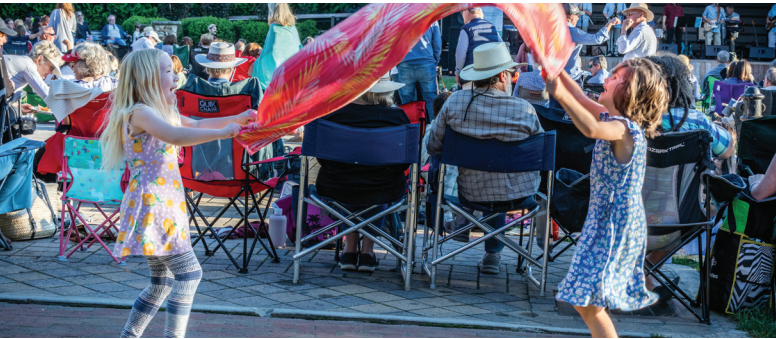


Mountain Theatre Company offers a year-round season, including "Theatre for Young Audiences" and show guides to assist students, parents and teachers with the production experience.

Visit the **Jackson Hole Trading Post & Gem Mine**, a unique experience where kids can find treasures to brighten any rainy day.



PLAYGROUNDS & GREEN SPACES

Enjoying a beautiful day in Highlands is easy!

Highlands Recreation Park is home to a playground and an outdoor skate park, so bring your wheels.

Kelsey-Hutchinson Founders Park is a beautiful place to enjoy a to-go meal from a nearby restaurant. Picnic tables dot the green space, and public restrooms are available. During the warmer months, spend your Saturday checking out the Highlands Market in the morning and return in the evening to take in an Outdoor Concert Series show. Located in the heart of town, there's usually something happening in this park.

Close to town, **Harris Lake Park** is a lovely spot for a picnic, fishing and to watch its resident ducks play.

Highlands School's playground is close to town and accessible to the public when school is not in session.

FAMILY-FRIENDLY DINING

Check out some of these delicious kid-friendly spots to eat in Highlands!

Four 65 has wood-fired pizzas and a kid friendly menu.

Highlands Burrito is quick and offers fantastic options for little ones.

The Secret Garden Market and **Fressers Courtyard Café & Catering** have kid-friendly options and are located adjacent to Kelsey-Hutchinson Founders Park, making it easy to enjoy your meal outside.

Mountain Fresh Grocery has indoor and outdoor seating for its breakfast, grill and Neapolitan pizza options. You can also order a dinner to go or pick up a take-and-bake pizza.

Highlands Pizza Place is just what it says it is and more; they also offer sandwiches and salads.

Offering "elevated pub food," **The Ugly Dog Public House** is fun for the whole family. The kids will surely like the pictures of pups on its walls – or the real deal on its patio. On Wednesday nights stop in to enjoy live bluegrass!

Looking for a healthy snack? **Whole Life Market and Nectar Juice Bar** offers delicious smoothies, juices, and other healthy options.



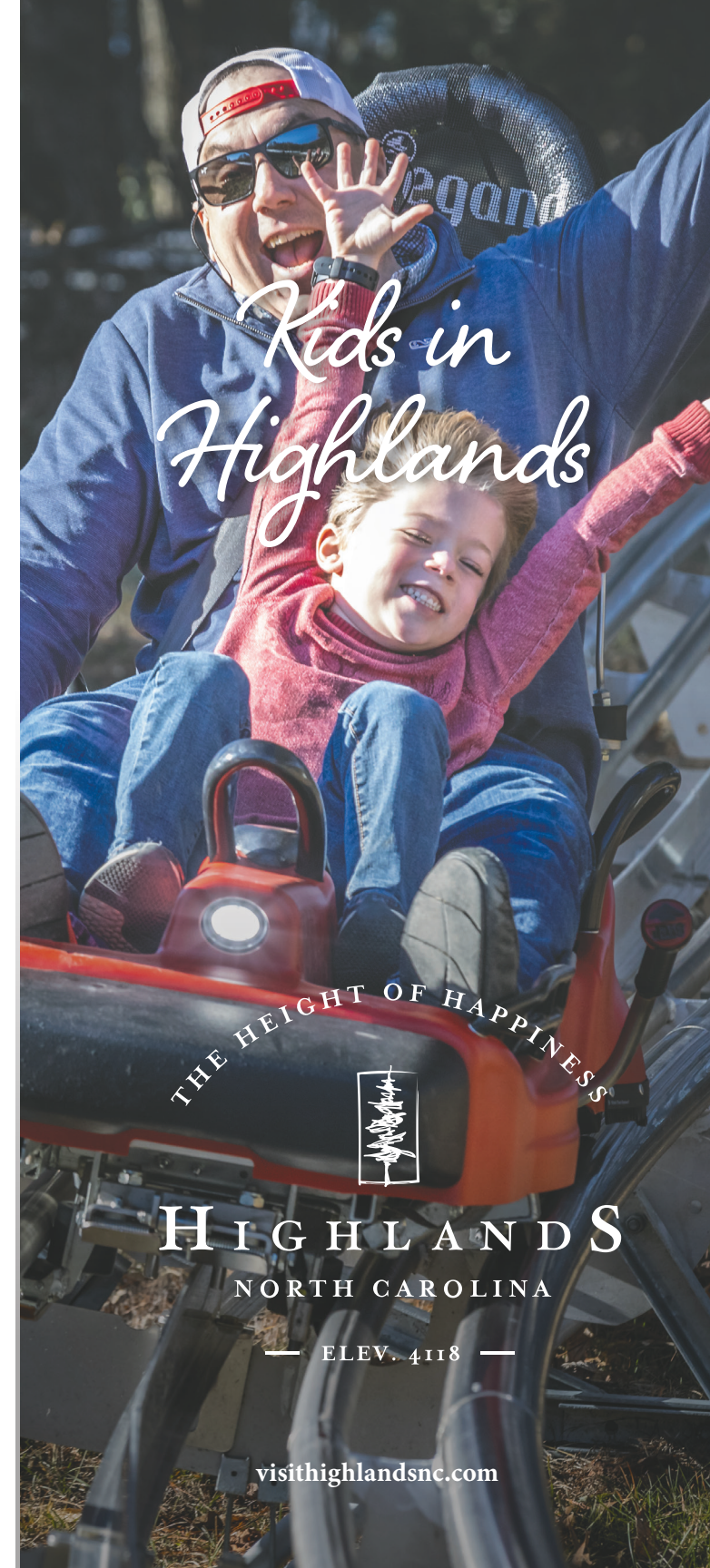
Good luck trying to walk past **Kilwin's Chocolates and Ice Cream** without going inside. The intoxicating wafts are too tempting to resist.

