People all over the region walk and bike to get to work and school, access to ride 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.

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: ntcog.org/bikeweb

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: lookouttexas.org
Dallas County

An extensive network of off-street trails extends outward from downtown 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 Campion Trail is a master-planned, 2-mile greenbelt along the Elm Fork and West Fork of the Trinity River. In southern Irving, the Campion 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 BitBarn Road 1430 which contains the Texas Star/CU The Air, a home racing track, and a multi-use baseball stadium. Trails in northern Dallas provide access to several nearby communities including a vast network of trails and on-street bicycle ways across Richardson leading to destinations in southern Collin County.

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

Cities: Dallas, Grand Prairie, Irving, Richardson

Nearby Attractions: Lone Star Park, Texas Rangers Ballpark at Arlington, HighPoint Stadium, Northlake West Campus, Valley Ranch Public Library, Downtown Dallas, American Airlines Center

Dallas Arboretum

Major Access Points: Sam Houston Trail Park, TWIT, Richardson Grove Park, La Villa Park, Bird’s Fort Trail Park, California Crossing Park, Mountain Creek Preserve, Running Bear Park, Campsbell Green Park, Valley View Park, Willie B. Johnson Recreation Center, Forest Lane, Valley View Park, DART Stations, Henry S. Moss Park

CITIES

Denton County

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 Trail Center on the north to the DC TA 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, Hickory Creek, Highland Village, and Lewisville. More information can be found at: BikeDCTA.net

Cities: Denton, Hickory Creek, Highland Village, Lake Dallas, Lewisville

Nearby Attractions: Historic Denton Downtown, Denton Regional Medical Center, Historic Downtown Denton, North Central Texas College, Downtown Denton

Major Access Points: Denton City Hall, NorthPark Transit Station, Cotton City Hall, Old Town Station

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: allenparkstx.com, mckinneytexas.org/trails and friscochamber.com/trails

Cities: Allen, Frisco, McKinney, Plano

Nearby Attractions: Arbor Hills Nature Preserve, YMCA, Oak Point Amphitheater, Historic Downtown Plano, Wolff Elementary School, Roy L. Walker Elementary School, Wilcon Creek Sports Complex, Daytopping Nature Preserve, Allen Senior Recreation Center, Joe Farmer Recreation Center


For the latest maps and other trail information visit: nctcog.org/bikeweb

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

darta.org/bike

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

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

For more information about the Regional Trail can be found at: nctcog.org/DallasRegionalTrail

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 businesses, employment centers, and Trinity River Front Express includes stations throughout the corridor. Construction of the remaining trail sections is anticipated to be 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/PlanoDallasTrail

VISIT: nctcog.org/bikeweb for the latest maps and other trail information visit

Lookout Texans

North Central Texas Council of Governments

For more information:
P.O. Box 5808, Arlington, TX 76006 | 817-658-0240
nctcog.org/veloweb
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youtube.com/nctcog/BIANS

For more information about trails visit: nctcog.org/bikeweb

Cities: Plano, Richardson, Allen, Frisco, McKinney, Plano

Nearby Attractions: Arbor Hills Nature Preserve, YMCA, Oak Point Amphitheater, Historic Downtown Plano, Wolff Elementary School, Roy L. Walker Elementary School, Wilcon Creek Sports Complex, Daytopping Nature Preserve, Allen Senior Recreation Center, Joe Farmer Recreation Center


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

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

For more information about the Regional Trail can be found at: nctcog.org/DallasRegionalTrail