



LINCOLN, NE CAPITAL WALK
TRAIL RATED 1A - 5K AND 10K ROUTES
© Nebraska Wander Freunde Trailblazers 1/1/25
SPECIAL PROGRAMS: A-MAZE-ing
Labyrinths, Par for the Course, State
Capital, Step to the Beat, Walk with the
Wild Things



Come visit Nebraska's unique capital building, historic Haymarket Entertainment District, the University of Nebraska Campus, Antelope Valley Trail, Sunken Gardens and so much more.

This walk is also available through a physical walk box—please do not register at that location or use any materials from that walk box.

Walk Registration:

Registration takes place online using the AVA Online Start Box, on my.ava.org. Follow the instructions provided to create a user account and sign the AVA waiver (one time). Instructions for payment are also included. Download the directions and print as needed. The POC does not provide event directions or accept alternate payment methods.

Walk Completion and Walk Credit:

Once you have physically completed the walk, please login to your Online Start Box account click on the "My Start Box" tab, then the "Finish Table" tab, then click on "Go to Finish Table" button for the event you have completed. Use the displayed entry form to submit the date and distance of your walk as well as select applicable AVA Special Programs to generate stamped "virtual" insert cards that you may choose to print out.

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STARTING POINT LOCATION:

40.814005, -96.711407
Lincoln Visitor Center
201 N. 7th St., Lincoln, NE 68508

PARKING INFORMATION:

Parking is available on Canopy St. between O & P St. for \$1.25/hour.

For the 10 K trail, if you would prefer free parking, there is a free lot at 24th St on the south side of N St. with easy access to the trail. After parking, go to the south end of the parking lot to access the Rock Island/Antelope Creek Trail. Continue south on the trail starting at number 20 on your directions.

DIRECTIONS:

From the west: Use I-80 Exit 401 for US-34/I-180 East toward 9th St./Downtown to Q St. Right on Q to Canopy St. Right on Canopy St. to Depot South Parking Lot. Park in lot and exit lot on northwest corner. You will be near the Plump Man on a Bench statue. This is in front of the entrance to the Union Station Visitor Center.

RESTROOMS:

Restrooms are available at Union Station (Lincoln Station) in the Haymarket area, and at fast food restaurants on both trails. There are also seasonal restrooms at the Sunken Gardens at on the 10 K trail.

NEBRASKA STATE CAPITAL

Nebraska is unique both in style and governance. Nebraska’s state capital was the first to depart from the typical domed form. After a nationwide competition, the unique office tower design was adopted. Add the fact that Nebraska is the only state with a Unicameral and you know Nebraska is not just another capital.

SPECIAL PROGRAM QUALIFIERS

A-MAZE-ing Labyrinths

- Hazel Abel Park 1250 S. 27th St. 10 K

Par for the Course

- Rotary Strolling Garden 18th & E 10 K

Step to the Beat

- Lied Center 12th & Q 5k & 10 K
- St. Paul United Methodist Church 12th & M 5k & 10 K
- First Plymouth Congregational Church, 20th & D, 10 K
- The Newman Center-St. Thomas Aquinas Church, 16th & Q. 10K

State Capital

- Several views on both 5 & 10 K-take time to visit the inside. Tours are available seven days a week. You can call (402)471-0448 for information.

Walk with the Wild Things


- The Stuart Building Gargoyle 128 N. 13th St. 5 & 10 K



NOTES ON THE DIRECTIONS

- Walking directions are followed with compass directions in parentheses.
- Numbered streets run north/south. Lettered streets run east/west.

