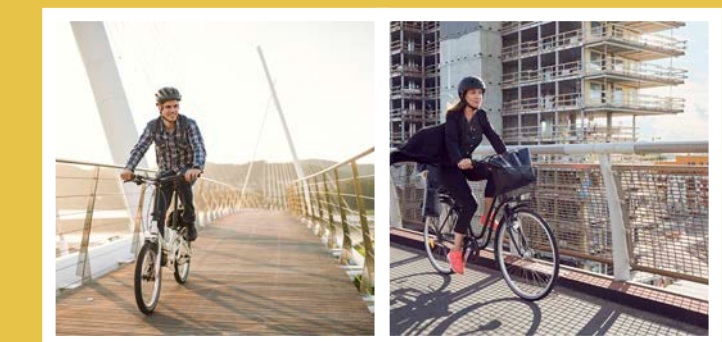


Source: NCTCOG

People all over the region walk and bike to get to work and school, access transit stops, run errands, visit friends and exercise. The use of shared-use paths (trails) help to reduce vehicle congestion on roadways, improve air quality, and enhance the health of residents across North Texas.



Source: Getty Images

Over 350 miles of regional trails are displayed on the map and highlighted due to their regional connectivity, proximity to major employment centers, and access to transit stops and schools. These highlighted trails travel through a wide variety of environments and numerous attractions along the way. In addition there are hundreds of miles of local trails located in cities throughout the region. Find one near you at: nctcog.org/bikeweb



