



DALLAS FORT WORTH TOP NATURE TRAIL HIKING SPOTS

ARBOR HILLS NATURE PRESERVE

6701 W Parker Rd, Plano, TX 75093

Arbor Hills Nature Preserve, located in Plano, is part of the city's trail system and one of the residents' favorite nature trails. It is a peaceful place that is excellent for meditation, for quiet walk or runs and has access to a large variety of unpaved hiking and biking trails, and gorgeous views of the prairie. Arbor Hills Nature Preserve is Plano's little gem, perfect for the entire family. (Park: 2 miles | Trail around Arbor Hills area: 3 miles)

OAK POINT PARK AND NATURE PRESERVE

5901 Los Rios Blvd, Plano, TX 75074

The City of Plano's largest park with 800 acres of nature preserve, which offers tons of outdoor activities for everyone. It has beautiful trails, creeks, and ponds, and is open daily from sunrise to sunset. It is a perfect place to slow down from the busy life we have and enjoy the beauty of nature. The pond is open for kayaking, canoeing, and stand up paddle boarding from dawn to dusk. (3 miles)

DOGWOOD CANYON AUDOBON CENTER IN CEDAR HILL

1206 FM1382, Cedar Hill, TX 75104

The Audobon preserves the natural habitat of over 200 acres, a portion of the surrounding 3,000+ acre greenbelt near Cedar Hill State Park and Cedar Ridge Preserve.

CHISHOLM TRAIL

Legacy Drive to Alma Road Plano, TX 75023

This trail is one of the favorites for the residents who are looking for paved trails for hiking, running, and biking. It follows a scenic creek through central Plano, and mostly the trail is available on both sides of the creek. (9.3 miles)

EAGLE MOUNTAIN PARK

11601 Morris Dido Newark Road, Fort Worth, TX

Eagle Mountain Lake is one of the most stunning, 8,694-acre lakes in north Texas. This lake is perfect for hunting, hiking, wakeboarding, relaxing, and recreational boating. It offers the best resident lakes near town. The park contains an overview of the local plants, trees, animals, and ecosystems, as well as an insight into the park's history and trail network. The park has many hiking trails, and two major pavilions.

CEDAR RIDGE NATURE PRESERVE

7171 Mountain Creek Pkwy, Dallas, TX 75249

Formerly the Dallas Nature Center, the Cedar Ridge Nature Center is home for some native trees, grasses and wildflowers, as well as a wide variety of wildlife and features butterfly gardens. (Trail: 2 to 5.4 miles)

BOB WOODRUFF PARK

2601 San Gabriel Dr, Plano, TX 75074

This trail, composed of a loop and several spurs within Bob Woodruff Park, also connects to the Santa Fe Trail as well as the Oak Point Park & Nature Preserve Trail. (3.7 miles)

FORT WORTH NATURE CENTER & REFUGE

9601 Fossil Ridge Road, Fort Worth, TX 76135

Fort Worth Nature Center & Refuge is one of the largest urban nature centers in the United States and provides the ability for residents and tourists to immerse themselves in the natural history. It has more than 20 miles of hiking trails that provide convenient access to a variety of natural wonders on the Refuge. They give many opportunities for passive leisure activities, including 20 miles of walking trails on the natural surface, and canoeing/kayaking. It offers a wide variety of activities, workshops, and guided hikes.

MARION SANSOM PARK TRAIL

2501 Roberts Cut Off Road, Fort Worth, TX 76114

Marion Sansom Park Trail consists of many interconnecting loops that pass through a wooded area overlooking Lake Worth with scenic views. Park is a 264-hectare piece of land donated to Fort Worth. It includes hiking & mountain biking trails with spectacular waterfall & lake views through the trees. The center trail, with its historic shelter house, is the rough path to Inspiration Point, and the other one is the trail head and main parking area.



RIVER LEGACY PARK

701 NW Green Oaks Blvd, Arlington, TX 76006

River Legacy Park is a 1,300 acre park sitting on both sides of the Trinity River. It serves as a multi-use destination point for picnics, walking, biking, and private events. The trail within the park itself is a 8-mile concrete paved route that connects to unpaved mountain biking trails of various difficulty levels. The trail follows the path of the Trinity River and is mostly flat making for an easy ride. Riders bringing their kids may be interested in visiting the River Legacy Living Science Center which features interactive environmental exhibits, aquariums and terrariums with native wildlife, and nature trails to name a few.

TRINITY FOREST TRAIL

6500 Great Trinity Forest Way, Dallas, TX 75217

The 8.1-mile AT&T and Trinity Forest Trails provide for a scenic experience of the Trinity River and the Trinity Forest. Passing by small ponds, large majestic trees, and a bridge over the Trinity River, those on the trail will be able to enjoy the quiet solitude the forest has to offer just a few miles from downtown. Trail heads are located at the Trinity River Audubon Center, the City of Dallas Eco Park facility on Simpson Stuart, and on Great Trinity Forest Way providing multiple access points and experiences.

Source: Buena Montero. "23 of the Best Nature Trails and Hikes in DFW". *Plano Moms Blog*
<https://planomoms.com/23-of-the-best-nature-trails-and-hikes-in-dfw/>