HIGHLAND COUNTY
VIRGINIA

Family Adventures

Highland County is made for family adventures. Pack your hiking shoes, bring your curiosity, and spend the day exploring together.

WATER & LAND

- Grab breakfast and trail snacks at Grant's Grocery.
- Bring your fishing gear and head to Hayfields State Park for a morning along the Bullpasture River.
- Pick up lunch at The Outpost and recharge.
- Later, take a walk around your lodging and see how many trees you can identify. A plant ID app can make it a family challenge.

REACH NEW HEIGHTS

- Start with breakfast at a local café, then lace up your hiking shoes.
- Climb Sounding Knob Fire Tower's 100+ steps to enjoy a breathtaking view.
- Stop at the Visitor Center at The Highlander and pick up the Downtown Monterey Historic Walking Tour.
- Grab lunch locally, then finish with a scenic drive through Blue Grass Valley along Routes 250 and 640.

PACK IN, PACK OUT

- Pick up breakfast, snacks, and picnic supplies at Highland Roots Market.
- Check the day's programs at Hayfields State Park.
- Choose your trail: Bear Pond Trail or River Loop Trail for an easier outing, or Eagle's Rest Trail and Laurel Loop Trail for more adventure.
- Enjoy your picnic at the park—or reward yourself with lunch from The Outpost.

Editor's note: *Need supplies? Try Blue Grass Mercantile.*



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