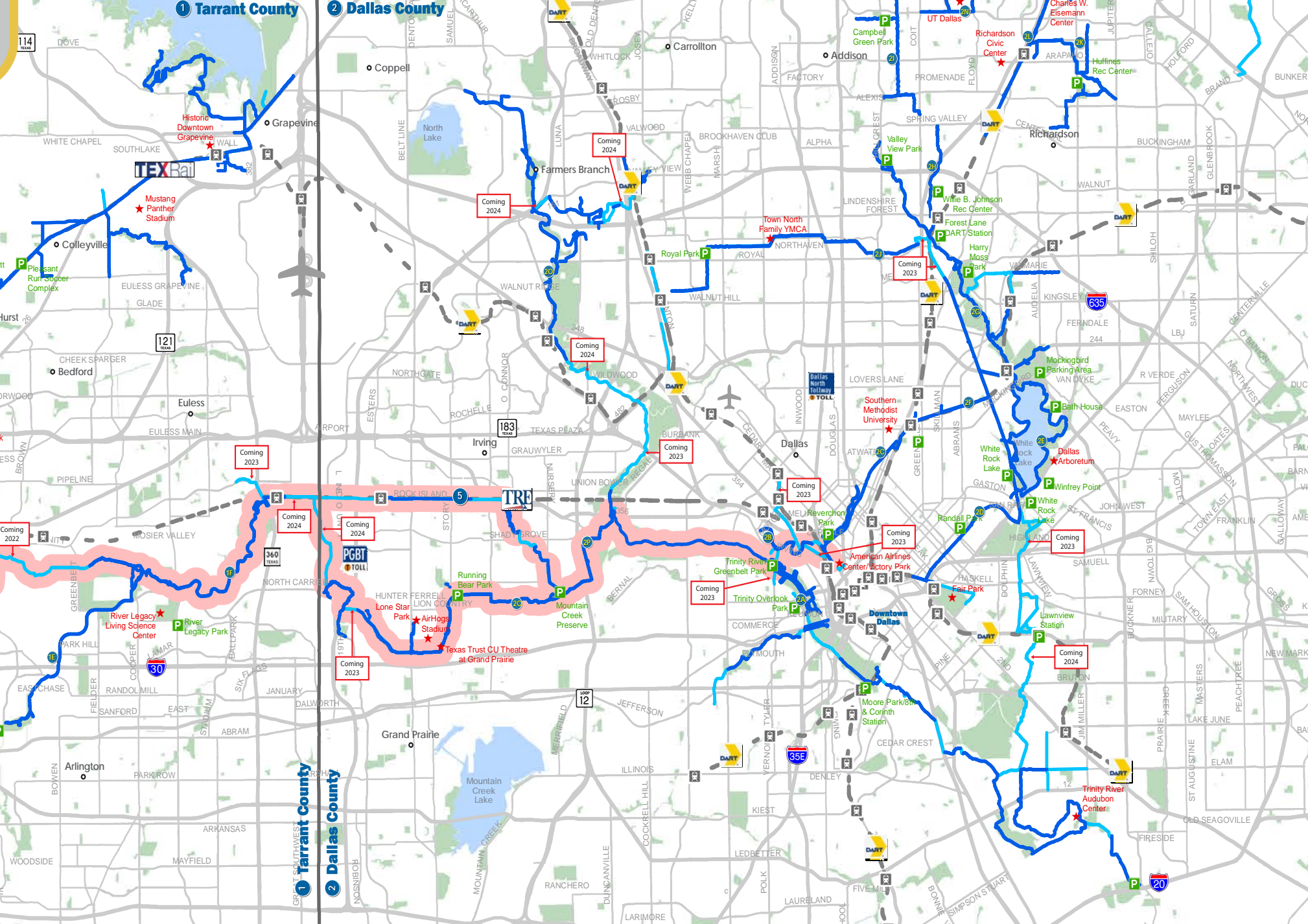
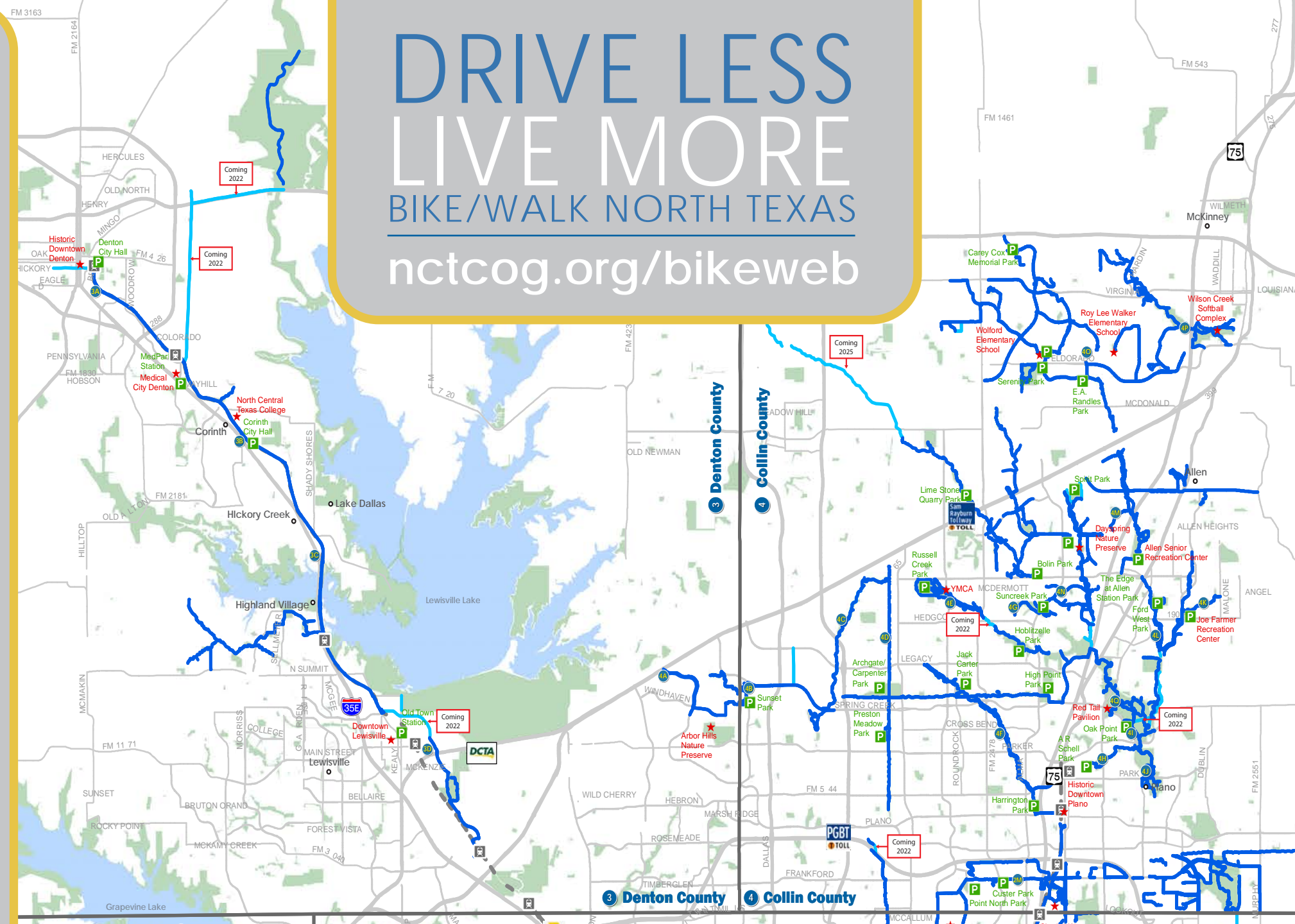