EMERGENCY NUMBERS:

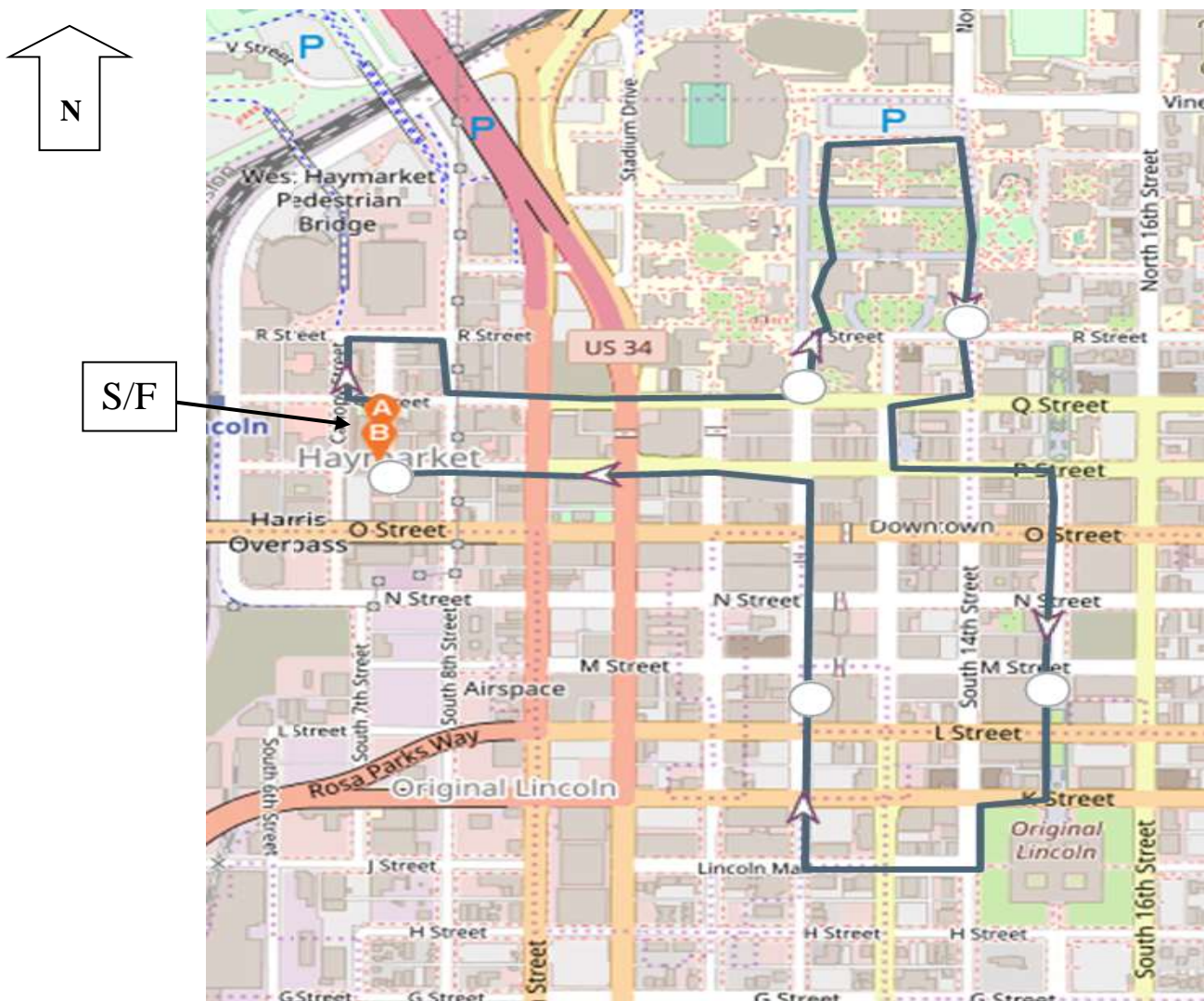
	In case of Emergency: Dial 911 Event related assistance: Carol & Stan (402) 440-4569
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5k Directions

