Walking Trail Locations

The City of Memphis, Division of Park Services has many parks throughout Memphis where you can walk. The following parks are listed by district. **HAPPY WALKING!**

Parks in District 1

- **Egypt Central Park – 3985 Egypt Central** - 1/2 mile fitness trail. 3 acres in size, this park is home to the Frayser Raleigh Senior Center. The park also has fitness equipment, a 12 x 12 pavilion and play equipment.
- **Frayser Park – 2907 N. Watkins** – 1 ½ mile fitness trail. 40.54 acres in size, this park is home to the Ed Rice Community Center, Ed Rice Swimming Pool, and Ed Rice Tennis Center w/ 8 outdoor courts. The park also includes play equipment, a pavilion, outdoor and indoor basketball courts, and is a City Bike Route starting point.
- **Georgian Hills Park – 3930 Lewier** – 1/2 mile fitness trail. 19.70 acres in size, this park also has a playground ball field, play equipment, and a pavilion.
- **John F. Kennedy Park- 4577 Raleigh-LaGrange Road** - 1/2 mile fitness trail and nature trails. 260.57 acres in size, this park is home to the Alzheimer's Adult Day Care Center and the Northeast Zone Office. It also has 9 lighted softball fields, 2 soccer fields, Concession and restroom facilities, 2 pavilion, and play equipment.

Parks in District 2

- **Bert Ferguson Park - 8505 Trinity Road** - 1 mile fitness trail. 48.02 acres in size, this park is home to the Bert Ferguson Community Center. It also has 2 soccer fields, 2 ball fields, 4 tennis courts, a pavilion, and playground.
- **Countrywood Park – Dexter Road at Chimneyrock Road** – (Opening in 2009-10) This proposed park will be 22 acres in size and is scheduled to have a 1 mile paved and ¼ mile aggregate wooded fitness trail, a pavilion with picnic tables, individual picnic tables throughout the park, a picnic meadow, six small pedestrian bridges and one large pedestrian bridge, and a playground. May be renamed Fletcher Creek Park.
- **Germanshire Park – Germantown Rd. @ Germanshire Rd.** – 1/2 mile fitness trail. 14 acres in size, this park also has a soccer field, play equipment, and a pavilion.
- **Heroes Park – 4580 Riverdale Road** - 1/2 mile fitness trail. 20 acres in size, this park is located behind Fire Station #55. It also has play equipment and a pavilion.
- **Judge Andrew Holmes – Messick @ Hickory Crest Drive** - 1/2 mile fitness trail. 20 acres in size this park also has a playground.
- **Lichterman Nature Center– 5992 Quince** – Nature trails and lake. 66.02 acres in size, this nature center is the former summer estate of Clarence Saunders (1929). There is a fee to enter but it is worth the visit.
Parks in District 3

- **Emerald Park – Emerald Street & Newberry Ave.** - 1 mile fitness trail. 17 acres in size, this park also has a playground ball field and play equipment.
- **Flowering Peach Park – Clarke @ Flowering Peach** - 1/3 mile fitness trail. 8.90 acres in size, this park also has play equipment and a pavilion.
- **Hickory Hill Park – 3910 Ridgeway Road** - 1 mile fitness trail and indoor track. 80 acres in size, this park is home to the Hickory Hill Community Center and Hickory Hill Indoor Aquatic Center. The indoor track is located above the community center gymnasium. The park also has a playground, 4 lighted tennis courts, a pavilion and picnic area, and 2 sand volleyball courts.
- **Medal of Honor Park – Tchulahoma @ Oak Lake** - 3/4 mile fitness trail. 20 acres in size, this park also has a lake.
- **Oakhaven Park – 3875 Bishop Bridge** - 1/2 mile fitness trail. 20 acres in size, this park also has a playground ball field, 2 pavilions, play equipment, and a basketball court.
- **Raines Road Park – Raines & Hickory Hill** - 1/2 Mile Fitness Trail. 20 acres in size, this park is located adjacent to Fire Station #53. It also has a playground, a pavilion, and ball field.
- **Whitehaven Park – 4318 Graceland** - 1/2 mile fitness trail. 20 acres in size, this park is home to the Whitehaven Community Center and Roarke Tennis Center w/ 8 outdoor and 4 indoor courts. It also has an indoor basketball court, play equipment, a pavilion, and a playground football field and ball field.

