

# Bicycle Resources



Map for UNMC CENTER FOR HEALTHY LIVING TO KAREN PARK: <https://www.mapmyride.com/routes/view/6049766101/>  
**NEED HELP ON THE RIDE ROUTE TODAY (6/19/24) CALL the CFHL FRONT DESK: 402-559-5254**

[Corporate Cycling Challenge](#) Sunday, August 18, 2024 Sign-up for the UNMC/Nebraska Medicine Team

[Papio-Missouri River NRD Trails Webpage](#)

[Omaha Parks and Recreation Trails Webpage](#)

[Omaha Metropolitan Area Bicycle Map](#)

[Bike Omaha Network](#)

[How-To Videos from Trek Bicycle](#)

[Trek's favorite Omaha bicycle rides](#)

[The Field Club Trail](#) is adjacent to the UNMC campus and connects to the [Papio-Missouri River NRD Trails network](#).

CFHL to Aksarben 7.65 mi one way <https://www.mapmyride.com/routes/view/5070194974/>

Ride from campus on the trails to [Bellevue Berry Farm](#):

<https://www.mapmyride.com/routes/view/5091038632> for a paved alternative

(<https://www.facebook.com/profile.php?id=100057558814977>) to the Thursday night [Wabash Trace Nature Trail Taco Ride](#)

Pedal to downtown Omaha and the [River Front](#) on [Harney Street, Omaha's first protected, on-street bike lane](#).

Cross the Missouri into Iowa over the [Bob Kerry Pedestrian Bridge](#).

[Travel Smart](#): Promoting active transportation as part of the campus [LiveGreen](#) sustainability efforts.

[Bike Walk Nebraska](#): [Bike Skills 101: Learn-to-Ride Adults](#)

[People For Bikes: If I Ride](#): A short video about the potential purpose and pleasures pedaling provides.

Contact Peter Pellerito at the [UNMC Center for Healthy Living](#) for assistance: [ppellerito@unmc.edu](mailto:ppellerito@unmc.edu) or 402-559-5253