1. Exit Visitor Center and turn LEFT (N) on 7th to “Q” St.	The spirit of the 1800's flows into Iron Horse Park located on the north side of the historic Burlington Northern Railroad depot. A three-dimensional brick mural, "Iron Horse Legacy," shows old locomotive Number 710 pulling the first train into Lincoln in 1870
2. LEFT (W) on “Q” St. to Canopy St.	
3. RIGHT (N) on Canopy St. to “R” St.	Pinnacle Bank Arena is a 15,500-seat indoor arena, home of the University of Nebraska's basketball.
4. RIGHT (E) on “R” St. to 8th St. and CROSS 8th St.	
5. RIGHT (S) on 8th St. to “Q” St.	
6. LEFT (E) on “Q” St. to 12th St.	You may need to cross the street due to construction.
7. LEFT (N) on 12 th St. to “R” St.	<u>Step to the Beat, Lied Center</u> -12th & Q-Completed in 1989, the Lied Center for Performing Arts is a state-of-the-art performing arts facility. <u>Step to the Beat, The Temple</u> -12th & R-Home of University Theatre at UNL since 1907.
8. RIGHT (E) on “R” about ten (10)steps	Outside of the Lied Commons and just before entering UNL campus proper, there is a nice park with benches.
9. LEFT (N) at wide esplanade going past Sheldon Art Gallery. Continue to “U” St. (not signed) is the South side of the stadium parking lot. [Stadium Gate 21 to left]	Sheldon Museum of Art Free admission Tues-Sat 10-4- Sheldon houses nearly 13,000 artworks. More than 30 of Sheldon’s sculptures are on UNL’s campuses. UNL Coliseum , one of the few collegiate arenas designed specifically for volleyball, "the arena that the volleyball gods would build."
10. RIGHT (E) on “U” St. to 14th St. (not signed) just past “Archie” large bronze Mammoth	The Mueller Tower is a historic 84-foot carillon tower on the campus of UNL, built in 1949. Archie stands in front of Morrill Hall, Nebraska’s premier museum of natural history.
11. RIGHT (S) on 14th St. to “Q” St. As 14th ends slight left to esplanade going South thru campus till 14th resumes. CROSS “Q” at 14th St.	You will find fast food restaurants at 14 th & Q- restrooms .
12. RIGHT (W) on “Q” St. to 13 th St.	
13. LEFT (S) on 13 th St. to “P” St.	The Stuart Building , built in 1927 in the Art Deco and Gothic Revival design hosts the only gargoyles in downtown Lincoln. <u>Walk with the Wild Things</u>
14. LEFT (E) on “P” St. 2 blocks to Centennial Mall/(15th St.) a wide walkway not signed.	Built in 1967 to commemorate the state's 100th anniversary, Nebraska's Centennial Mall extends north from the State Capitol 7 blocks on 15th Street.
15. RIGHT (S) at Centennial Mall (not signed; wide walkway)	P-M St. on Centennial Mall is the Community Zone with the theme “Mosaic of Nebraskans”. L-K is the Civic Zone with themes of “We the People” and “Our Home Nebraska”
16. CONTINUE on Centennial Mall to “K” St. and Cross at the cross walk. You will be at the North steps of the Capitol building.	<u>Nebraska's Capital's</u> unique design is worth exploring inside and out. Tours are available seven days a week. You can call (402)471-0448 for information.
17. RIGHT (W) on “K” St. to 14th St.	
18. LEFT (S) on 14th St. to Lincoln Mall	
19. RIGHT (E) on Lincoln Mall to 12 th St.	
20. RIGHT (S) on 12th St. to “P” St.	St. Paul United Methodist Church , at 12th & M St., was built in 1901. The original bell tower still chimes.

	<p>Mosaic Cycle 2003 (12th & O) Tour de Lincoln was the first major public art project of the Lincoln Arts Council. 71 bike sculptures graced Lincoln streets, sidewalks, parks, and gathering places.</p>
<p>21. LEFT (W) on "P" St. to 7th St., returning to start.</p>	<p>The Historic Haymarket name comes from the original market square of 1867 where wagons, camping equipment and hay were bought and sold.</p> <p>Ivanna Cone makes all of its handmade ice cream right in the shop. Watch delicious ice cream as it is made, or sit back and relax in this vibrant ice cream shop. The bronze "Plump Man on a Bench" was sculpted by Betty Wallace.</p> <p>Public bathrooms in Union (Lincoln) Station at this location</p>

LINCOLN, NE CAPITAL WALK – 5K
START POINT – Lincoln Visitor Center, 201 N. 7th St.
 40.814005, -96.711407



