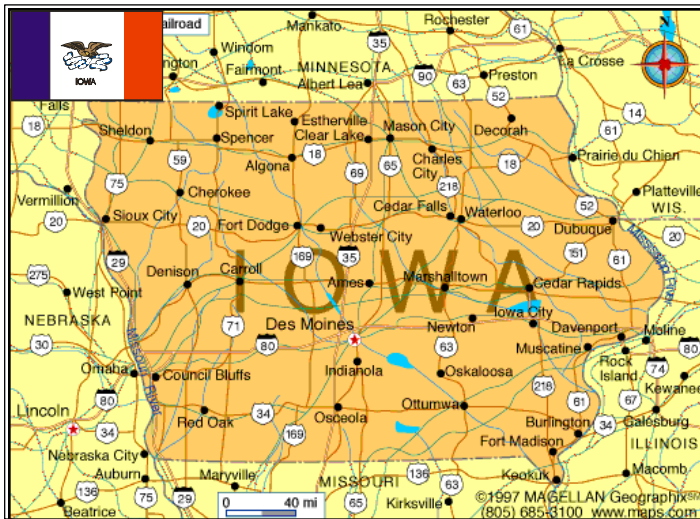
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RAMADA - CEDAR RAPIDS ,4011 16th Ave SW, Cedar Rapids ,+1 319-396-5000, ihelp@choicehotels.com , www.ramada.com



State Dialling Code (Tel/Fax): ++1 515

Iowa Tourism Office: 200 East Grand Avenue, Des Moines, IA 50309 Tel: 242 4705 or 888 472 6035 (toll free) Fax: 242 4718 E-mail: tourism@ided.state.com Website: www.traveliowa.com

Capital: Des Moines Time: GMT - 6

Background: Iowa entered the Union on December 28, 1846, as the 29th state. President Herbert C. Hoover was born in Iowa. Possessing some of the richest farmland in the United States, Iowa has always had an economy dominated by farming and has been known for its production of corn, pigs, and cattle. In the 1990s farming and related industries remained central to the economy, and Iowa was still one of the top agricultural states of the United States. The state's name is taken from the Iowa River, which is named after the Iowa people. Iowa is known as the "Hawkeye State". Its major cities are Des Moines (the capital), Cedar Rapids, Davenport, Sioux City, and Waterloo.

Population: According to the 1990 census, Iowa had 2,776,755 inhabitants, a decrease of 4.7 per cent from 1980. However, the population estimate for 1997 of 2,852,423 showed that the trend had reversed and population was again on the rise. The average population density was 19 people per sq km (49 per sq mi). Whites made up 96.6 per cent of the population and blacks 1.7 per cent; additional groups included 7,217 Native Americans, 4,618 people of Korean origin, 4,442 people of Chinese ancestry, 3,374 people of Laotian background, 3,021 Asian Indians, and 2,882 people of Vietnamese descent. Approximately 32,650 Iowans were of Latino ancestry.

Location: Iowa (state), one of the Midwestern states of the United States, bordered on the north by Minnesota, on the east by Wisconsin and Illinois, on the south by Missouri, and on the west by Nebraska and South Dakota. The Mississippi River forms the entire eastern border, and the Missouri River forms much of the western border.

Area: Iowa has an area of 145,754 sq km (56,276 sq mi); 0.4 per cent of the land area is owned by the federal government. The state is roughly rectangular in shape, and its extreme dimensions are about 344 km (214 mi) from north to south and about 534 km (332 mi) from east to west. Elevations range from 146 m (480 ft) at the Mississippi River in the south-east to 509 m (1,670 ft) from the top of Ocheyedan Mound in the north-west near the Minnesota border. The approximate mean elevation is about 340 m (1,100 ft).

Industries: Iowa's most important mineral resources are limestone, sand, gravel, gypsum, and coal. Clay and slate are produced at several locations to provide materials for cement plants and for the manufacture of brick and tile products.

Farms occupy some 90 per cent of Iowa's land area, with crops accounting for about half the annual farm income. The state usually ranks first in yearly US corn production. Other major crops include soya beans, hay, oats, alfalfa, flax seed, sugar beet, wheat, apples, peaches, and grapes.

