

MEET ME ON THE TRAIL.

A monthly training circle for men in Dallas–Fort Worth. One new trail a month, one Wednesday morning, packs loaded. Free to attend. All fitness levels welcome.

FREE TO ATTEND

No cost, no gear pressure, no pitch.

ONCE A MONTH · WEDNESDAYS

One Wednesday each month, same rhythm.

10:00 AM START

Move before the heat, home by afternoon.

WITHIN 60 MIN OF FRISCO, TX

A new trail every month, short drive.

4-10 MILES

Dialed for a solid weekday morning.

RUCK OR PACK 25-50 LBS

Load it the way you train.

UPCOMING DATES

SEP

09

WED · 10 AM

OCT

14

WED · 10 AM

NOV

11

WED · 10 AM

DEC

09

WED · 10 AM

JAN '27

13

WED · 10 AM

FEB '27

10

WED · 10 AM

Trail location is announced each month. Dates may shift — confirm the trail and time before you head out.

SHOW UP. WALK LOADED. STAY CONSISTENT.

Trails, dates and details for every monthly hike:

meetmeonthetrail.net

Hosted by Eagle Rock Rise · eaglerockrise.com



SCAN FOR TRAIL DATES

Bring water, sturdy boots, and a loaded pack. Trekking poles recommended. Come as you are — leave stronger.