



2025

TrailLink Unlimited 

Guides



**Hampden  
Heights Trail**  
*Colorado*



## Hampden Heights Trail

Colorado

*The Hampden Heights Trail, situated within the southeast suburbs of Denver, CO provides trail users with a refreshing escape from*



[Regional Trail](#), an impressive 40-mile route.

Whether connecting to the [High Line Canal Trail](#) or the [Cherry Creek Regional Trail](#), or only following this route alone, the Hampden Heights Trail is worth a visit.

The Hampden Heights Trail, situated within the southeast suburbs of Denver, CO provides trail users with a refreshing escape from the suburbs, taking visitors through Hampden Heights Park and nearby greenspaces. The park itself is home to several sports fields, open play area and a playground. The Hampden Heights neighborhood was built around the park, and the trail system connects the areas various neighborhoods and developments.

At its west end, the trail starts along the [High Line Canal Trail](#) and meanders in between different suburban developments, with convenient dirt spurs leading into the different neighborhoods. After passing by the namesake park, the trail continues in between these suburban developments before connecting with the [Cherry Creek](#)



# Hampden Heights Trail

Colorado

**States:** Colorado

**Counties:** Denver

Length: 3.28miles

**Trail end points:** High Line Canal Trail to  
Cherry Creek Trail

**Trail surfaces:** Asphalt

**Trail category:** Greenway/Non-RT

**Trail activities:** Bike, Wheelchair  
Accessible, Walking

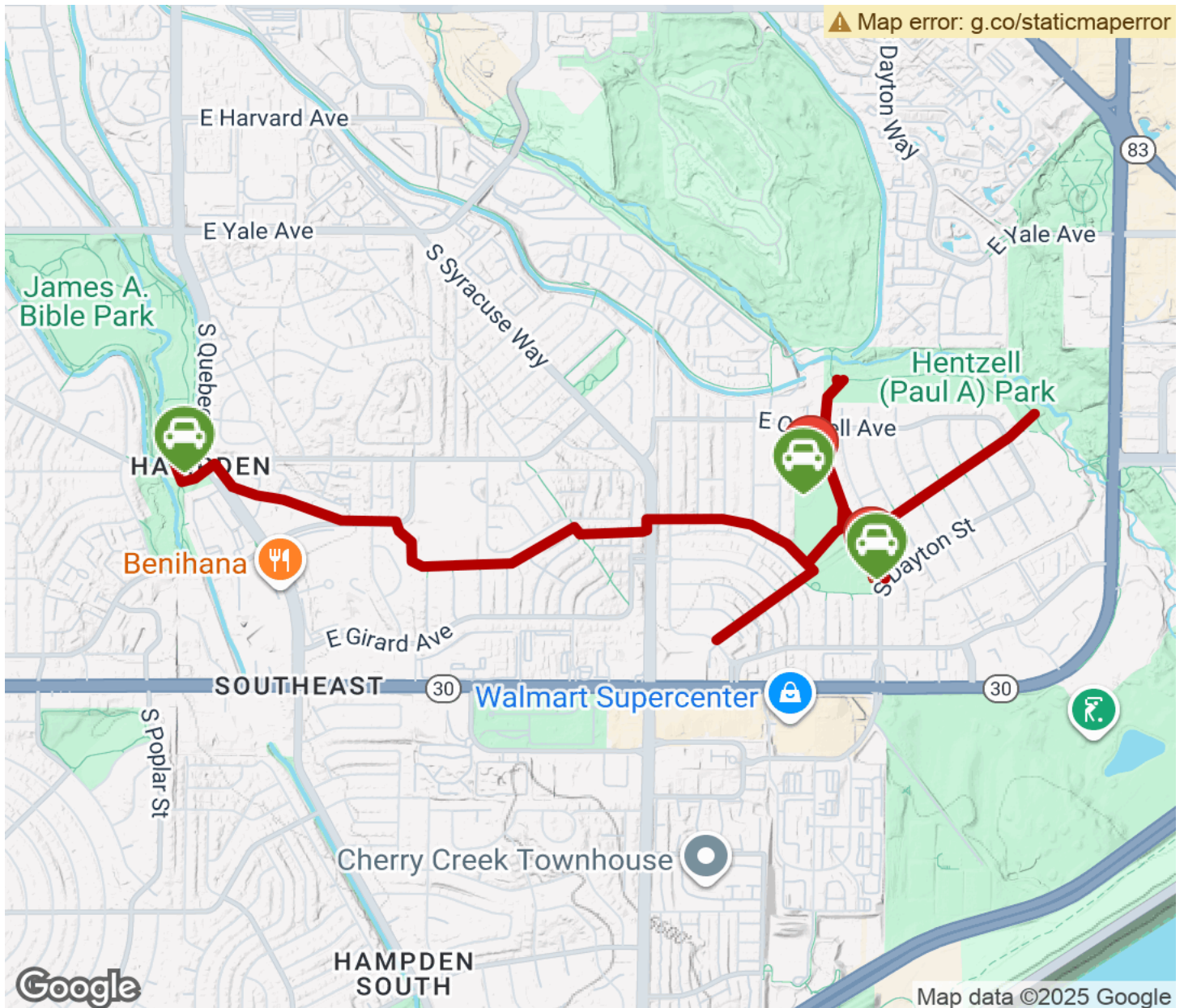
## Parking & Trail Access

There is parking for this trail available at Hampden Heights Park, 3146 S Boston Ct, Denver, CO 80231. See TrailLink Map for more detailed information.



# Hampden Heights Trail

Colorado



Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

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