Forestry and fishing activities are of minor importance. Small amounts of oak, walnut, and hickory are cut for timber and for the manufacture of furniture. Commercial fishing is limited to the Mississippi and Missouri rivers, from which a small catch—principally catfish—is taken.

Leading manufacturing industries are food processing, livestock feeds, industrial machinery, and electronic equipment.

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DAVENPORT IOWA

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HAMPTON INN & SUITES DAVENPORT, 5290 Utica Ridge Road, Davenport, Tel: +1-563-441-0001, Fax: +1-563-823-6001, <http://hamptoninn3.hilton.com/en/hotels/iowa/hampton-inn-and-suites-davenport-DVNPTHX/index.html>

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LA QUINTA INN, 3330 E. Kimberly Rd, Davenport, IA 52807, Phone: (563) 359-3921, Fax: (563) 359-1912, <http://www.lq.com>

RIVERVIEW INN 227 LeClaire Street Davenport UNITED STATES OF AMERICA 319-324-1921 319-324-9621

RESIDENCE INN, 120 East 55th Street, Davenport, Iowa 52806 USA, Phone: 1-563-391-8877, Fax: 1-563-391-8877, Sales: 1-563-391-8877, Sales fax: 1-563-391-8877, <http://www.marriott.com/hotels/travel/mliri-residence-inn-davenport>

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RADISSON QUAD CITY PLAZA HOTEL 111 E.2nd Street Davenport, IA 52801 DAVENPORT (QUAD CITY) IOWA, 1-319-322-2200 +1-319-322-9939, rhi_dvpt@radisson.com, www.radisson.com/davenportia

DES MOINES IOWA

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BAYMONT INN & SUITES DES MOINES AIRPORT, 6221 S.W Army Post Rd., Des Moines, +1 877-229-6668, accessibility@wyn.com

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BEST WESTERN DES MOINES AIRPORT, 1810 Army post Road, Des Moines, IA 50315-5413, United States, 1 515-287-6464, accessibility@wyn.com

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DAYS INN DES MOINES, 4845 Merle Hay Rd, Urbandale, IA 50322, United States, +1 515-278-5511, aminalka0403@gmail.com, www.daysinn.com

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HOLIDAY INN-DES MOINES DOWNTOWN, 1050 6th Ave, Des Moines, 1 515-283-0151, holidayinndesmoines@gmail.com, www.holidayinn.com

HOLIDAY INN EXPRESS, DES MOINES-AT DRAKE UNIVERSITY, 1140 24TH STREET, DES MOINES, IA 50311 UNITED STATES, T: 1-515-2554000, Fax: 1-515-2551192, hiexpressdrake@gmail.com

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STARLITE VILLAGE-DES MOINES 929 3rd Street Des Moines UNITED STATES OF AMERICA 515-282-5251 515-282-6871

TRAVELODGE DES MOINES, 4685 NE 14th Street, Des Moines, IA 50313, United States, +1 515-265-5671, accessibility@wyn.com



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WATERLOO IOWA

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HILTON GARDEN INN, 205 South 64th Street, West Des Moines, Iowa, USA 50266, Tel: +1-515-223-0571, Fax: +1-515-223-0581, <http://hiltongardeninn.hilton.com>

HOLIDAY INN HOTEL & SUITES, West des moines- jordan creek, 6075 mills civic parkway, West des moines, ia 50266 united states, T: 011-515-3093900 Fax: 011-515-3093019, tshepard@hoari.com, www.holidayinn.com

RAMADA DES MOINES WEST/CLIVE, 1600 NW 114th Street, I80/I35 & Exit 124, Des Moines, IA, 50325 US, Phone: 515-226-1600, Fax: 515-226-9022, accessibility@wyn.com, <http://www.ramada.com>

RAMADA
HOTELS & SUITES

RESIDENCE INN 160 South Jordan Creek Parkway, West Des Moines, Iowa, 50266 USA, Phone: 1-515-267-0338, Fax: 1-515-440-1338 <http://www.marriott.com>

SHERATON WEST DES MOINES HOTEL, 1800 50th Street - West Des Moines, IA 50266, sheratonwestdesmoines@sheratonwestdesmoines.com

