



Walking for Health in DFW

Guide to Local Walking Trails in Southwest Dallas

Introduction

Walking is one of the most accessible ways to improve foot health, cardiovascular fitness, and overall well-being. Southwest Dallas offers a wide range of walking environments, from peaceful lakeside loops to rugged nature preserves. This guide highlights trails across DeSoto, Cedar Hill, Duncanville, Lancaster, Glenn Heights, and Oak Cliff, helping you choose the right path for your goals and comfort level.

Local Walking Trails and Areas

Cedar Hill & Surrounding Areas

1. Cedar Ridge Preserve (Cedar Hill)

Terrain: Natural trails, elevation changes, rocky sections **Difficulty:** Moderate to challenging **Best for:** Nature lovers, fitness walkers, hikers
Highlights:

- 600 acres of preserved wilderness
- Multiple trail loops from 1–3 miles
- Great for strengthening feet, ankles, and balance

2. Cedar Hill State Park – Talala Trail & DORBA Trail

Terrain: Lakeside paths, dirt trails, shaded sections **Difficulty:** Easy to moderate **Best for:** Families, beginners, peaceful walkers **Highlights:**

- Beautiful views of Joe Pool Lake
- Picnic areas and rest stops
- Multi-use trails for walking, jogging, and biking

3. Joe Pool Lake Loop (Cedar Hill / Grand Prairie)

Terrain: Paved and natural sections **Difficulty:** Easy **Best for:** Long, steady walks **Highlights:**

- Breezy lakefront walking
- Wide paths for groups
- Great for low-impact cardio

DeSoto

4. DeSoto Walking Trails (Multiple Parks)

Terrain: Smooth, paved, accessible **Difficulty:** Easy **Best for:** Daily walkers, seniors, beginners **Highlights:**

- Roy Orr Trail
- DeSoto Town Center Trail
- Windmill Hill Preserve (more rugged option)

Duncanville

5. Armstrong Park Trail (Duncanville)

Terrain: Paved loops, well-maintained **Difficulty:** Easy **Best for:** Consistent pacing, interval walking **Highlights:**

- Great lighting
- Family-friendly
- Ideal for morning or evening walks

6. Harrington Park Trail (Duncanville)

Terrain: Paved, shaded **Difficulty:** Easy **Best for:** Relaxed walking **Highlights:**

- Quiet neighborhood setting
- Good for low-impact routines

Lancaster

7. Lancaster Community Park Trails

Terrain: Wide, paved, accessible **Difficulty:** Easy **Best for:** Beginners, families, group walks **Highlights:**

- **Open spaces**
- **Smooth surfaces**
- **Great for building walking endurance**

Glenn Heights

8. Heritage Park Trail (Glenn Heights)

Terrain: Paved, gentle slopes Difficulty: Easy Best for: Casual walkers, seniors Highlights:

- **Peaceful, low-traffic**
- **Great for daily routines**

Tips for Healthy Walking

- **Wear supportive footwear that matches your foot type.**
- **Start with shorter distances and gradually increase your pace.**
- **Stay hydrated and stretch before and after walking.**
- **If you experience foot pain, consider custom orthotics for added support.**

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