

Parks and Recreation

Whether you have a big family, you're a retiree, or a single adult, there are plenty of choices when you want to relax and have fun. Boating, water sports, hiking, biking, cricket, professional sports ... the list is extensive. Below, find some of the most popular places to pass the time, where you can be part of the action, or just part of the audience.

Regional Parks and Nature Centers

- Cedar Ridge Preserve
- Dallas Arboretum and Botanical Garden with the Rory Myers Children's Adventure Garden
- Dinosaur Valley State Park
- Dogwood Canyon Audubon Center
- Fort Worth Botanic and Japanese Gardens
- Fort Worth Nature Center and Refuge
- Fossil Rim Wildlife Center
- Heard Natural Science Museum & Wildlife Sanctuary
- River Legacy Park and Science Center
- Trinity Forest Adventure Park
- Trinity River Audubon Center

Zoos and Aquariums

- Children's Aquarium at Fair Park
- Dallas World Aquarium
- Dallas Zoo
- Fort Worth Zoo

Professional Sports

- Complexity Gaming (Esports organization)
- Dallas Cowboys (NFL—Football)
- Dallas Jackals (MLR—Rugby)
- Dallas Mavericks (NBA—Basketball)
- Dallas Pulse (MVL—Women's Volleyball)
- Dallas Renegades (UFL—Football)
- Dallas Sidekicks (MASL—Indoor Soccer)
- Dallas Stars (NHL—Hockey)
- Dallas Trinity FC (USL—Women's Soccer)
- Dallas Wings (WNBA—Women's Basketball)
- FC Dallas (MLS—Soccer)
- Fort Worth Stock Show and Rodeo
- Frisco Fighters (IFL—Indoor Football)
- Frisco RoughRiders (MiLB—Baseball)
- Lone Star Brahmas (NAHL—Hockey)
- Mesquite Rodeo
- OpTic Gaming (Esports organization)
- PGA Tour—CJ Cup Byron Nelson
- PGA Tour—Charles Schwab Challenge
- Stockyards Championship Rodeo
- Texas Elite (WNFC—Women's Football)
- Texas Legends (NBAG—Basketball)
- Texas Motor Speedway (Auto Racing)
- Texas Rangers (MLB—Baseball)
- Texas Super Kings (MLC—Cricket)



1 Cedar Hill State Park Cedar Hill

- 75,000-acre Joe Pool Lake for fishing, boating, and kayaking
- 1,200 acres of hiking and biking trails
- All-terrain wheelchair reservations available
- More than 350 campsites, all near restrooms with hot showers
- Penn Farm Agricultural History Center with guided or self-guided tours



2 River Legacy Park Arlington

- 1,300 acres of forested greenbelt
- 8 miles of paved trails and 10 miles of mountain bike trails
- Up to 8 miles of paddling from the canoe launch
- Custom playground and playscapes
- River Legacy Nature Center, a 12,000-square-foot, ADA-compliant facility



3 Arbor Hills Nature Preserve Plano

- 200 acres of rolling hills
- Off-road biking trails
- Picnic pavilions available to reserve
- Playground
- Dog friendly



4 Meadowmere Park Grapevine

- 288 acres of water, beaches, and green space on Lake Grapevine
- Home to WhoaZone, the largest aqua park obstacle course in Texas
- Fire pits, grills, and tent areas
- Swimming, paddleboarding, kayaking, and a playground