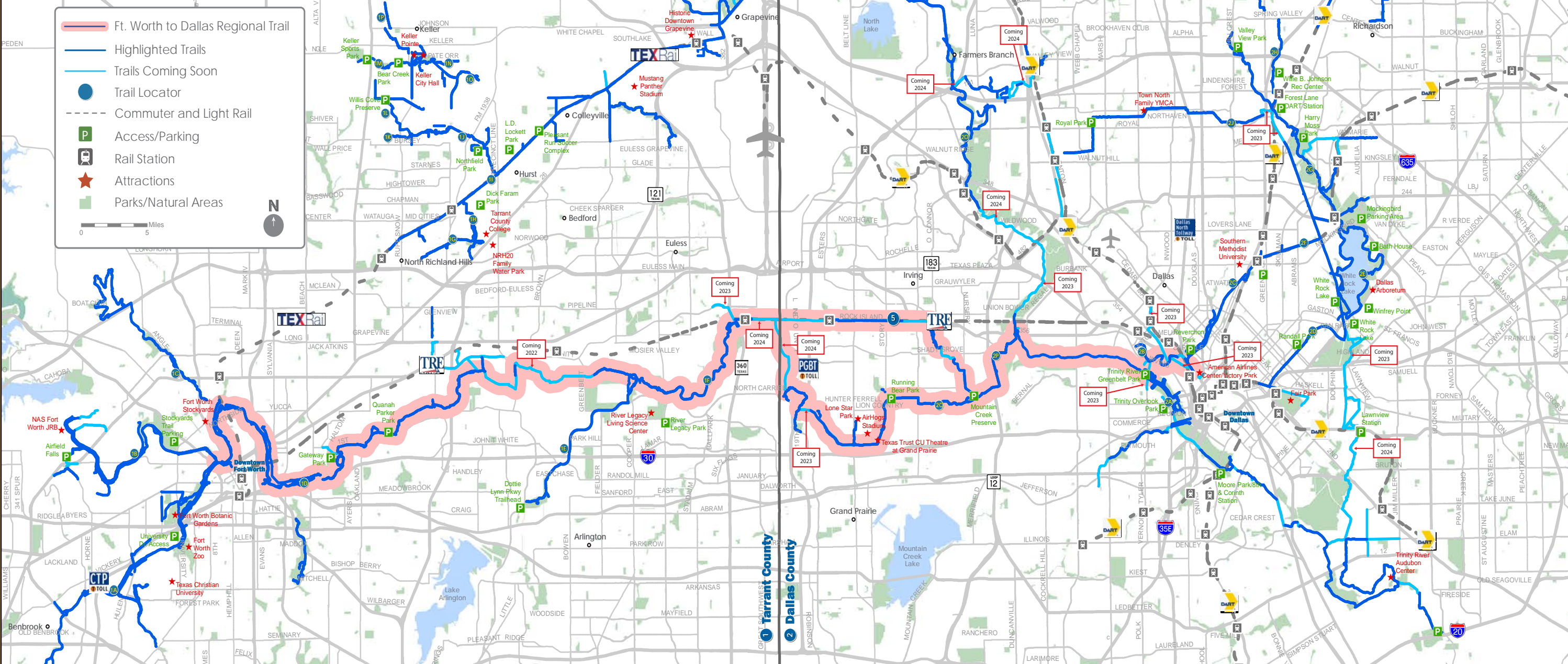
Source: Getty Images