SPRINGHILL SUITES DES MOINES WEST, 1236 Jordan Creek Pkwy, West Des Moines, Iowa 50266 USA, Phone: 1-515-223-9005, Fax: 1-515-223-9058, Sales: 1-515-223-9005, Sales fax: 1-515-223-9058, <http://www.marriott.com>

STAYBRIDGE SUITES, WEST DES MOINES, 6905 LAKE DR. WEST DES MOINES, IA 50266 UNITED STATES, T: 1-515-2230000, Fax: 1-515-2230099, fd_staybridgesuites@gmail.com, www.staybridge.com

STUDIO PLUS DES MOINES, 2701 Westown Pkwy, West Des Moines, IA 515-327-9100, WDM@extendedstay.com, www.studioplus.com

VALLEY WEST INN, 3535 Westown Pkwy, West Des Moines, IA 50266, United States, +1 515-225-2524/9058, www.valleywestinn.com

WEST DES MOINES MARRIOTT, 1250 Jordan Creek Parkway, West Des Moines, IA 50266, USA, +1 515-267-1500, www.marriott.com



AIRLINES/HELICOPTERS/AIRPORTS

DELTA AIR LINES, INC., P.O. Box 20706, Atlanta, Georgia 30320-6001, Tel: 404-715-2600, <http://www.delta.com>

BURLINGTON

SOUTHEAST IOWA REGIONAL AIRPORT, 2515 Summer Street Burlington, IA 52601, Phone (319) 754-1414, Fax (319) 754-1424, <http://www.brairport.com>

CEDAR RAPIDS

THE EASTERN IOWA AIRPORT, Administration Office, 2515 Arthur Collins Parkway SW, Cedar Rapids, IA 52404-8952, T: 319-731-5719, <http://www.eairport.org>

CARROLL

ARTHUR NEU MUNICIPAL AIRPORT , 21177 Quail Avenue ,Carroll, IA 51401,Phone: (712) 792-4980 , <http://www.cityofcarroll.com/carrollairport.htm>

DES MOINES

DES MOINES INTERNATIONAL AIRPORT, Dept. of Aviation, Room 201, 5800 Fleur Drive,Des Moines, Iowa 50321-2854, Phone: (515)256-5100, <http://www.dsmairport.com>

DUBUQUE

DUBUQUE REGIONAL AIRPORT ,11000 Airport Road, Dubuque, IA 52003 , T:563-589-4128, csheldon@cityofdubuque.org , <http://www.flydbq.com>

FORT DODGE

FORT DODGE REGIONAL AIRPORT, 1639 Nelson Ave, Suite 2, Fort Dodge, IA 50501, T:515-573-3881, F:515-955-1438, <http://www.fortdodgeiowa.org>

IOWA CITY

IOWA CITY MUNICIPAL AIRPORT, 1801 South Riverside Drive, Iowa City, IA 52246-5704, United States, T:(319) 356-5045, www.icgov.org

MASON CITY

MASON CITY MUNICIPAL AIRPORT , Mason City, IA 50402, PO Box 1484, Phone (641) 421-3680, Fax (641) 421-3695, <http://www.masoncity.net>

SIoux CITY

SIoux GATEWAY AIRPORT , 2403 Aviation Blvd. Sioux City,IA 51111,T:712-279-6165 , <http://www.flysiouxgateway.com>

WATERLOO

WATERLOO REGIONAL AIRPORT, 2790 Livingston Lane, Waterloo, IA 50703, Phone: (319) 291-4483, Fax: (319) 291-4250, info@flyalo.com , <http://www.flyalo.com>

RESTAURANTS & BARS

AMES IOWA

APPLEBEE'S NEIGHBORHOOD GRILL & BAR, 105 Chestnut St, Ames, IA 50010, United States, +1 515-233-6452 , www.applebees.com

AUNT MAUDE'S, 547 Main St, Ames, IA 50010, United States, +1 515-233-4136, Fax: 515 2332339, Cuisines: American, Seafood, <http://auntmaudesames.com>

CAFE BEAUDELAIRE ,2504 E Lincoln Way, Ames , 1 515-292-7429,Cuisines: Brazilian, Mediterranean, claudio@cafebeaudelaire.com , www.cafebeau.com

