The Dallas-Fort Worth region offers a bevy of recreational opportunities with several lakes and state parks featuring boating, water sports, hiking trails, and options for mountain and road biking. The Dallas Arboretum and the Fort Worth Botanical Gardens, located in the heart of Dallas and Fort Worth respectively, provide a peaceful escape from hectic everyday responsibilities.

**PARKS AND RECREATION**

Both Dallas and Fort Worth offer a variety of public spaces for outdoor activities, including parks, gardens, and natural areas.

- **Cedar Hill State Park**: Offers fishing, boating, and kayaking on Joe Pool Lake. 1,100 acres with 15 miles of mountain biking trails. Walking trails through open fields and wooded areas. More than 350 wooded campsites. Pine Farm Agricultural History Center.

- **River Legacy Park**: 1,300 acres of forests and greenbelts. 10 miles of cross-country trails. A treetop playground that looks like a giant treehouse. A canoe launch with access to up to 8 miles of paddling. River Legacy Living Science Center.


- **Medowpark**: 250 acres on the shore of Lake Grapevine. Sledding sandy beaches and camping. Swimming, paddleboarding, kayaking. Large, colorful children’s playground area. A canoe launch with access to up to 8 miles of paddling. River Legacy Living Science Center.

- **River Legacy Park and Science Center**: 10 miles of cross-country trails. A treetop playground that looks like a giant treehouse. A canoe launch with access to up to 8 miles of paddling. River Legacy Living Science Center.

- **Trinity River Audubon Center**: 1,300 acres of forests and greenbelts. 10 miles of cross-country trails. A treetop playground that looks like a giant treehouse. A canoe launch with access to up to 8 miles of paddling. River Legacy Living Science Center.

- **Dogwood Canyon Audubon**: 1,200 acres with 15 miles of mountain biking trails. Walking trails through open fields and wooded areas. More than 350 wooded campsites. Pine Farm Agricultural History Center.


- **Texas Motorplex**: Auto Racing.

- **Texas Motor Speedway**: Auto Racing.

- **PGA Tour - Dean & Deluca Invitational**: Golf.

- **PGA Tour - AT&T Byron Nelson Championship**: Golf.

- **Fort Worth Stock Show and Rodeo**: Rodeo.

- **Frisco RoughRiders (Minor League Baseball)**: Minor League Baseball.

- **Fort Worth Cats (Minor League Baseball)**: Minor League Baseball.

- **Fort Worth Cats (Minor League Baseball)**: Minor League Baseball.

- **Dallas Wings (WNBA)**: Women's Basketball.

- **Dallas Stars (NHL)**: Hockey.

- **Dallas Mavericks (NBA)**: Basketball.

- **Dallas Sidekicks (Soccer)**: Soccer.

- **Dallas Griffins (Major League Rugby)**: Rugby.

- **Dallas Cowboys (NFL)**: Football.

- **North Texas Trails**: North Texas Trails. Walking, running, hiking, and biking are popular here, and we’ve got plenty of places to explore outdoors. The city of Dallas has more than 100 miles of hike and bike trails—and outside the city, where urban life gives way to more pastoral pursuits, you’ll find so many more. The Katy, Santa Fe, and White Rock trails are lovely paved paths, but if a walk (or ride) in the woods is more to your liking, it’s only a matter of effort. Certified Master Naturalist Bill Holstan recommends Cedar Ridge Preserve in South Dallas for its wooded hills and wildlife; Dogwood Canyon in Cedar Hill for its hilly terrain and flowering trees in spring; and Oak Park and Nature Preserve in Plano for its creeks, ponds, and easy-to-follow routes.