We encourage you to explore each of the highlighted trails to see for yourself how active transportation can benefit you in your daily life. For safety tips when bicycling in North Texas visit: LookOutTexans.org

AT A GLANCE

- 1 Tarrant County - 117.4 mi.**
 - 1A Clear Fork - 14.5 mi.
 - 1B West Fork, West - 25.4 mi.
 - 1C Marine Creek - 5.1 mi.
 - 1D West Fork, East - 21 mi.
 - 1E Village Creek - 6 mi.
 - 1F River Legacy - 7.5 mi.
 - 1G North Electric - 2.5 mi.
 - 1H Walker's Creek - 2.8 mi.
 - 1I Cotton Belt - 13.8 mi.
 - 1J John Barfield - 4.2 mi.
 - 1K Little Bear Creek - 3.5 mi.
 - 1L Meandering - 1.9 mi.
 - 1M Big Bear Creek - 5.4 mi.
 - 1N Brentwood - 0.5 mi.
 - 1O Preston Greenwalk - 1.0 mi.
 - 1P Indian - 2.3 mi.
- 2 Dallas County - 102.5 mi.**
 - 2A Trinity Skyline - 9.5 mi.
 - 2B Trinity Strand - 2.4 mi.
 - 2C Katy - 3.5 mi.
 - 2D Santa Fe - 7.2 mi.
 - 2E White Rock Lake - 9.5 mi.
 - 2F University Crossing - 3.75 mi.
 - 2G White Rock Creek - 8.2 mi.
 - 2H Cottonwood - 2.9 mi.
 - 2I Preston Ridge - 6 mi.
 - 2J Northaven - 7.6 mi.
 - 2K Duck Creek/Glenville/Owens - 5 mi.
 - 2L Central - 6.4 mi.
 - 2M Renner - 2.7 mi.
 - 2N University - 3.5 mi.
 - 2O Campión North - 11.7 mi.
 - 2P Campión South - 6.6 mi.
 - 2Q Lone Star - 6 mi.
- 3 Denton County - 38.5 mi.**
 - 3A Denton - 9.5 mi.
 - 3B Corinth - 5 mi.
 - 3C Hickory Creek & Highland Village-10 mi.
 - 3D Lewisville - 14 mi.
- 4 Collin County - 107.3 mi.**
 - 4A Shady Brook - 8.75 mi.
 - 4B Bluebonnet - 11.5 mi.
 - 4C Legacy - 4.5 mi.
 - 4D Preston Ridge - 13.4 mi.
 - 4E Russell Creek Greenbelt - 4.8 mi.
 - 4F Chisholm - 10.2 mi.
 - 4G Hoblitzelle Park - 2.1 mi.
 - 4H Santa Fe - 7.1 mi.
 - 4I Oak Point Park - 8.5 mi.
 - 4J Bob Woodruff - 4.4 mi.
 - 4K Mustang Creek - 4.5 mi.
 - 4L Cottonwood Creek South - 3.7 mi.
 - 4M Cottonwood Creek North - 4.3 mi.
 - 4N Watters Creek - 5.5 mi.
 - 4O Cottonwood Creek - 3.5 mi.
 - 4P Wilson Creek - 4 mi.
 - 4Q Rowlett Creek - 6.5 mi.

**DRIVE LESS
LIVE MORE**
BIKE/WALK NORTH TEXAS
nctcog.org/bikeweb



1 Tarrant County



Source: NCTCOG

Tarrant County has an extensive network of trails providing walking and biking access to numerous destinations. The Trinity Trails include a system of shared-use paths along or near the Trinity River and its tributaries in central Fort Worth, extending eastward through Arlington to Dallas County. In Fort Worth, there are over 50 miles of off-street trails for walking, running, cycling, and other uses. The city's trail network connects with 21 parks, the Fort Worth Botanic Garden, Fort Worth Zoo, downtown Fort Worth and the historic Stockyards, and the Naval Air Station Joint Reserve Base Fort Worth.

In Arlington, the Village Creek and River Legacy Trails span 13 miles, beginning in west Arlington and leading through River Legacy Park. The Cotton Belt Trail in the northern portion of the county currently extends more than 12 miles along the former Cotton Belt rail corridor and provides access to many neighborhoods, TEXRail commuter rail stations, business districts, schools, and city parks through North Richland Hills, Keller, Hurst, Colleyville, and Grapevine.

