

## **2016 CSI NCR Conference Spouse Activities**

(Meet at the CSI Registration desk for each event. Coordinator: Barb Schmidt 515-707-0167)

### **Thursday, May 5**

#### **2:30 PM Tour the Iowa State Capitol**

1007 East Grand Avenue

Built in 1886, the Iowa State Capitol is a landmark with its 23k gold leaf covered dome that is flanked by four smaller domes. The interior has 29 different types of marble and 24 fireplaces. After years of restoration, the exterior is spectacular and the interior is stunning. This tour will visit the House of Representatives, the Senate, the Law Library, and the dome (optional). No charge for tour.

#### **4:00 PM Shopping in the East Village**

The East Village is Des Moines' most vibrant and diverse district, boasting many of the finest shopping, dining, nightlife and commerce in Iowa. Stop at Raygun (*505 E. Grand*) to find witty (and political) t-shirts, Sticks (*400 E. Locust St.*) distinctive line of furniture, accessories, and object art handcrafted by a team of local artists, From Our Own Hands \_\_\_\_ for crafts from local artists and craftspersons, or stop at Gung Fu (414 E. 6<sup>th</sup> St.) for a cup or package of tea. Returning to the Marriott around 5:30 PM.

### **Friday, May 6**

#### **8:30 AM Tour de Moines & Breakfast**

Want to see more of Des Moines without wearing out your shoes? We will rent a bicycles near the Marriott Hotel and then cruise on bike trails to see some of Des Moines' architecture and natural environment with a stop half-way for breakfast. Some of the sites that will be included: Des Moines Riverwalk, Greater Des Moines Botanical Gardens, Gray's Lake, and Waterworks Park. Returning to the Marriott between 10:30 – 11:00 PM. [If the weather does not cooperate, a walking tour in the skywalk system will be offered].

Distance: 6-8 miles

Terrain: Flat

Trail surface: Concrete or Asphalt

Route: Most on bike trails with some bike lanes

Cost: \$6 bike rental (*credit card required*) and breakfast (\$6.49-9.99)

Helmets strongly recommended. Please bring one if you have one; a few loaners may be available.

Tour guide: Barb Schmidt

#### **12:00 Marriott van to Des Moines Art Center for lunch and tour**

Completed in 1948, the Des Moines Art Center was designed to be welcoming to the general public --looking more like a school than a grand gallery. It is the work of three internationally known architects; Eliel Saarinen, I.M. Pei, and Richard Meier. The collection is well known for the examples of the artists and/or movements they represent.

Gaston Café opened in February 2016 and serves French-inspired lunches overlooking the Des Moines Art Center's Maytag Courtyard and Reflecting Pool.

Tour: no charge    Lunch: \$11-15+

Returning to the Marriott between 3:30-4:30 PM