

# CAMPUS WALKING MAP

Smoking is NOT permitted on the UNMC Campus



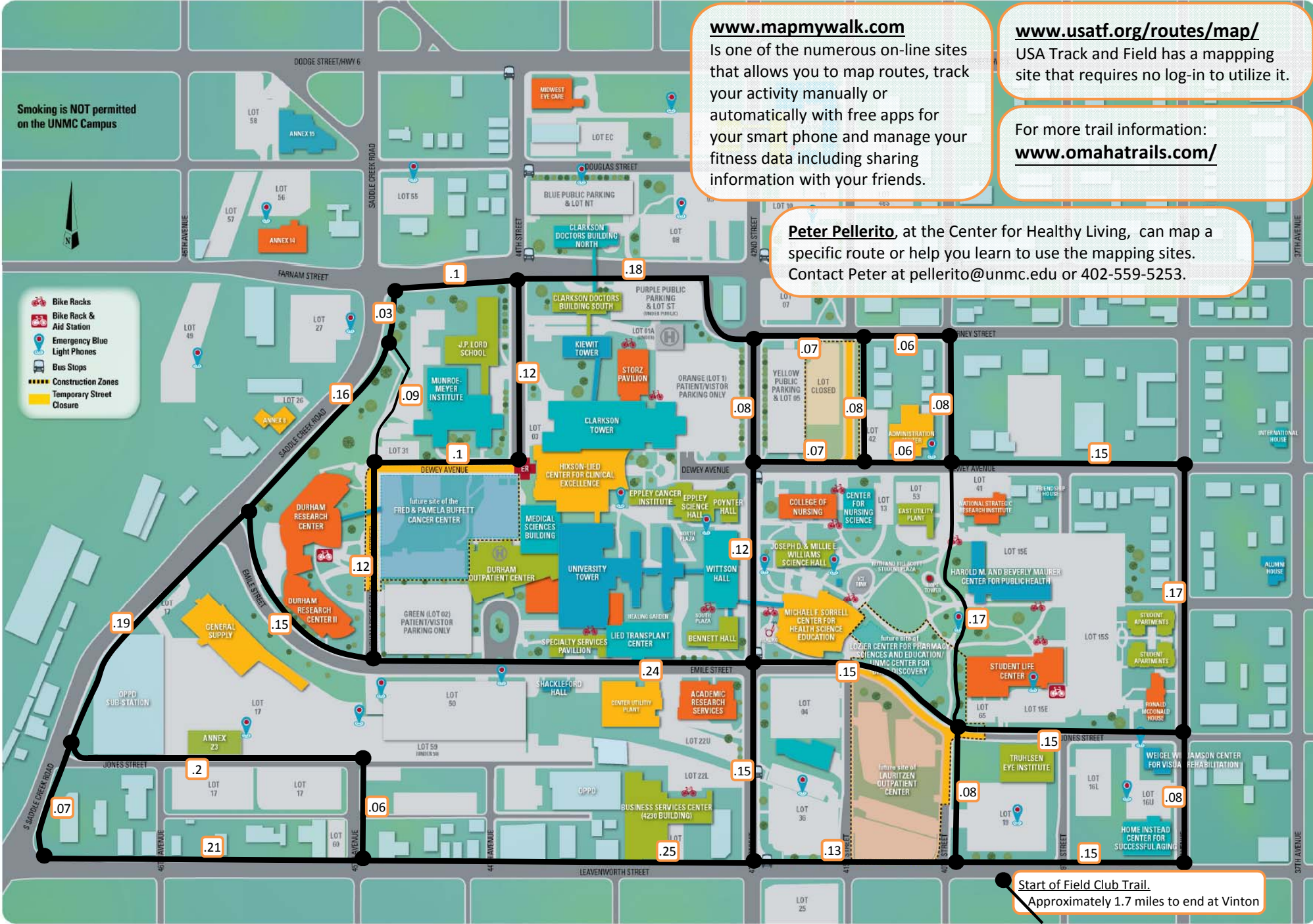
- Bike Racks
- Bike Rack & Aid Station
- Emergency Blue Light Phones
- Bus Stops
- Construction Zones
- Temporary Street Closure

[www.mapmywalk.com](http://www.mapmywalk.com)  
 Is one of the numerous on-line sites that allows you to map routes, track your activity manually or automatically with free apps for your smart phone and manage your fitness data including sharing information with your friends.

[www.usatf.org/routes/map/](http://www.usatf.org/routes/map/)  
 USA Track and Field has a mapping site that requires no log-in to utilize it.