More information about trails in Tarrant County can be found at: streamsandvalleys.org, naturallyfun.org/trails, nrhtx.com/235/Parks-Trails, and grapevintexasusa.com/things-to-do/recreation/trails

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| <p>Cities:
Arlington, Benbrook, Colleyville, Fort Worth, Grapevine, Hurst, Keller, North Richland Hills</p> <p>Nearby Attractions:
Downtown Fort Worth, Fort Worth Botanic Gardens, Fort Worth Zoo, Texas Christian University Stockyards, Historic Downtown Grapevine, Mustang-Panther Stadium, NRH2O Family Water Park, Tarrant County College-Northeast Campus, Keller City Hall, Keller</p> | <p>Pointe, River Legacy Park, River Legacy Living Science Center</p> <p>Major Access Points:
Oakmont Park, Airfield Falls, University Dr., Gateway Park, Stockyards Trail Parking, Quanah Parker Park, River Legacy Park. Additional trailhead parking located on Dottie Lynn Pkwy., Dick Faram Park, L.D. Lockett Park, Pleasant Run Soccer Complex, Northfield Park, Willis Cove Preserve, Bear Creek Park, Keller Sports Park</p> |
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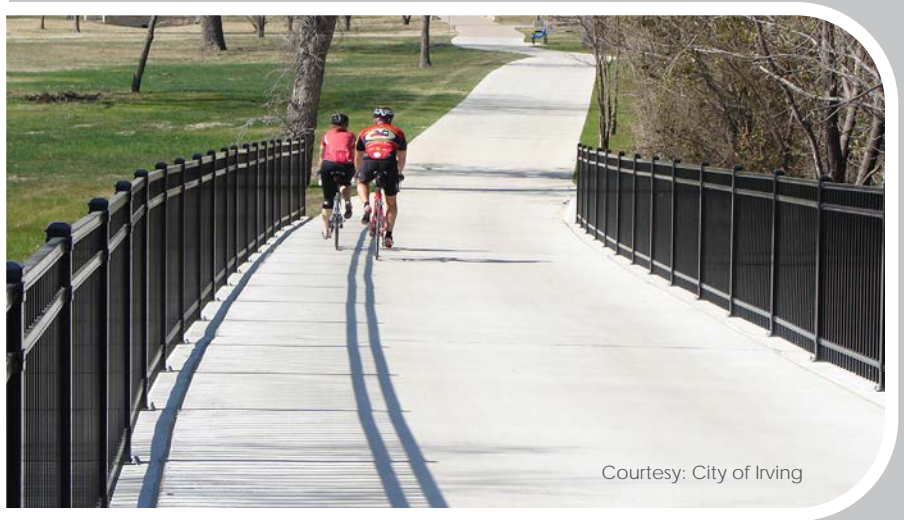
2 Dallas County

An extensive network of off-street trails extends outward from central Dallas to cities throughout Dallas County. The trail network travels through a diverse range of urban neighborhoods, greenways and parks with connections to various Dallas Area Rapid Transit (DART) bus stops and light rail stations.

In Irving, the Champion Trail is a master-planned, 22-mile greenbelt along the Elm Fork and West Fork of the Trinity River. In southern Irving, the Champion Trail connects with the Trinity Skyline Trail in Dallas and the Lone Star Trail in Grand Prairie near Running Bear Park, extending west to Lone Star Park entertainment complex at Beltline Rd/ IH 30 which contains the TexasTrust CU Theatre, a horse racing track, and a major league cricket stadium. Trails in northern Dallas provide access to several nearby communities including a vast network of trails and on-street bikeways across Richardson leading to destinations in southern Collin County.

More information about these trails can be found at: dallasparks.org, cor.net, cityofirving.org/1127/trails and grandfunp.com/parks/trails.html

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| <p>Cities:
Dallas, Grand Prairie, Irving, Richardson</p> <p>Nearby Attractions:
Lone Star Park, TexasTrust CU Theatre at Grand Prairie, AirHogs Stadium, Northlake West Campus, Valley Ranch Public Library, Downtown Dallas, American Airlines Center/ Victory Park, Southern Methodist University, Fair Park, Dallas Arboretum</p> | <p>Major Access Points:
Sam Houston Trail Park, T.W. Richardson Grove Park, La Villita Park, Bird's Fort Trail Park, California Crossing Park, Mountain Creek Preserve, Running Bear Park, Campbell Green Park, Valley View Park, Willie B. Johnson Recreation Center, Forest Lane, Valley View Park, DART Stations, Harry S. Moss Park</p> |
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Courtesy: City of Irving

3 Denton County



Source: NCTCOG

The Denton Branch Rail Trail travels 19 miles along the Denton County Transportation Authority (DCTA) A-train commuter rail line. The Rail Trail generally parallels IH 35E primarily in the right-of-way of the former Missouri-Kansas-Texas Railroad, extending from the Downtown Denton Transit Center on the north to the DCTA Hebron Station in Lewisville on the south.