HAPPY JOE'S PIZZA, 551 S Duff Ave, Ames, IA 50010, United States, +1 515-232-4231, www.happyjoes.com

HICKORY PARK RESTAURANT CO, 1404 S Duff Ave, Ames, IA 50010, United States, +1 515-232-8940, Cuisines: American, Barbecue, information@hickorypark-bbq.com , www.hickorypark-bbq.com

JIMMY JOHN'S GOURMET SANDWICHES ,300 Main St, Ames ,+1 515-233-3355, www.jimmyjohns.com

LUCULLAN'S ITALIAN GRILL, 400 Main St, Ames, IA 50010, United States, +1 515-232-8484, Cuisine: Italian, www.lucullans.com

OLDE MAIN BREWING CO, 316 Main St, Ames, IA 50010, United States, +1 515-232-0553 Cuisines: American, Asian, Dessert, French, German, Greek, Hamburgers, Seafood, Vegetarian, Healthy, Bar, Pub, Pasta, Brew Pub, mattombc@gmail.com , www.oldemainbrewing.com

PANERA BREAD OF IOWA, 309 S Duff Ave, Ames, IA 50010, United States, +1 515-956-4580, Cuisine: American, www.panerabread.com

CEDAR RAPIDS IOWA

ALADDIN RESTAURANT, 4342 16th Ave SW, Cedar Rapids, IA 52404, United States, +1 319-365-2025 , Cuisines: Mediterranean, Middle Eastern, www.craladdinrestaurant.com

BIAGGI'S RISTORANTE ITALIANO, 320 Collins Rd NE, Cedar Rapids,1 319-393-6593, Cuisine: Italian, info@biaggis.com , www.biaggis.com

BLEND INC, 221 2nd Ave SE, Cedar Rapids, IA 52401, United States, +1 319-366-3364, Cuisines: American, International, www.blendcr.com

CHILI'S GRILL & BAR, 1250 Collins Rd NE, Cedar Rapids, IA 52402, United States, +1 319-378-9694, Cuisines: American, Southwestern, Barbecue, Mexican, www.chilis.com

CROISSANT DU JOUR, 3531 Mount Vernon Rd SE, Cedar Rapids, IA 52403, United States, +1 319-363-7767 , Cuisines: French, Café, www.croissantdujour.biz

GRANITE CITY FOOD & BREWERY, 4755 1st Ave SE, Cedar Rapids, , 1 319-395-7500, Cuisine: Brew Pub, corporate@qcfb.net , www.qcfb.net

SUSHI HOUSE JAPANESEANDCHINESE RESTAURANT, 2665 Edgewood Pkwy SW 100, Cedar Rapids, IA 52404, United States, 1 319-396-1990, Cuisines: Sushi, Japanese, sushihousecedarrapids@gmail.com www.sushihouse.org

TEXAS ROADHOUSE, 2605 Edgewood Rd SW, Cedar Rapids, IA 52404, United States, +1 319-396-3300, Cuisines: Barbecue, Steakhouse, www.texasroadhouse.com

ZINDRICK'S CZECH RESTAURANT, 86 16th Ave SW, Cedar Rapids, IA 52404, United States, +1 319-365-5257, Cuisine: Czech, www.restaurantrow.com

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801 Grand Ave 200
Des Moines, IA 50309, United States
+1 515-288-6000
primechophouse@aol.com
www.801steakandchop.com



A DONG RESTAURANT, 1511 High St, Des Moines, IA 50309, United States, +1 515-284-5632, Cuisines: Chinese, Vietnamese, <http://adongrestaurant.com>

BASIL PROSPER'S LUCCA RESTAURANT & BAR, 420 East Locust Des Moines , 515.243.1115, Cuisines: American, Greek, <http://www.luccarestaurant.net>

BIG DADDY'S BARBEQUE, 1000 E 14th St, Des Moines, IA 50316, United States, +1 515-262-0352, Cuisine: Barbecue, bigdaddys@bigdaddysbbq.net

CENTRO, 1011 Locust St, Des Moines, IA 50309, United States, +1 515-244-7033, Cuisine: Pizza, www.centrodesmoines.com

