Your High Point Itinerary: 20 Places That Define the City

High Point has a reputation that precedes it—the Home Furnishings Capital of the World, a twice-yearly magnet for designers and buyers from across the globe. But the city that buzzes around the Market is more than showrooms and swatches. It is a place of giant dressers and historic mills, of lake breezes and minor-league baseball, of a children's museum built for every kind of kid and a food hall that anchors a growing social district. This itinerary is not about checking boxes. It is about understanding what makes High Point feel like High Point. Here are twenty places that, together, tell the city's story.

1. The World's Largest Chest of Drawers

You cannot tell the High Point story without starting here. The 38-foot "Big Bureau" on Hamilton Street was built in 1926 as a tribute to the region's furniture-making muscle, complete with a pair of six-foot socks dangling from a middle drawer. It is gloriously weird, undeniably iconic, and the perfect introduction to a city that has never been shy about its identity. Snap the photo. Embrace the kitsch.

2. High Point Market District & International Home Furnishings Center (IHFC)

Even when Market isn't in session, the scale of the furniture district is worth witnessing. The IHFC is the beating heart of the twice-yearly trade show, housing hundreds of permanent showrooms across seven million square feet of ANDMORE-owned property. During Market weeks, the district transforms into a global design summit. In the off-season, select showrooms and outlets remain open to the public—check ahead, wear comfortable shoes, and prepare to be humbled by the sheer volume of beautiful things.

3. Congdon Yards

What happens when a historic hosiery mill gets reimagined by a coalition of local leaders? Congdon Yards. Housed in the old Adams-Millis plant, this downtown hub now serves as a coworking and innovation space, an event venue, and what its founders call "High Point's living room." Stop by Lil's Coffee Bar, wander the Courtyard, and feel the pulse of a city actively building its next chapter.

4. Truist Point Stadium

Home to the High Point Rockers, this multipurpose stadium is more than a ballpark. It anchors the city's Social District, hosts concerts and community events, and can be configured for everything from soccer to graduation ceremonies. Catch a game on a warm evening, grab a drink from the concourse, and watch the city come together under the lights.

5. Stock + Grain Assembly Food Hall

Just beyond the outfield of Truist Point, this food hall has become the city's collective dining room. Nine restaurants, two bars, and a weekly lineup of live music across two stages—Ziggy's indoor Bevelry Bar and the outdoor Cahoots Bar with a view of the stadium. It is the kind of place where you can satisfy a sushi craving and a brisket craving at the same table, which is its own kind of magic.

6. Nido & Mariana Qubein Children's Museum

This is not a quiet, tiptoe-through-the-exhibits museum. Floor-to-ceiling windows flood the space with light as kids build in the LEGO and robotics area, splash through Water Works, and hunt for ancient Mayan relics in secret

passages. High Point became the first city on the East Coast to earn Certified Autism Destination status, and places like this reflect that commitment to inclusive design.

7. Q's Corner

A sensory-based indoor play gym designed with intention. Where many spaces treat accessibility as an afterthought, Q's Corner was built from the ground up for children and parents of all ability levels—swings, trampolines, a ball pit, and a state-of-the-art multisensory room. It is a reminder that a city's character is measured by how it welcomes its most vulnerable residents.

8. High Point Museum & Historical Park

The city's history lives here, from the Hoggatt House—a log cabin moved to the property in the 1990s and staffed by reenactors who demonstrate 1800s life—to exhibits tracing the African American experience in the region. The museum also offers a downloadable app for the High Point African American Heritage Trail, making it a gateway to a fuller, more honest understanding of the city's past.

9. The Big Chair's Rival: Thomasville's Giant Chair (Short Drive)

Okay, technically this is a neighboring city, but the friendly rivalry between High Point's Big Bureau and Thomasville's Big Chair is part of the local DNA. If you have half a day and a sense of humor about roadside Americana, the short drive is worth it for the photo and the bragging rights.

10. High Point City Lake Park

Locals know this park for its train, carousel, mini-golf, and tour boat rides, but the real draw is the water. From the park, you can cross the bridge onto the High Point Greenway and Bicentennial Greenway, connecting to the Piedmont Environmental Center and miles of natural trails. It is the kind of place that works equally well for a family afternoon and a solitary morning walk.

11. Oak Hollow Lake

If City Lake is the family-friendly option, Oak Hollow is the peaceful one. Locals talk about standing at the main entrance and looking out over the water—especially when sailboats dot the surface—as a kind of reset button. Bring a canoe if the weather allows, or just find a quiet spot and let the afternoon pass.

12. Kersey Valley

Just outside the city limits, this family-owned adventure park packs ziplines, axe throwing, laser tag, escape rooms, and seasonal attractions like Maize Adventure and Spookywoods into one sprawling property. It is the kind of place that works for a birthday party, a team outing, or a day when you need to scream a little.

13. High Point University Campus & Gardens

Even if you have no academic business here, the HPU campus is worth a stroll. The gardens in particular draw visitors for their beauty and calm. It is a reminder that High Point is a college town in its own right, with the energy and polish that comes with a university investing heavily in its surroundings.

14. High Point Theatre

Established in 1975, this downtown venue has been bringing national names and hometown hospitality together for decades. The facility is aging—the city has documented needs for stage floor repairs and updated lighting—

but that is part of its charm. Check the calendar for community theater, concerts, and events that remind you a city's cultural life does not always happen in shiny new buildings.

15. Centennial Station Arts Center

Housed in the historic freight train depot, this is the High Point Arts Council's hub for entertainment and creativity. The Songwriters Circle workshop is a particular gem for Click for more musicians of all stripes. Keep an eye on their calendar—it is the kind of place where you might stumble into a show you did not know you needed.

16. Distractions Art Studio

Choose from ceramics, canvas painting, or board painting, bring your own snacks, and let the afternoon disappear. This is not a place for perfectionists. It is a place for people who want to make something with their hands and not take it too seriously.

17. COHAB SPACE

Conceived as a bridge between local makers and the global design industry, COHAB SPACE is part studio, part event venue, part creative commons. The outdoor venue hosts live music ranging from bluegrass to jazz, and the events calendar is worth checking before you visit. It is High Point's design DNA made tangible.

18. Plank Street Tavern

A neighborhood spot near Truist Point, Plank Street is the kind of place that anchors a Social District—good drinks, live music, and a patio that invites you to stay longer than you planned. It is not a landmark in the traditional sense. It is a landmark in the sense that matters: a place where the city gathers.



19. Sally the Troll

Tucked near the corner of Green and Grimes, Sally is one of those local oddities that resists explanation and rewards curiosity. She is not grand. She is not historically significant. She is just there, and that is enough. Find her, take a selfie, and consider it a small initiation into the city's quirks.

20. The Social District (Catalyst & Uptowne)

The final stop is not a single place but a district—the overlapping Catalyst and Uptowne areas where the city's investment in public life is most visible. Grab a drink, wander between venues, and watch how a mid-sized Southern city is remaking its downtown in real time. It is the connective tissue that holds the other nineteen places together.

Final Thoughts

High Point does not fit neatly into a single narrative. It is a furniture town and a baseball town, a place of historic cabins and giant dressers, of sensory gyms and escape rooms. What ties it together is a kind of pragmatic pride—a willingness to be a little weird, a little ambitious, and genuinely welcoming. Twenty places is a start. The rest is yours to discover.