The trail provides safe access for bicyclists and pedestrians to many destinations including schools, shopping centers, and residential areas. The trail also connects to commuter rail stations and the cities of Denton, Lake Dallas, Corinth, Hickory Creek, Highland Village, and Lewisville. More information can be found at: BikeDCTA.net

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| <p>Cities:
Corinth, Denton, Hickory Creek, Highland Village, Lake Dallas, Lewisville</p> <p>Major Access Points:
Denton City Hall, MedPark Transit Station, Corinth City Hall, Old Town Station</p> | <p>Nearby Attractions:
Historic Downtown Denton, Denton Regional Medical Center, North Central Texas College, Downtown Lewisville</p> |
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4 Collin County

A series of trails meander through several cities in Collin County providing access to many destinations throughout the county, making it possible to complete walking or biking trips across Plano, Allen, McKinney, and Frisco.

There are currently more than 100 miles of trails in Plano and the citywide network in Allen consists of more than 78 miles of trails focused on connecting to major destinations. Both McKinney and Frisco have a growing network of trails that connect neighborhoods to numerous destinations including parks and community centers.

More information about trails in Collin County can be found at: plano.gov/trails, cityofallen.org/trails, mckinneytexas.org/trails and friscotexas.gov/582/Trails

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| <p>Cities:
Allen, Frisco, McKinney, Plano</p> <p>Nearby Attractions:
Arbor Hills Nature Preserve, YMCA, Oak Point Amphitheater, Historic Downtown Plano, Wolford Elementary School, Roy Lee Walker Softball Complex, Dayspring Nature Preserve, Allen Senior Recreation Center, Joe Farmer Recreation Center</p> | <p>Major Access Points:
Sunset Park, Archgate/Carpenter Park, Russell Creek Park, Hoblitzelle Park, Preston Meadow Park, Jack Carter Park, High Point Park, Oak Point Park, A R Schell Park, Harrington Park, Bonnie Wenk Park, Towne Lake, Gabe Nesbitt Community Park, Al Ruschhaupt Soccer Complex, E.A. Randles Park, Lime Stone Quarry Park, Bolin Park, Spirit Park, Sun creek Park, The Edge at Allen Station Park, Ford Park West</p> |
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Courtesy: City of Plano

5 Fort Worth to Dallas Regional Trail

The Fort Worth to Dallas Regional Trail is currently in various stages of engineering design and construction from Downtown Fort Worth on the west through the cities of Arlington, Grand Prairie, and Irving to Downtown Dallas on the east.

Currently various sections of the trail are open in each of the cities and trail users can access numerous schools, employment centers, and Trinity Railway Express rail stations throughout the corridor. Construction of the remaining trail sections is anticipated to be fully complete in 2024, resulting in a more than 66-mile continuous trail alignment connecting the five cities. The regional trail has been highlighted by area mayors as a resource and asset for economic development, tourism, and community health.

More information about the Regional Trail can be found at: nctcog.org/FWtoDALtrail



Courtesy: City of Arlington

For the latest maps and other trail information visit nctcog.org/bikeweb and the various websites hosted by cities, counties, and bicycle clubs throughout our region.



For more information:
P.O. Box 5888, Arlington, TX 76005 | 817-695-9240
nctcog.org/BikePed
LookOutTexans.org
facebook.com/nctcogTRANS
twitter.com/nctcogTRANS
youtube.com/nctcogTRANS



VISIT nctcog.org/bikeweb for local trails websites & our Trail of the Month video series

VISIT nctcog.org/veloweb for our trails & on-street bikeways network interactive map

Combine your walking and bicycling commute with our regional transit options:

	dart.org/bike
	ridetrinitymetro.org/mym_posts/bikes-on-buses-and-trains/
	dcta.net/rider-info/passenger-info/bikes-and-transit/bring-your-bikes