Parks and Recreation

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 sports scene is enormously popular, as well.

**Parks and Nature Centers**
- Cedar Ridge Preserve
  - Children’s Aquarium at Fair Park
  - Dallas Arboretum
  - Dallas World Aquarium
  - Dinosaur Valley State Park
  - Dogwood Canyon Audubon Center at Cedar Hill
  - Fort Worth Botanic Garden
  - Fort Worth Japanese Garden
  - Fort Worth Nature Center and Refuge
  - Fossil Rim Wildlife Center
  - HEARD Natural Science Museum
  - Wildlife Sanctuary
  - River Legacy Park and Science Center
  - The Rory Meyers Children’s Adventure Garden
  - Trinity River Audubon Center
  - Trinity Forest Adventure Park
  - Trinity Legacy Park
  - Trinity River Audubon Center

**Zoos**
- Dallas Zoo
- Fort Worth Zoo

**Rodeo**
- Fort Worth Stock Show and Rodeo
- Mesquite Rodeo
- Stockyards Championship Rodeo

**Auto Racing**
- Texas Motor Speedway
- Texas Motorplex

**Golf**
- PGA Tour—AT&T Byron Nelson Championship
- PGA Tour—Charles Schwab Challenge

**Professional Sports**
- Allen Americans (Minor League Hockey)
- Complexity Gaming (Esports organization)
- Dallas Cowboys (NFL)
- Dallas Grizzlies (Major League Rugby)
- Dallas Mavericks (NBA)
- Dallas Rattlers (Lacrosse)
- Dallas RoughRiders (Ultimate)
- Dallas Sidekicks (Soccer)
- Dallas Stars (NHL)
- Dallas Wings (WNBA)
- FC Dallas (Major League Soccer)
- Frisco Fighters (Indoor Football, League)
- Frisco RoughRiders (Minor League Baseball)
- Grand Prairie Air Hogs (Minor League Baseball)
- Team Envy (Esports organization)
- Texas Elite (Women’s Football)
- Texas Legends (NBA Development League)
- Texas Rangers (MLB)
- Texas Rattlers (Minor League Hockey)

**Green Space in Dallas-Fort Worth**
- **Cedar Hill State Park**
  - Cedar Hill
  - Fishing, boating, and kayaking on Joe Pool Lake
  - 1,200 acres with 15 miles of mountain biking trails
  - Walking trails through open fields and wooded areas
  - More than 350 wooded campsites
  - Penn Farm Agricultural History Center

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

- **Arbor Hills Nature Preserve**
  - Plano
  - 200 acres of rolling hills for exploring
  - Off-road biking trails
  - Picnic pavilion and kids playground
  - Butterfly, birds, and other wildlife
  - Dog friendly

- **Meadowmere Park**
  - Grapevine
  - 252 acres on the shore of Lake Grapevine
  - Slippery sandy beaches and camping
  - Swimming, paddleboarding, and kayaking
  - Large, colorful children’s playground area

**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 150 miles of bike and hike 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 Holston 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 Point Park and Nature Preserve in Plano for its creeks, ponds, and easy-to-follow routes.

**Trails**

- 1 Erwin Park
- 2 Frisco NW Community Park Trail
- 3 Knob Hills
- 4 Arbor Hills
- 5 Northshore Trail
- 6 Katie Jackson
- 7 Squabble Creek
- 8 Rowlett Creek Preserve
- 9 Horsethief
- 10 Harry Moss Park
- 11 L.B. Houston Nature Trails
- 12 River Legacy
- 13 Oak Cliff Nature Preserve
- 14 Boulder Park
- 15 Big Cedar
- 16 Goat Island Preserve