Parks in District 4

- **Alcy-Samuels Park - 1401 Alcy Rd.** - 1/2 mile fitness trail. 15 acres in size, this park also has a playground ball field, play equipment, and 2 basketball courts.
- **Alcy-Warren Park - Alcy @ Warren** - 1/2 mile fitness trail. 13 acres in size, this park also has a playground ball field, play equipment, and 2 basketball courts.
- **Brentwood Park – Spottswood @ Josephine** - 1/5 mile fitness trail. 2 acres in size this park also has play equipment.
- **Cherokee Park – Filmore @ Lamar** - 1/2 mile fitness trail. 15.6 acres in size, this park also has a playground ball field, play equipment, a basketball court, and a pavilion.
- **Glenview Park – 1141 S. Barksdale** - 1 mile fitness trail. 24.50 acres in size this park is home to the Glenview Community Center and is the former George Schmalzreid Farm. (est.1943). It also has an outdoor basketball court, a playground ball field, 2 tennis courts, a pavilion, and play equipment.
- **Robert O’Brien Park – Prescott @ Steve** - 1/2 mile fitness trail. 9 acres in size this park also has a football field, soccer field, play equipment, and a pavilion.

Parks in District 5

- **Audubon Park - 4145 Southern Ave.** - 1 mile fitness trail. 373 acres in size, this park is home to the Botanic Garden (750 Cherry Road), Leftwich Indoor Tennis Courts (4145 Southern) with 4 Indoor and 8 Outdoor Tennis Courts, *The Links at Audubon* (4160 Park Ave.) and Cancer Survivors Park. It also has a picnic area, play equipment, 2 picnic pavilions, and a lake.
- **East High Sportsplex– Walnut Grove & Eastview Drive** - 3/4 mile fitness trail and 4 lane 400m track. 1 acre in size, this park is adjacent to East High School. It also has 2 soccer fields, 1 football/ soccer field, 2 ball fields, and a playground.
• **Gaisman Park – 4223 Macon** - 1 mile fitness trail. 24 acres in size, this park is home to the Gaisman Community Center and Swimming Pool. It also has 3 lighted softball fields, play equipment, a playground ball field, 2 tennis courts, indoor basketball, and a pavilion with rest rooms. Located in the park is a monument to the Vietnam Servicemen, dedicated in 1965.

• **Pauline “Pep” Marquette Park – Park & Mr. Moriah** - 1/2 mile fitness trail. 11 acres in size, this park is home to the Memphian Italian Festival. It also has a playground ball field, play equipment, pavilion, and picnic area.

• **Overton Park – 2080 Poplar** – 1 1/2 mile wooded fitness trail. 342.30 acres in size, this park is home to the Memphis Zoo, Brooks Art Museum, Memphis College of Art, The Shell Amphitheater, The Links at Overton, and Veterans’ Plaza including the Doughboy statue and the new Korean War Monument, and various historic markers. It also has “Rainbow Lake”, 2 pavilions, play equipment, a playground ball field, and a soccer field. The park was designed by George Kessler in 1901 and is on the national register.

• **Sea Isle Park – 5220 Sea Isle** - 1 mile fitness trail. 12.40 acres in size, this park is home to the McWherter Senior Citizens Center. It also has a basketball court, lighted softball field, play equipment, and 3 soccer fields.

**Parks in District 6**

• **Belz Park – Shelby @ Fernwood** - 3/4 mile fitness trail. 10.50 acres in size, this park has a playground ball field, play equipment, 1 outdoor basketball court, and a pavilion.