 **Emergency: Call 911**
NWFT Club: Lori Anderson 402.641.1771
Regional Director: Susan Pinneke 515-423-8427

10K Directions

1. EXIT Visitor Center and turn LEFT (N) on 7th to "Q" St.	The spirit of the 1800's flows into Iron Horse Park located on the north side of the historic Burlington Northern Railroad depot. A three-dimensional brick mural, "Iron Horse Legacy," shows old locomotive Number 710 pulling the first train into Lincoln in 1870 on July 4th.
2. LEFT (W) on "Q" St. to Canopy St.	Pinnacle Bank Arena is a 15,500-seat indoor arena, home of the University of Nebraska's men's and women's basketball teams.
3. RIGHT (N) on Canopy St. to "R" St.	
4. RIGHT (E) on "R" St. to 8th St. and CROSS 8th St.	
5. RIGHT (S) on 8th St. to "Q" St.	
6. LEFT (E) on "Q" St. to 12th St. Cross 12 th St.	
7. LEFT (N) on 12th St. to "R" St.	<u>Step to the Beat, Lied Center</u> -12 th & Q-Completed in 1989, the Lied Center for Performing Arts is a state-of-the-art performing arts facility. <u>Step to the Beat, The Temple</u> -12 th & R-Home of University Theatre at UNL since 1907.
8. RIGHT (E) on "R" about ten (10)steps	Outside of the Lied Commons and just before entering UNL campus proper, there is a nice park with benches to rest
9. LEFT (N) at wide esplanade going past Sheldon Art Gallery. Continue to "U" St. (not signed) is the South side of the stadium parking lot. [Stadium Gate 21 to left]	Sheldon Museum of Art Free admission Tues-Sat 10-4-Sheldon houses nearly 13,000 artworks in diverse media. More than 30 of Sheldon's sculptures are exhibited throughout UNL's campuses. UNL Coliseum , one of the few collegiate arenas designed specifically for volleyball, "the arena that the volleyball gods would build."
10. RIGHT (E) on "U" St. to 14th St. (not signed) just past "Archie" large bronze Mammoth	The Mueller Tower is a historic 84-foot carillon tower on the campus of UNL, built in 1949. Archie stands in front of Morrill Hall, Nebraska's premier museum of natural history.
11. RIGHT (S) on 14th St. to "Q" St. As 14th ends slight left to esplanade going South thru campus till 14th resumes. CROSS "Q" at 14th	You will find fast food restaurants at 14 th & Q with restrooms .
12. RIGHT (W) on "Q" St. to 13 th St.	
13. LEFT (S) on 13 th St. to "P" St.	The Stuart Building , built in 1927 in the Art Deco and Gothic Revival design hosts the only gargoyles in downtown Lincoln. <u>Walk with the Wild Things</u>
14. LEFT (E) on P St. to 14 th St.	
15. LEFT (N) on 14 th St. to "Q" St.	
16. RIGHT (E) on "Q" St. to 21 st St. and cross 21 st St. to The Hub Café.	The Newman Center-St. Thomas Aquinas Church , 16 th & Q, ministers to over 2700 Catholic students.

