



2026

TrailLink Unlimited 

Guides



**Rock Island
Trail (NE)**
Nebraska



Rock Island Trail (NE)

Nebraska

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The Rock Island Trail in Lincoln, Nebraska, runs for nearly 7 miles through the city on a north-south corridor, between the University of Nebraska's flagship campus and Densmore Park. The trail is an important and popular travel route for nonmotorized uses, linking several city parks, neighborhoods, and schools. The Salt Creek Bridge in Wilderness Park connects the trail to the [Jaimaca North Trail](#) just across the river at the southern end of the trail.

The Rock Island Trail links to the [Southpointe Trail](#) at Densmore Park; to the [Tierra-Williamsburg Trail](#) at 27th Street just south of SR 2; to the [Helen Boosalis Trail](#) (a.k.a. the Highway 2 Trail) just north of SR 2; and to the [Billy Wolff Trail](#) at the north end of the zoo.



TrailLink
by Rails-to-Trails Conservancy

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Rock Island Trail (NE)

Nebraska

States: Nebraska

Counties: Lancaster

Length: 6.9miles

Trail end points: Densmore Park at S. 14th St.
to UNL campus at 19th & Vine streets (Lincoln)

Trail surfaces: Concrete

Trail category: Rail-Trail

Trail activities: Bike,Inline

Skating,Walking,Wheelchair Accessible,Cross
Country Skiing

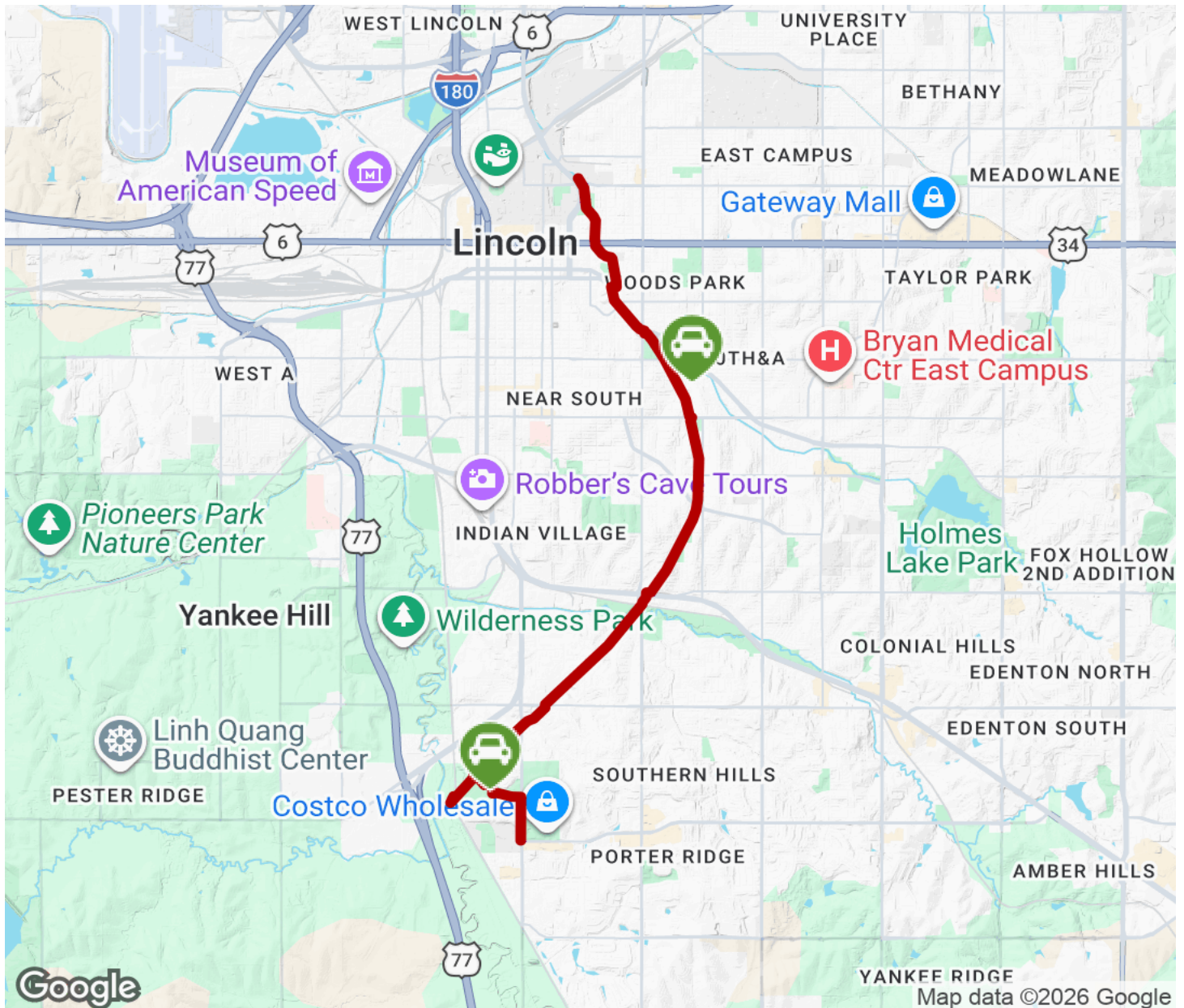
Parking & Trail Access

There are numerous access points along the Rock Island Trail, including from the Folsom Zoo & Botanical Garden (restrictions and fees may apply). Parking is available on campus (restrictions and fees may apply) and at the following: playing fields at 2184 Capitol Parkway, Antelope Park (Memorial Dr. and Sumner St.) and Colonel Densmores Park (14th St. at Mockingbird Ln.).



Rock Island Trail (NE)

Nebraska



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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