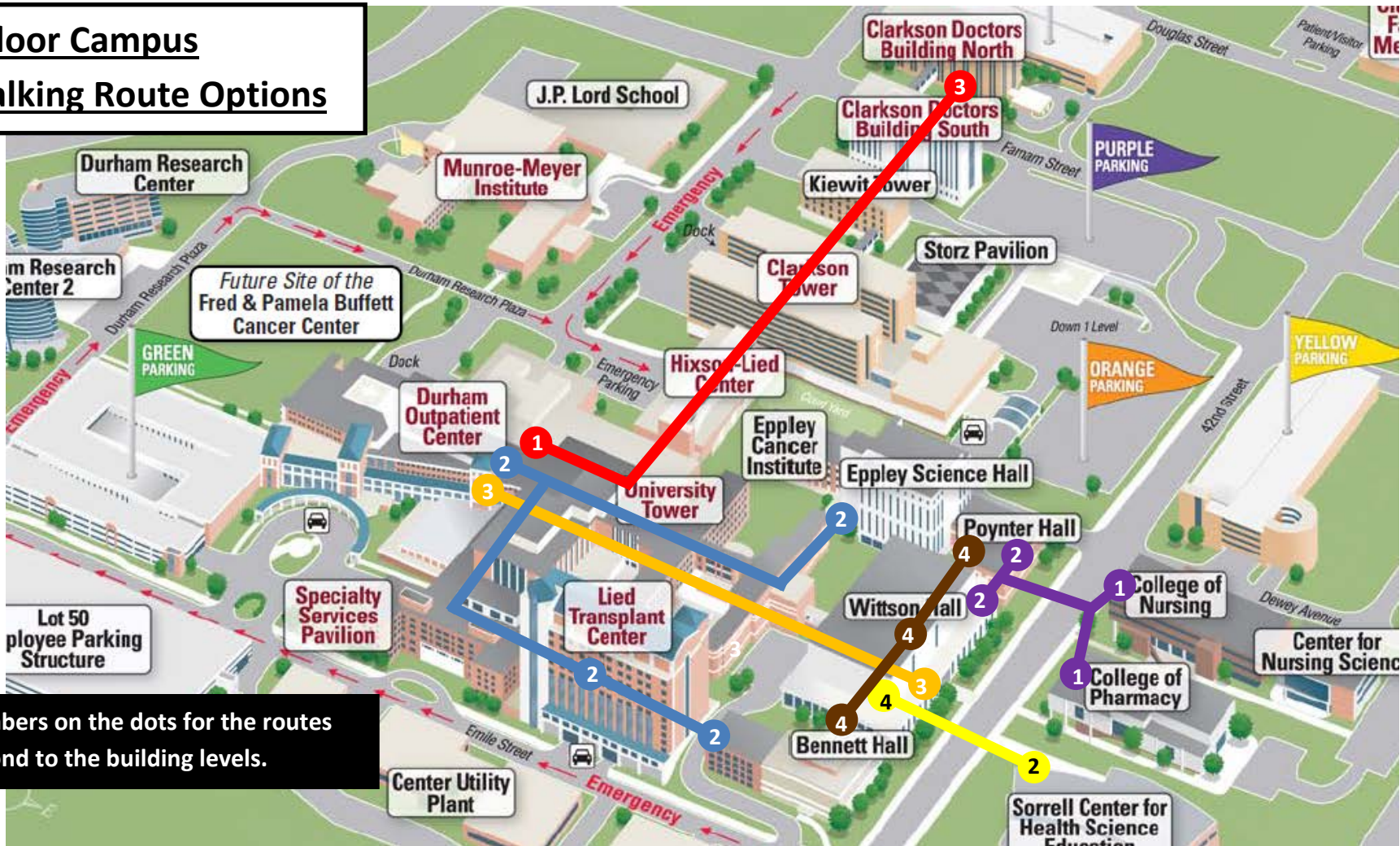
For more trail information:  
[www.omahatrails.com/](http://www.omahatrails.com/)

**Peter Pellerito**, at the Center for Healthy Living, can map a specific route or help you learn to use the mapping sites. Contact Peter at [pellerito@unmc.edu](mailto:pellerito@unmc.edu) or 402-559-5253.



Start of Field Club Trail.  
 Approximately 1.7 miles to end at Vinton

# Indoor Campus Walking Route Options



The numbers on the dots for the routes correspond to the building levels.

There is a tunnel that goes from level 1 of the CON and level 1 of the COP underneath 42<sup>nd</sup> Street to Level 2 of Poynter Hall and level 2 of Wittson Hall. (It is about .1 miles from the COP through tunnel to the stairwell in the middle of Wittson Hall on level 1.)

There is another tunnel that goes from level 2 of the DOC Building and the University Tower to either the Lied Transplant Center and Bennett Hall or to Eppley Science Hall. (It is about .1 miles from the tunnel entrance in DOC/University Tower level 2 to either Bennett Hall or Eppley Science Hall)

On the Concourse level of the DOC (level 1) there are hallways and skywalks that go to the Clarkson Doctor's Building North. (about .3 miles)

There are hallways that that go from DOC level 3 to University Tower level 3 and Wittson Hall level 3. (about .17 miles)

There is a skywalk that goes from Wittson Hall level 4 to Sorrell Center level 2. (about .11 miles from Wittson Hall to east end of the Sorrell Center for Health Science Education.)

Bennett Hall, Wittson Hall and Poynter Hall are all connected on level 4. (about .1 miles)