Parks and Recreation

The Dallas-Fort Worth region offers a bounty 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 overwhelmingly popular, as well.

### Parks and Nature Centers
- Audubon Center at Cedar Hill
- 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 Forest Adventure Park
- Trinity River Audubon Center

### Zoos
- Dallas Zoo
- Fort Worth Zoo

### Rodeo
- Fort Worth Stock Show and Rodeo
- Mesquite 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)
- Arlington Renegades (NFL)
- Complexity Gaming (Esports organization)
- Dallas Cowboys (NFL)
- Dallas Jackals (Major League Rugby)
- Dallas Mavericks (NBA)
- Dallas Sidekicks (Soccer)
- Dallas Stars (NHL)
- Dallas Wings (WNBA)
- FC Dallas (Major League Soccer)
- Frisco Fighters (Indoor Football League)
- Frisco RoughRiders (Minor League Baseball)
- Lonestar Brahmas (Junior League Hockey)
- OpTic Gaming (Esports organization)
- Texas Elite (Women’s Football)
- Texas Legends (Minor League Basketball)
- Texas Rangers (MLB)

### Professional Sports (cont.)
- Texas Rangers (MLB)
- Texas Legends (Minor League Basketball)
- Texas Elite (Women’s Football)
- OpTic Gaming (Esports organization)
- Frisco RoughRiders (Minor League Baseball)
- FC Dallas (Major League Soccer)
- Frisco Fighters (Indoor Football League)
- Lonestar Brahmas (Junior League Hockey)
- Dallas Sidekicks (Soccer)
- Dallas Mavericks (NBA)
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### Recreation
- Texas Motor Speedway
- Trinity River Audubon Center
- B&B Park
- Fort Worth Nature Center and Refuge
- Fort Worth Botanic Garden
- Fort Worth Zoo
- Dallas Zoo
- Trinity Forest Adventure Park
- Trinity River Audubon Center
- Audubon Center at Cedar Hill
- Children’s Aquarium at Fair Park
- Dallas Arboretum
- Dallas World Aquarium
- Dinosaur Valley State Park
- Dogwood Canyon Audubon Center
- zoo

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