

Trail 4: High Ground Park

Key Characteristics

Trail Name	High Ground Park
Region	Knoxville and Surroundings
Trail #	4
Time Estimate - Hiking Fast	0.5 hours
Time Estimate - Hiking Slowly	1 hour
Trail Distance (Miles)	0.7
Elevation Change	Gentle
Pets	Allowed on leash
Parking Pass/Entrance Fee	Not Required
Restroom(s)	No
Terrain	Paved; dirt path



Overview

It is one of the closest hikes to the city center of Knoxville — and one of a few that is highly stroller-friendly. This short but sweet hike is perfect as a real but accessible outing for toddlers and little kids. The red chairs at the top are a fun stopping point. The deep woods are pretty in the fall. This could be a great first hike for toddlers—it was one of the first for our little one, and we loved how accessible it was.



Directions to the Trailhead

Trailhead Address	High Ground Park, 1000 Cherokee Trail, Knoxville, TN 37920
Trailhead GPS Coordinates	35.93824, -83.9258

The trail begins from the parking lot at the above address; look for the paved path near the back of the parking lot. You can't miss it!

Trail Description

Distance from Start	Description
0	Start off on the trail with a gentle descent.
0.1	Enter the wooded part of the hike and begin a gentle climb.
0.35	Red chairs and the large open area. Head toward the mowed grassy section (followed by gravel). Alternatively, particularly if in a stroller, return on the paved pathway you took.
0.4	Look for a spur trail that heads to the site of the Fort Higley earthworks, constructed during the Civil War by Union forces.
0.7	Traihead.

Nearby

- Stop by a fun food hall. The nearby Kern's Food Hall (2201 Kerns Rising Way, Knoxville, TN 37920) has a good range of options — and an outdoor play area for kids to romp around.
- Hiking the nearby River Bluff Wildlife area. The nearby River Bluff Wildlife Area is an interesting counterbalance to the ease of High Ground Park - it features a short but rustic hike to a pretty overlook of the city. Visit Knoxville's website (<https://www.visitknoxville.com/>) has more information and a nice map.