CHRISTOPHERS, 2816 Beaver Ave, Des Moines, IA 50310, United States, +1 515-274-3694, Cuisines: Italian, Seafood, Steakhouse, info@christophersdsm.com , www.christophers-restaurant.com

COURT AVENUE RESTAURANT & BREWING COMPANY, 309 Court Ave 1, Des Moines, IA 50309, 1 515-282-2739, Cuisine: American, justinb@courtavebrew.com , www.courtavebrew.sitevz.com

EL AGUILA REAL MEXICAN ,3600 Beaver Ave, Des Moines , +1 515-255-7050, www.elaguilareal.com

EL RODEO, 1234 E Euclid Ave, Des Moines, IA 50316, United States, +1 515-265-0551, Cuisine: Mexican, www.elrodeo123.com

FAMOUS DAVE'S BAR-B-QUE: DES MOINES, 4351 Merle Hay Rd, Des Moines, IA 50310, United States, +1 515-331-3300 , www.famousdaves.com

FELIX & OSCARS RESTAURANT, 4050 Merle Hay Rd, Des Moines, IA 50310, United States, +1 515-278-8887 , Cuisines: Italian, Pizza, www.felixandoscars.com

FLYING MANGO, 4345 Hickman Rd, Des Moines, IA 50310, United States, +1 515-255-4111, Cuisines: Cajun & Creole, Barbecue, Latin, eat@flyingmango.com , www.flyingmango.com

GINO'S RESTAURANT & LOUNGE, 2809 6th Ave, Des Moines, IA 50313, United States, +1 515-282-4029 , Cuisines: Italian, Seafood, Steakhouse, www.boorah.com

IOWA BEEF STEAK HOUSE, 1201 E Euclid Ave, Des Moines, IA 50316, United States, +1 515-262-1138, Cuisine: Steakhouse, www.iowabeefsteakhouse.com

NOW OR LATER RESTAURANT, 3750 E University Ave, Des Moines, IA 50317, United States, +1 515-266-9777, Cuisine: American, <https://www.facebook.com/NowOrLaterRestaurant>

OKOBOJI GRILL, 6050 SE 14th St, Des Moines, IA 50320, United States, +1 515-287-1979, www.okobojigrill.com

SAGE TREE, 429 Grand Ave, Des Moines, IA 50309, United States, +1 515-243-1434 , Cuisine: American, www.thesagetreeinc.com

SOMETHING ITALIAN , 400 Walnut, Suite 2, Des Moines, IA 50309,Phone: 243-2928 ,Cuisine: Italian, <http://www.somethingitaliandsm.com>

SPLASH, 303 Locust St 100, Des Moines, IA 50309, United States, +1 515-244-5686, Cuisine: Seafood, www.splash-seafood.com

STARBAR, 2811 Ingersoll Ave, Des Moines, IA 50312, United States, +1 515-244-0790, www.starbardsm.com

TASTY TACOS INC , 1418 East Grand Avenue, Des Moines , +1 515-266-4242, Cuisines: Southwestern, Mexican, Fast Food, www.tastytacos.com

TURSI'S LATIN KING RESTAURANT, 2200 Hubbell Ave, Des Moines, IA50317, United States, +1 515-266-4466, Cuisines: Italian, Seafood, www.tursislatinking.com

SIoux CITY

BEV'S ON THE RIVER, 1110 Larsen Park Rd, Sioux City, IA 51103, United States, +1 712-224-2387, Cuisine: American, www.bevsontheriver.com

RED LOBSTER RESTAURANTS, 4290 Sergeant Rd, Sioux City, IA 51106, United States, +1 712-274-1023, Cuisines: American, Seafood, www.redlobster.com

FAMOUS DAVE'S BAR-B-QUE, 201 Pierce St, Sioux City, IA 51101, United States, +1 712-277-8800, Cuisine: Barbecue, www.famousdaves.com

URBANDALE IOWA

DAYTONAS ALL SPORT CAFÉ, 4875 Merle Hay Rd, Urbandale, IA 50322, United States, +1 515-331-0996, www.myspace.com

EL RODEO MEXICAN RESTAURANT, 7420 Douglas Ave, Urbandale, IA 50322, United States, +1 515-251-7647, Cuisine: Mexican, www.elrodeo123.com

