

On-line Hiking Resources

Questions? Contact Peter Pellerito at 402-559-5253 or ppellerito@unmc.edu

[Spending at least 120 minutes a week in nature is associated with good health and wellbeing](#)

[Friluftsliv: The Nordic Concept That Could Help to Boost Your Mental Health](#)

[Hiking As Medicine](#)

[People head outdoors to clear their heads. Here's some suggestions on places to go](#)

[17 camping spots within 120 miles of Omaha](#)

[10 places where the whole family can hike, connect with nature this spring and summer](#)

[Parks in Omaha, Lincoln rated in top fourth in the country](#)

[Papio NRD Metro Omaha Trails page](#)

[Omaha Metropolitan Area Bicycle Map from MAPA](#)

<https://parks.cityofomaha.org/>

<http://lincoln.ne.gov/city/parks/>

[Bike Walk Nebraska](#)

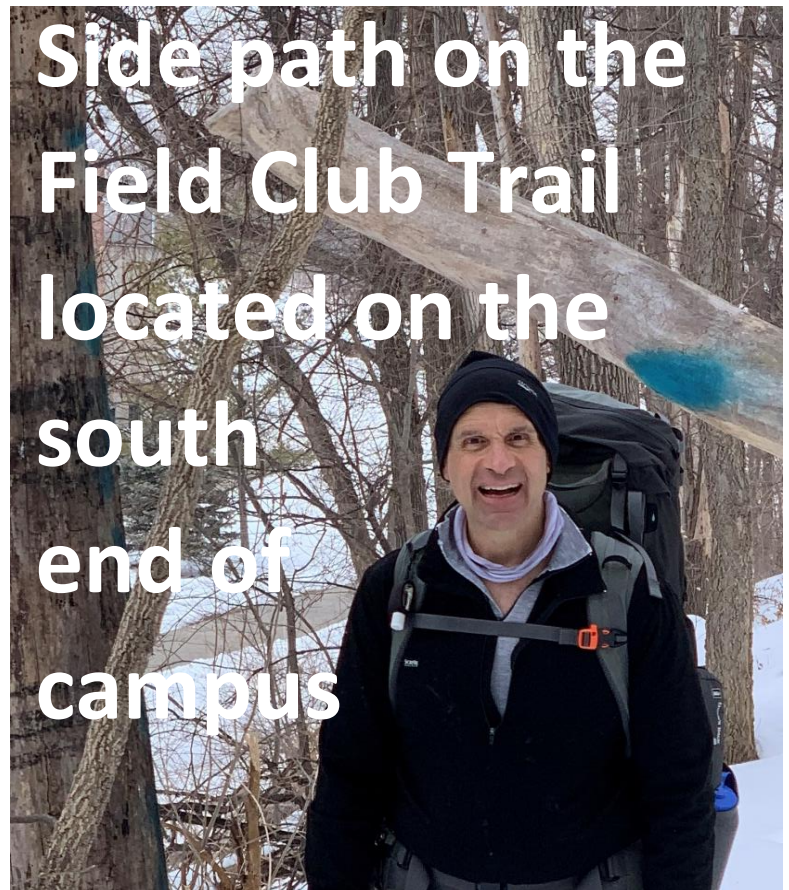
[Nebraska DOT Bike-Hike-Walk](#)

[Glacier Creek Preserve](#)

[Fontenelle Forest](#)

[Neale Woods Trail Map](#)

[Tranquility Park MTB Trailhead](#)



Side path on the
Field Club Trail
located on the
south
end of
campus



Pikes
Peak

[OPPD Arboretum](#)

[Lauritzen Gardens](#)

[Nebraska Game and Parks Association](#)
<http://outdoornebraska.gov/>

[Iowa Department of Natural Resources](#)
<https://www.iowadnr.gov/>

[UNO Outdoor Venture Center](#)

[14ers.com](#)

[Lightning Safety](#)

[American Hiking Society](#)

[10 Essentials](#)

[The Ubiquitous Step](#)

[Campus Walking Map](#)

[Indoor Campus Walking Map](#)

[Grand Canyon Rim to Rim](#)

[Husker coach Scott Frost puts toughness on display with 24-mile hike through Grand Canyon](#)

<http://graysoncobb.com/rescue-on-quandary-peak/>
Adventures of a medical resident - a cautionary tale on Quandary in Winter

[Five Map and Compass Skills Every Outdoorsman Should Master](#)

[The Beginner's Guide to Birding in the U.S.](#)

[REI](#) – products and educational information

[Sierra](#) - on-line and local retail store

Unable to get outside? Enjoy a few minutes of nature courtesy of Fontenelle Forest from your screen: Nature - [A Room All to Myself or A Day in Fontenelle Forest](#)

Google makes it possible to virtually explore the national parks -

<https://www.blog.google/products/earth/visit-us-national-parks-google-earth/>

<https://artsandculture.google.com/project/national-park-service>



Neale Woods



Quandary Peak

Get up and get outside to PLAY today!!