



# IOWA



For more information about IOWA, click here:

<https://www.iowa.gov/>



## IOWA – CLIMATE

<https://www.britannica.com/place/iowa-state/Climate>

Iowa has a four-season climate, reflecting the state's position deep in the interior of the continent. Winters are cold, with January temperatures averaging about 14 °F (–10 °C) in the northwestern section of the state and in the low 20s F (about –6 °C) in the southeast. Snowfall is light compared with the amount received in other states to the north and east. Snow cover seldom remains throughout the winter months; however, heavy snowfalls have occurred in Iowa in late autumn and early spring. Summers are warm and more humid. In July, the average temperature is in the mid-80s F (about 30 °C) but rarely reaches 100 °F (38 °C).

Precipitation is seasonal, falling mostly in the summer. The annual average rainfall ranges from less than 26 inches (660 mm) in the northwest to more than 38 inches (965 mm) in the southeast. Iowa has experienced severe flooding as a result of rapid snow melt and heavy summer rainstorms. Some of the most severe flooding in Iowa occurred in 1993 when the state received twice its average annual rainfall; much of the state remained flooded for four months, with roads inaccessible, water systems inoperable, housing uninhabitable, and farmland unusable. The state was again hit with disastrous floods in 2008, and thousands of people had to be evacuated from rising waters. The risk of flooding has increased with the tilling of farm fields and the straightening of some rivers and streams.

## MAJOR CITIES:

North East Iowa	Waterloo
East Iowa	Davenport
East Central Iowa	Cedar Rapids, Iowa City
Central Iowa	Des Moines
North West Iowa	Sioux City

# CULTURAL ACTIVITIES



Click on these sites for more cultural activity ideas:

- <https://www.traveliowa.com/places-to-go/>
- <https://www.busytourist.com/things-to-do/places-to-visit-iowa/>
- <https://www.atlasobscura.com/things-to-do/iowa>

**High Trestle Trail Bridge - Madrid**

<https://www.inhf.org/what-we-do/protection/high-trestle-trail/>

**Lover's Leap Swinging Bridge – Columbus Junction**

<https://www.atlasobscura.com/places/lovers-leap-swinging-bridge>

**Pottawattamie Squirrel Cage Jail – Council Bluffs**

<https://www.thehistoricalsociety.org/museums/squirrel-cage-jail-1.html>

**American Gothic House - Eldon**

<https://americangothichouse.org/>

**Matchstick Marvels Museum - Gladbrook**

<https://www.matchstickmarvels.com/>

**Castles of Ida Grove – Ida Grove**

<https://idagroveia.com/activities/castles/>

**Pappajohn Sculpture Park – Des Moines**

<https://desmoinesartcenter.org/visit/pappajohn-sculpture-park/>

**Vermeer Windmill - Pella**

<https://www.pellahistorical.org/vermeerwindmill>

**University of Iowa Museum of Natural History – Iowa City**

<https://mnh.uiowa.edu/>

# GROCERY SHOPPING

Hy-Vee	Save-a-Lot
Wal-Mart Superstore	Dollar General
Fareway Stores Inc.	Aldi

Click on this link for more grocery stores:

<http://supermarketpage.com/state/IA/>



# SHOPPING MALLS

Click on this link for a list of shopping malls:

<https://mallseeker.com/iowa-malls.aspx>



# PHARMACIES

CVS Pharmacy	Hy-Vee Pharmacy
Target Pharmacy	Wal-Mart Pharmacy
Walgreens Pharmacy	

Click here to locate other pharmacies:

<https://www.goodrx.com/pharmacy-near-me/all/ia>





## POST OFFICES / SHIPPING



### United States Postal Service

Click here for more information:

<http://www.postofficehours.net/state/IA.html>

### FederalExpress

Click here for more information:

<https://local.fedex.com/en-us/ia>

### UPS

Click here for more information:

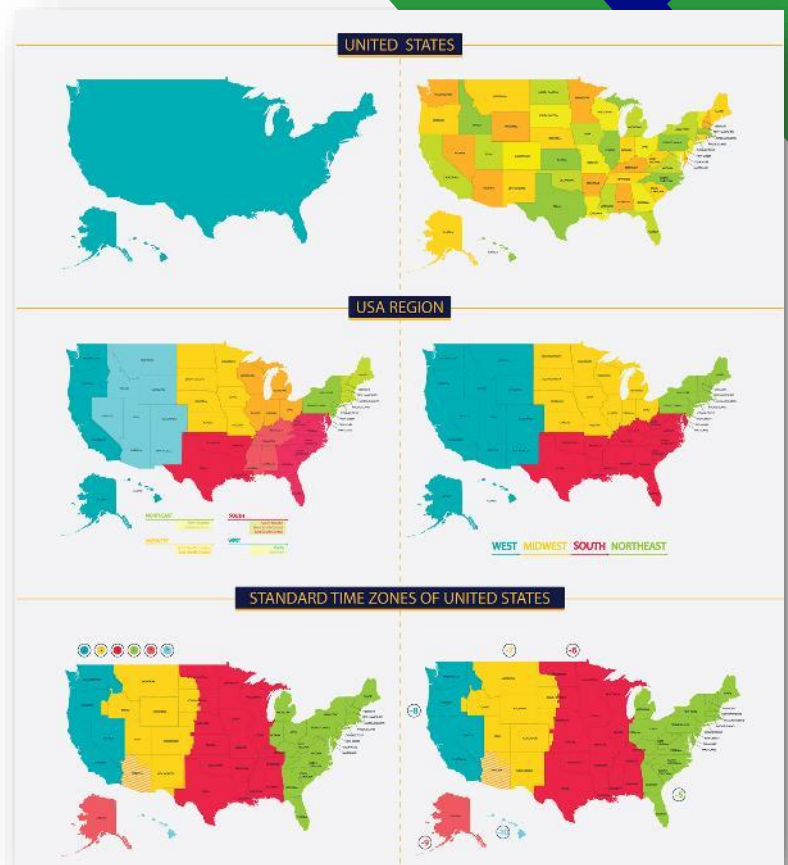
<https://locations.theupsstore.com/ia>

## TIME ZONES

### IOWA

Click here for more information:

[https://www.timetemperature.com/tzus/iowa\\_time\\_zone.shtml](https://www.timetemperature.com/tzus/iowa_time_zone.shtml)



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<https://livingcost.org/cost/united-states/ia>



State	2025 Minimum Wage	2025 Tipped Wage
IA	\$7.25	\$4.35

<https://www.dol.gov/agencies/whd/minimum-wage/state#ia>

<https://www.dol.gov/agencies/whd/state/minimum-wage/tipped#Iowa>

<https://www.iowaworkcomp.gov/>



## TRANSPORTATION SERVICES

Click here for more information:

<https://www.apta.com/research-technical-resources/public-transportation-links/iowa/>

Ride Sharing:

[www.uber.com](http://www.uber.com)

[www.lyft.com](http://www.lyft.com)