STELLAS BLUE SKY DINER, 3281 100th St, Urbandale, IA 50322, United States, +1 515-727-4408, www.stellasblueskydiner.com

TAKI JAPANESE STEAK HOUSE, 2601 86th St, Urbandale, IA 50322, United States, +1 515-331-3030, taki.comment@gmail.com Cuisine: Japanese, www.takisteakhouse.com

VICTOR'S SPORTS CLUB, 7500 Douglas Ave, Urbandale, IA 50322, United States, +1 515-278-9575, www.victorssportsclub.com

MUSEUMS/GALLERIES

CEDAR RAPIDS IOWA

AFRICAN AMERICAN HISTORICAL MUSEUM AND CULTURAL CENTER OF IOWA , Telephone: (319) 862-2101 x10, Email: information@blackiowa.org , <http://www.blackiowa.org>

CEDAR RAPIDS MUSEUM OF ART, 410 3rd Ave SE, Cedar Rapids, IA 52401, United States, +1 319-366-7503, info@crma.org , www.crma.org

MCLEOD/BUSSE IMAX DOME , 427 1st St SE, Cedar Rapids, IA 52401, United States, +1 319-363-4629, www.sciencestation.org

NATIONAL CZECH AND SLOVAK MUSEUM AND LIBRARY , 4444 First Ave NE Suite 18 , Cedar Rapids, IA 52402, phone: 319-294-5354, fax: 319-363-2209, ssokolsky@ncsml.org , <http://www.ncsml.org>

DAVENPORT IOWA

FIGGE ART MUSEUM, 225 West Second Street, Davenport, IA 52801, United States, 1 563-326-7804, vbenson@figgeartmuseum.org , www.figgeartmuseum.org

DES MOINES IOWA

DES MOINES ART CENTER, 4700 Grand Ave, Des Moines , +1 515-277-4405, www.desmoinesartcenter.org

DUBUQUE IOWA



350 E 3rd St
Dubuque, IA 52001, United States
+1 563-585-2048
info@rivermuseum.com
www.mississippirivermuseum.com

ENTERTAINMENTS

DESMOINES IOWA

ADVENTURELAND PARK , 305 34th Ave NW , Altoona, IA, 50009, +1 515-266-2121, <http://www.adventurelandpark.com>

3 Milion Facts are listed on our Website

DUBUQUE IOWA

CRYSTAL LAKE CAVE, 7699 Crystal Lake Cave Drive, Dubuque, 1 563-556-6451, info@crystallakecave.com , www.crystallakecave.com

350 Bell St
Dubuque, IA 52001, United States
+1 563-690-4000
jmorgan@grandharborresort.com
www.grandharborresort.com

DES MOINES IOWA

SHOPPING CENTRES & MALLS

FLEA MARKET ON 63RD ST , 221 SW 63rd St, Des Moines, IA 50312-1501, voice:(515) 279-0980, info@nateswapshop.com

THE BRASS ARMADILLO DES MOINES, 701 NE 50th Avenue, Des Moines, Iowa 50313, 515-282-0082, 800-775-2140, E-Mail: desmoines@brassarmadillo.com , <http://www.brassarmadillo.com>

ANTIQUe MARKETS

DUBUQUE IOWA

MID AMERICA ARCHITECTURAL SALVAGE ,1079 Elm St, Dubuque , +1 563-585-2933, www.restorationwarehouse.net

ROCKDALE REMNANTS ANTIQUES & COLLECTIBLES, 2601 Rockdale Rd., Dubuque, Iowa 52003 ,USA, Phone: 563 588-2211, Email: Lueann@rockdale-remnants.com , <http://www.rockdale-remnants.com>

NIGHT CLUBS & DISCOS

DES MOINES IOWA

BLUES ON GRAND, 1501 Grand Avenue, Des Moines, Iowa 50309 - 515.244.3092, <http://bluesongrand.com>

CLUB STATIK, 215 E 2nd St, Des Moines, IA, (515)280-3331

GARDEN NIGHTCLUB , 112 SE 4th St, T:+1 515-243-3965 , www.grdn.com

LIARS CLUB , 216 Court Avenue, Suite 201, +1 515-237-5427, liar@liarsclubdm.com , www.liarsclubdm.com