Lincoln, NE Capital Walk

	At 21 st and Q, you can detour across Q St. to check the Overlook . The Hub Café is a Farm to Fork Café serving breakfast and lunch.
17. RIGHT (S) at the Hub and before you get to “THE HEAD” veer left and take path down to hike/bike trail, stay right	Note the mosaics on the left depicting Nebraska historical information.
18. LEFT (E) under the bridge to cross over waterway.	The Antelope Valley Project , designed to characterize the Platte River, is built to contain a 100 year flood as well as provide recreation.
19. RIGHT (S) and continue on trail. Stay right at ‘Y’.	
20. Continue (S) on Billy Wolff Trail along Antelope Creek about 2 km. Remain on trail until you pass a building with Bottling Co. on it and a stop sign at Randolph St. (not marked) Carefully cross Randolph St. and continue south on trail. The trail curves right and crosses the creek to Capitol Parkway.	
21. Take trail LEFT (S) on Capitol Parkway. Continue South on Capitol Parkway and at the Y intersection stay right to intersection of 27 th St. and Capitol Parkway.	
22. CROSS 27 th St. and Capitol Parkway, VEER LEFT a little and take the trail into Rotary Strolling Garden (Cascade Fountain-may be no water in fountain-should be on your left). Continue South following sidewalk back to 27 th St.	This informal garden features several varieties of hardy landscape shrub-roses alongside many other drought tolerant plants native to Nebraska. The rose garden dates to 1945 and was completely updated in 2008.
23. LEFT (S) On 27 th St. to 3 rd entrance into Hamann Rose Garden (white metal gazebo on left).	
24. LEFT (E) into the gazebo to State Farm plaque on floor in center of gazebo.	
25. LEFT (N) at floor plaque passing a small fountain and statue to a smaller white gazebo.	Note the labyrinth on your right by the small white gazebo. <u>A-MAZE-ing Labyrinths</u>
26. LEFT (W) at smaller white gazebo and turn left to exit park back to 27 th St.	
27. RIGHT (N) on S. 27th St. to intersection of 27 th & Capitol Pkwy.	
28. LEFT (W) Crossing 27 th St. and turn left (s) to entrance to sunken gardens near C St.	
29. RIGHT (S) on 27th, to “C” St. then Right into entrance of Sunken Gardens. Walk through the garden, exit at the big dome.	Formerly a neighborhood dumpsite, The Sunken Gardens was constructed in 1930. Listed as one of 300 Best Gardens to visit in U.S. Seasonal restrooms .
30. LEFT (W) from the dome onto “D” St. to 18th St. and CROSS	First Plymouth Congregational Church, beautiful bell tower, 20 th & D- Mayflower-400th Anniversary

Lincoln, NE Capital Walk

	Mount Emerald Historic District. A stone mansion built by millionaire John Fitzgerald who named his estate Mount Emerald at 20 th & D burned to the ground in 1907 leaving a cache of rifles in the basement. The land was divided into 55 lots and historic homes built on the property survive today.
31. RIGHT (N) on 18th St. to “F” St. and CROSS	Hazel Abel purchased the former R.E. Moore mansion during WWII to help house servicemen and their families. The land developed into Hazel Abel Park by her daughter. The ornate fountain, fencing and brick walks make it a “Jewel of a Park” <i><u>Par for the Course</u></i>
32. LEFT (W) on “F” St. to 17th St.	
33. RIGHT (N) on 17th St. to “G” St. CROSS 17th at the light.	
34. CONTINUE (N) on 17th to “H” St.	
35. LEFT (W) on “H” St. to 16th St.	Ferguson House , 700 S 16th St., built in 1909-11 is an example of the Second Renaissance Revival style. Purchased by the State of Nebraska in 1963, it is on the National Register of Historic Places.
36. RIGHT (N) on 16th St. to “K” St.	
37. LEFT (W) on “K” St. to 14th St.	<i><u>Nebraska’s Capital’s</u></i> unique design is worth exploring inside and out. Tours are available seven days a week. You can call (402)471-0448 for information.
38. LEFT (S) on 14th to H St.	
39. RIGHT (W) on “H” St. to 13th St.	
40. RIGHT (N) on 13th St. to Lincoln Mall	
41. LEFT (W) on Lincoln Mall to 12th St.	
42. RIGHT (N) on 12th St. to “P” St.	St. Paul United Methodist Church , at 12th & M St., was built in 1901. It has been added to since, but the original bell tower still chimes on Sundays. Mosaic Cycle 2003 (12th & O) Tour de Lincoln was the first major public art project of the Lincoln Arts Council. 71 bike sculptures graced Lincoln streets, sidewalks, parks, and gathering places in the summer of 2003.
43. LEFT (W) on “P” St. to 7th St. returning to start.	The Historic Haymarket name comes from the original market square of 1867 where wagons, camping equipment and hay were bought and sold. Ivanna Cone makes all of its handmade ice cream right in the shop. Watch delicious ice cream as it is made, or sit back and relax in this vibrant ice cream shop. The bronze “Plump Man on a Bench” was sculpted by Betty Wallace. Public bathrooms in Union (Lincoln) Station at this location.

