

## Outdoor Adventures in Memphis

Cities should be explored in different ways and outdoor activities should definitely be a priority. Memphis can be discovered in many ways. Whether you want to hop on the bike, walk around or explore the river up close we will provide you with all the essential information on what to do and see in the outdoors of Memphis.



### See Memphis from above

Tennessee's largest rock climbing facility features over 30,000 square feet of indoor and outdoor climbing terrain, [High Point Climbing and Fitness](#) offers something for everyone. Whether you're climbing a gigantic beanstalk in the Kid Zone or challenging yourself on the 50 foot tall indoor rope walls, there's something for the whole family to enjoy.



### Explore Shelby Forest

[Meeman-Shelby Forest State Park](#) is our 13,000-acre forest, just 13 miles north of Memphis in beautiful Millington, Tennessee. It's an easy 20-minute drive out Danny Thomas (Highway 51) from downtown or a quick trip on the Interstate from anywhere else.



### Cross the Mississippi River

A new pathway on the historic Harahan Bridge allows pedestrians and bicyclists their own right of way. At nearly a mile in length, [Big River Crossing](#) is the longest public pedestrian bridge across the Mississippi River

and connects downtown Memphis to Arkansas. Since opening in 2016, thousands of people have enjoyed this free amenity.



### Kayaking in Memphis

See Memphis as you have never seen the city before. [Kayak Memphis](#) offers guided tours and kayak rentals along the Memphis Riverfront. With the tours you can explore amazing views of the Memphis skyline from your kayak. The guided kayaking tours of the Memphis Harbor take visitors along the entire Memphis Riverfront by water. This unique experience provides incredible views of the Downtown Memphis Skyline and Mississippi River from the safety of a large, stillwater harbor adjacent to the Big River. Most tours last around two hours and are scheduled periodically throughout our season. If you don't know anything about kayaking – don't worry! A tutorial will be provided before going on the adventure on water.

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