A GUIDE TO KEARNEY TRAILS

SAFETY TIPS
For your safety, all cyclists and equestrian users should wear helmets. Your helmet should be snug and level on your head, and a few on your forehead. Buckle and tighten your chin strap so that no more than one or two fingers fit under the strap.

HELMETS RECOMMENDED

TRAIL ETIQUETTE
- Keep to the right side of the trail and pass on the left side.
- Use your voice “On your left” well in advance of passing others. Listen for and acknowledge when others are passing to allow them to pass safely.
- When traveling in a group, move to the right when reaching crossing users.
- Cyclists should yield to pedestrians. Cyclists and pedestrians should yield to horses.
- Control your speed. Be cautious on busy trails, or when there is low visibility or slippery surfaces.
- Keep the trails beautiful. Pack out all trash.

PERMITTED USES
The trails are designed specifically for walking, running, and bicycling. Equipped use is allowed in Cottonmill Park at Oldfather Prairie and Meadowlark North Park. All motorized vehicles are prohibited except for maintenance, official or emergency vehicles. Electrically assisted pedal-powered vehicles are prohibited except for maintenance, official or equestrian use.

TRAIL RULES
- Pets must be kept under restraint of a leash and under control of a competent person (City Code 2711). The pet shall be named within four feet of the responsible person.
- Pet owners are responsible for prompt removal and disposal of waste deposited by their animal (City Code 2711).
- Stay off private property.
- Obey all signs and traffic signals.
- Equestrians operating a bicycle upon a trail shall exercise the highest degree of care to avoid colliding with another trail user.

*A special use and safety guidelines for the Elder Trail located at Water Park.

MILES & STEPS: An average height person takes 2,000 steps per mile. The recommended number of steps per person per day is 10,000-15,000.

COTTONMILL PARK TO FT. KEARNY PARK / TOTAL DISTANCE: 13.10 MILES
Cottonmill to Archway (University Dr) .................................................. 3.10 miles
Archway to I-80 Undercrossing ......................................................... 3.04 miles
Undercrossing to Kearney High School (30th Avenue) ..................... 1.01 miles
Kearney High to W. Lincolnway Park (north) ................................. 1.31 miles
Lincolnway Park to Meadowlark North Park .............................. 1.65 miles
Meadowlark North Park to Oldfather Prairie ............................... 1.95 miles
Oldfather Prairie and Meadowlark North Park ........................ 1.07 miles

YANNEY PARK TO FOUNTAIN HILLS PARK / TOTAL DISTANCE: 4.88 MILES
Yanney Park (Trailhead) to Kearney High (30th Avenue) .................. 1.01 miles
Kearney High to W. Lincolnway Park (north) ................................. 1.31 miles
Lincolnway Park to Meadowlark North Park .............................. 1.65 miles
Meadowlark North Park to Oldfather Prairie ............................... 1.95 miles
Oldfather Prairie and Meadowlark North Park ........................ 1.07 miles

EAST ROUTE
N. 2ND AVENUE TO N. CHANNEL PLATE RIDER BRIDGE / TOTAL DISTANCE: 4.71 MILES
North 2nd Avenue to Meadowlark Elementary .............................. 1.02 miles
Meadowlark Elementary to Harvey Park ............................. 1.30 miles
Harvey Park to Avenue M Overpass ............................................ 3.98 miles
Avenue M Overpass to Hammer Park (Lighted) ......................... 1.27 miles
Hammer Park to N. Channel Bridge .......................................... 1.46 miles

NATURE BARN
BECK TRAIL
ROTARY
COTTONMILL PARK TO FT. KEARNY PARK / TOTAL DISTANCE: 13.10 MILES
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YANNEY AVE.
PARK
THE ARCHWAY TO FT. KEARNY STATE PARK

For emergencies, call 911.
Bring a whistle and/or pepper spray.
Be aware of your surroundings.
Avoid using headphones.
Tell someone when and where you’re going and when you expect to be back.

SAFETY TIPS
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- Avoid using headphones.
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- Wear a helmet and sit low on your forehead.
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