SHOPPING

Shopping along and near Main Street in Highlands is a must-do. Check out these stores when shopping with or for the family:

Highlands Kids -offers baby and children's clothing and toys. For outdoor attire, check out **The Highland Hiker**.

For more information on Kids In Highlands visit our Calendar of Events by scanning the QR code





The mountains are paradise for the young (and young at heart). We asked the experts --local parents-- to help create this ultimate guide for kids in Highlands.

HAPPY HIKING

Stop by **Highland Hiker** to pick up a book of good day hikes. You'll find several trails that are child-friendly!

The **Highlands Biological Station/Nature Center** is a great place for young ones. With easy walking trails that offer views of the lake and creeks, it is also a wonderful place to learn about and see native plants, vegetation and wild-life. Kids love their **Kids Hike Highlands Challenge** which awards the collection of all four stamps along the trails with a prize!

After your visit to the **Nature Center**, carefully walk across the street and up a short trail to experience **Ravenel Park** and **Sunset Rock**. Though it's a favorite spot for sunsets, it's spectacular any time of day.

The **Highlands Plateau Greenway** offers easy, in-town access to a system of walking and hiking trails that connect historic sites and natural settings.

Looking to experience a family-friendly waterfall? **Dry Falls** and **Glen Falls** fit the bill. One of the area's most popular destinations, Dry Falls offers the unique experience of walking behind its rushing, 75-foot cascade. An out-and-back hike, Glen Falls offers multiple viewing points along its 700-foot, one-mile descension. But be sure to conserve energy for the hike back!

KID-FRIENDLY EXCURSIONS

Located between Highlands and Scaly Mountain, **Highlands Aerial Park** is a thrilling way to spend the day. Kid-friendly activities abound, including ziplines, nature trails, a challenge course and a giant swing. **Highland Excursion** offers eco-tours in the Highlands area, and all are kid friendly. A great one to check out is their Private Gem Mine Tour, which showcases sites along the Cullasaja Gorge and **Jackson Hole Gem Mine**.

CAMPS & CLASSES

A Highlands summer camp experience will create memories your child will likely have forever.

The **Highlands Biological Station** offers highly-popular Nature Center Day Camps where kids ages four to 13 learn about plants and animals while having fun. Be sure to call or check the website for dates, as these camps fill up quickly!

The **Bascom** offers visual arts programming for youth and their families throughout the year, including workshops, classes, private lessons, field trips and demonstrations.



The **Boys and Girls Club of the Plateau** offers a summer day camp from early June through late July for ages six and older. Some local churches offer Vacation Bible School in the summer; be sure to contact them directly for schedules. The Performing Arts Center has programs to get kids involved in the performing arts, so be sure to check those out if you have a young thespian.

For a sleep-away wilderness camp experience close to Highlands, **Camp Merrie-Woode** in Sapphire offers summer sessions for girls and young women.

WINTER SPORTS & ACTIVITIES

On sunny, winter days, Highlands has plenty of activities to keep kids entertained.

Be a part of a picture-perfect winter scene while ice skating in **Kelsey-Hutchinson Founders Park**. The \$8 fee includes rental skates, and you can warm up with a cup of coffee or hot chocolate.

Just a short drive from downtown is the **Highlands Outpost** which offers snow tubing and the Scaly Mountain Screamer coaster (the longest in N.C.!). (In the summer, enjoy the roller coaster, trout fishing and the tubing -- without the snow, of course.)

Ski Sapphire Valley also offers snow tubing, skiing for beginning and intermediate levels, and snowboarding.

Swim year-round at the **Highlands Pool Complex**! Enjoy a covered pool with dedicated times for adult, lap, and all-ages swimming as well as water aerobics. It's great for rainy weather, too!

FOR RAINY DAYS

Highlands is in a temperate rainforest and receives more than 80 inches of wet stuff each year, but don't worry! Highlands offers plenty of experiences for rainy days.

Head to **The Bascom** to enjoy art exhibits, classes and an indoor play area. They even have "Take & Make" art lessons on their website that kids can do from home.

Hudson Library is a wonderful place for little ones to play or learn. The library offers a children's playroom, educational computers and tablets. On certain days, the library offers Family Storytime and other engaging events.

Spend a rainy day exploring **Highlands Historic Village** (open May-October) and the town's oldest home, the Elizabeth Wright Prince House. Enjoy learning about Highlands' history through its exhibits and archives!

A hardware store may seem an unlikely destination for kids, but **Reeves** can keep kids entertained. Set them on a mission to find "Ace," its feline resident, as you do some shopping.