• **O.L. Cash Park – Ford Road @ Deerskin Drive** - 1/2 mile fitness trail. 22 acres in size, this park has a basketball court, playground, playground ball field, and a pavilion.

• **Chandler Park – Walker @ College** - 1/3 mile fitness trail. 3 acres in size, this park is located adjacent to Cummings Elementary. It also has 2 Outdoor basketball courts, play equipment and a pavilion.

• **Dalstrom Park – Shelby & Weaver** – 1 1/2 fitness trail. 75 acres in size, this regional park also has 2 large playgrounds, 7 pavilions, and 2 picnic areas. Parking lot entrances are from Shelby Drive and Weaver Road.

• **David Carnes Park – Whitehaven Lane at Auburn Road** - 1/2 mile fitness trail. 9 acres in size, this park also has a playground ball field, play equipment, a pavilion, and a picnic area.

• **Gaston Park – 1046 S. Third** - 1/4 mile fitness trail. 8.44 acres in size, this park is home to the Gaston Community Center, Head Start Program and Branch Library. It also has a pavilion, play equipment, 1 indoor and 1 outdoor basketball court, and a playground ball field.

• **Riverview Park – 1981 Kansas** - 1/2 mile fitness trail. 27.72 acres in size, this park is home to the Riverview Community Center and Swimming Pool (pool entrance at 182 Joubert Avenue.) It also has an indoor basketball court, play equipment, a playground ball field, and pavilion.

• **Sidney Lanier – 781 Crescent** - 1/2 mile fitness trail. 10.17 acres in size, this park also has play equipment.

• **Western Park – Western Park Drive** - 1/2 mile fitness trail. 14.60 acres in size, this park also has play equipment and a playground ball field.

• **Westwood Park – 810 Western Park** – 1/2 Mile Fitness Trail. 16.20 acres in size, this park is home to the Charles Powell - Westwood Community Center and Swimming Pool. It also has an indoor basketball court and 1 outdoor basketball court, play equipment, and a playground ball field.
Parks in District 7

- **Ashburn-Coppock Park – 619 S. Riverside** – 2 acre park that is part of the Mississippi Riverwalk with scenic river views (linked to Tom Lee and Martyrs Park).
- **Douglass Park – 1616 Ash** - 1 mile fitness trail. 43 acres in size, this park is home to the Douglass Community Center and Swimming Pool. It also has 2 outdoor basketball courts and 1 indoor basketball court, 3 pavilions, a picnic area, playground and a ball field.
- **Mary Elizabeth Malone Park – Hastings @ LaGrange** - 1/2 mile fitness trail. 2.21 acres in size, this park also has a playground.
- **Forrest Park – Madison @ Dunlap** - 1/3 mile fitness trail. 8.03 acres in size, this park was designed by George Kessler in 1903. Gen. Nathan B. Forrest and his wife are buried on site and it contains historical markers, General Forrest’s Statue and a pavilion.
- **Georgian Hills Park – 3930 Lewier** - 1/2 mile fitness trail. 19.70 acres in size, this park also has a playground ball field, play equipment, and a pavilion.
- **Mississippi River Greenbelt – Greenbelt Island Dr. @ Auction Ave** - 1 1/2 mile one way trail with no loop - from Auction North to end of park. 102 Acres in size, this park is under the management of the Riverfront Development Corporation. It is a river-walk with scenic Mississippi River views and a boat ramp.
- **Mud Island – 125 N. Front** - River Model Walk. 25 Acres in size, this park includes the Mississippi River Museum and River Model Walk, the Memphis Belle Pavilion, restaurants, an amphitheater, gift shop, a marina and scenic river views. It is under the management of the Riverfront Development Corporation.
- **Tom Lee Park – Riverside @ Beale** – 30 Acres in size, this park is part of the Mississippi Riverwalk with scenic river views. It is linked to Martyrs Park and Ashburn-Coppock Park. It is the home of the Memphis In May BBQ Festival and has two monuments to Tom Lee.