Green Space

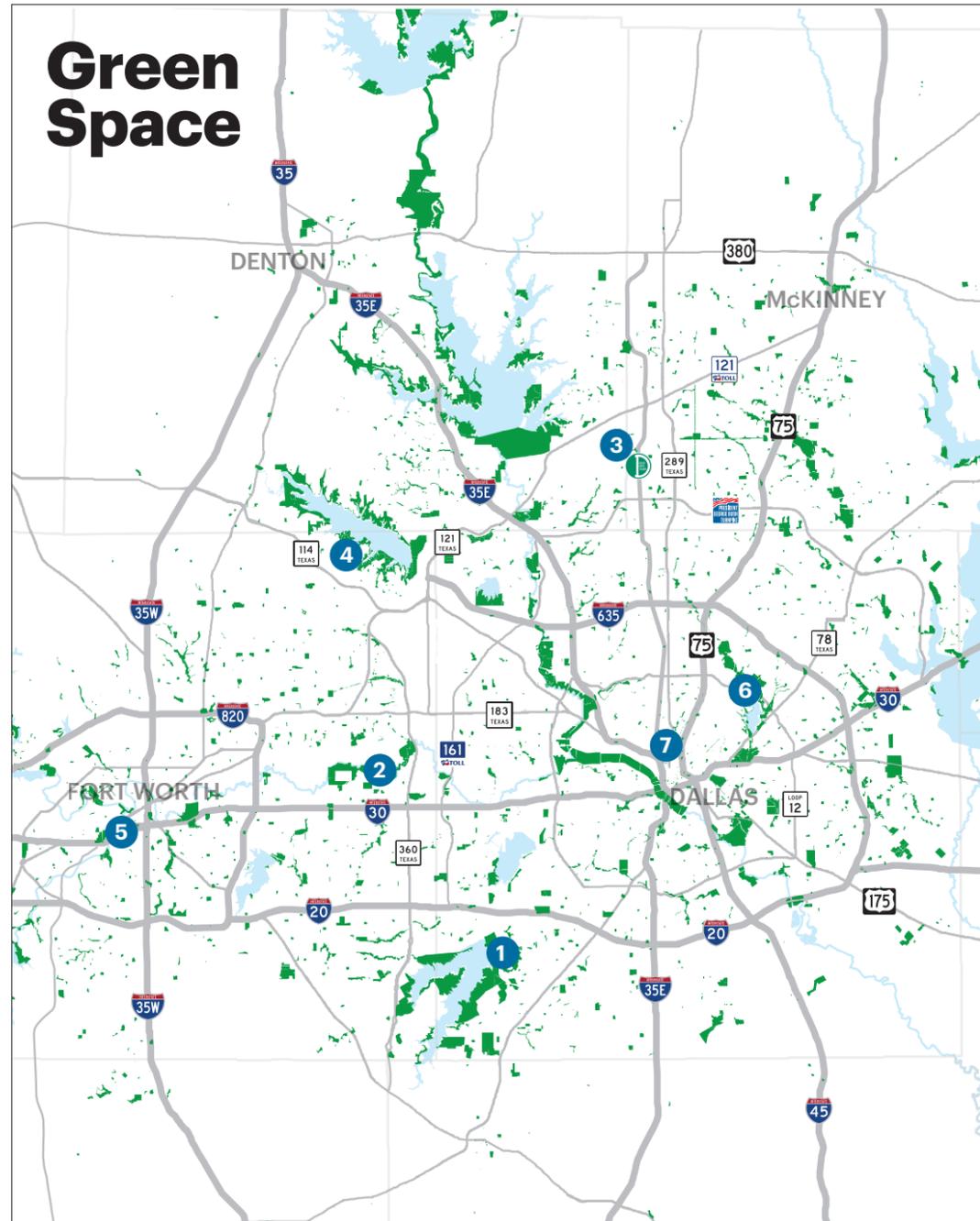


PHOTO: CITY OF PLANO



Arbor Hills Nature Preserve



5 Trinity Park Fort Worth

- Located along the banks of the Trinity River dating back to 1892
- 252 acres with trails, fishing area, duck pond, playground, and miniature railroad
- Location of annual events such as Mayfest and the National Veterans Day Run



6 White Rock Lake Park Dallas

- 17.1 miles of hike and bike trails
- Shoreline picnic areas
- Dog friendly
- Kayak and paddleboard rentals
- Rowing and sailing opportunities
- Audubon Society bird watching
- Home to the Dallas Arboretum



7 Klyde Warren Park Dallas

- 5.2 acres of greenspace over a freeway next to the Arts District
- Performance pavilion, walking trails, dog park, children's playground, and games area
- Free events like movies and music
- Food trucks every day
- Accessible by M-Line Trolley and DART

North Texas Trails



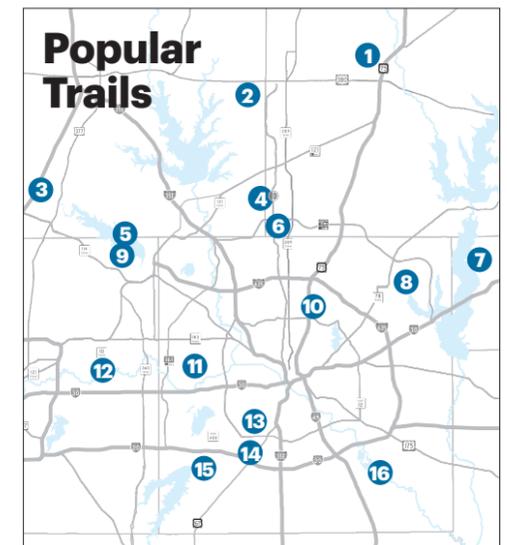
With more than 180 miles of trails, Dallas has plenty of options when you want some urban nature.

Additionally, the LOOP Dallas is an ongoing effort to connect existing and planned trails to create a contiguous 50-mile stretch around the city's core.

When you look at the whole DFW region, the number of trails is closer to 775 miles and extends through neighborhoods and areas that are less populated.

A few recommended regional trails include Cedar Ridge Preserve in South Dallas; Dogwood Canyon in Cedar Hill, which offers hilly terrain; and Oak Point Park and Nature Preserve in Plano.

Popular Trails



- 1 Erwin Park (McKinney)
- 2 Northwest Community Trail (Frisco)
- 3 Knob Hills (Flower Mound)
- 4 Arbor Hills (Plano)
- 5 Northshore Trail (Grapevine)
- 6 Katie Jackson (Dallas)
- 7 Squabble Creek (Rockwall)
- 8 Rowlett Creek Preserve (Garland)
- 9 Horseshoe (Grapevine)
- 10 Harry Moss Park (Dallas)
- 11 L.B. Houston Nature Trails (Dallas)
- 12 River Legacy (Arlington)
- 13 Oak Cliff Nature Preserve (Dallas)
- 14 Boulder Park (Dallas)
- 15 Big Cedar (Dallas)
- 16 Goat Island Preserve (Hutchins)