

TIEP SUMMER OUTDOOR ACTIVITIES GUIDE FOR AUSTIN, TEXAS



Austin really “heats up” in summer—both the temperature and the fun. You can find many enjoyable ways to cool off and have a good time indoors and outdoors this summer. We have listed below many of Austin’s favorite spots for water sports, including swimming, canoeing, sailing, boating, and windsurfing, as well as land sports like tennis, golf, and horseback riding. Please note that TIEP provides this information for your reference and is not responsible for delivery of services. Be careful when you participate in outdoor activities: protect yourself from too much sun and heat, learn to use your equipment, learn the skills, and follow the rules. And never drink alcoholic beverages and drive—on the water or on the road.



Sun and Heat Safety Tips

In general, use moderation and common sense to enjoy Austin’s sun and summer safely.

- ⇒ **Slow down.** Pay attention to your body’s warning signs. If you feel overheated or tired, drink some water, reduce your activities, and stay in a cool, shady or air-conditioned place as much as possible.
- ⇒ **Don’t dry out.** Drink plenty of nonalcoholic, noncaffeinated liquids during hot weather, even before you feel thirsty. Doctors recommend an electrolyte-replacement drink (like Gatorade) or water for those who are outside more than an hour or two.
- ⇒ **Dress for hot weather.** Wear lightweight, light-colored and loose-fitting clothing with a hat and sunglasses to help maintain normal body temperature.
- ⇒ **Don’t get too much sun.** Sunburn makes the body’s job of heat dissipation more difficult. Besides a hat and sunglasses, plenty of good sunscreen (minimum 15 SPF) is recommended. Avoid much direct sunlight between 10:00 am and 3:00 PM even on cloudy days, when you can still get sunburned.
- ⇒ **Beware of high humidity.** When the humidity is low, air movement evaporates perspiration and cools your body. But when the humidity is high, this evaporative cooling is lost, and the danger of heat-related illness or death is increased.

Swimming



Austin folks brag about Barton Springs, where the water is 68 degrees Fahrenheit year-round. But the limestone formations of the Hill Country have given Central Texans other swimming holes such as Deep Eddy and Hamilton Pools. Countless access points provide opportunities to swim in area lakes and rivers. And, of course, there is swimming in the dozens of pools that dot our cities and towns.

If you're not an experienced swimmer, choose a pool where a lifeguard is on duty. As your skills and strength progress and you become familiar with CPR techniques, try the more adventurous locations.

Swimming Holes (call or check the websites for costs and directions)

- ◆ **Hamilton Pool** allows swimming, depending on environmental conditions. No pets or glass bottles allowed. On Hamilton Pool Road, southwest of Texas Highway 71, in Bee Cave, Texas; 264-2740 call before visiting—sometimes the pool is closed. www.cityofaustin.org/parks/aquatics.htm
- ◆ **Deep Eddy Pool** is a popular swimming pool that feeds from Barton Springs and is located south of Lake Austin Blvd. and west of MoPac. Deep Eddy Pool also occasionally has a Splash Movie Night. Call ahead for show times and cost. 472-8546 www.cityofaustin.org/parks/aquatics.htm
- ◆ **Barton Springs** is probably the most popular and also the most crowded swimming hole in Austin. It is located inside Zilker Park and is open daily from 5AM to 10PM. From 5AM to 8AM and from 9 PM to 10 PM you may swim “at your own risk”, which means that no lifeguards are present, but during that time the admission is free. 476-9044 www.cityofaustin.org/parks/aquatics.htm
- ◆ **Barton Springs Runoff** for a true Texas summer experience. You may hike upstream from Barton Springs about a mile and find a secluded stream with a tree swing and relative privacy if there has been rain. Don't swim too far out, though, because the water here is even colder than in Barton Springs and the currents can be swift!
- ◆ **Austin Neighborhood Pools** offer free admission, but all have different hours. The pools closest to Dexter Hall are West Enfield, Ramsey, Shipe, and Brentwood. Austin Parks and Recreation also offers swimming lessons and reminds you that if you are not a strong swimmer, stay in the shallow areas and away from rivers with strong currents. 974-9331 www.cityofaustin.org/parks/aquatics.htm



Sailing



Sailing instruction and/or sailboat rentals are available at the following:

- ◆ **Austin Yacht Club** has open regattas in June and July on Lake Travis and Turnback Canyon and a summer camp in June for children ages 9-16. Austin Yacht club also offers lake-side sailboat training performed by the UT Sail Club. Dues and lessons are expensive, so call for prices. 266-1336 www.austinyachtclub.org
- ◆ **Texas Sailing Academy**, in the Lakeway Marina on Lake Travis, features sailing lessons, rentals, and a sailing club. The staff is courteous and knowledgeable. Classes are offered in lake-side and open sea cruising, but they start at just over \$1000.⁰⁰, so again, please call ahead of time. 261-6193. www.texassailing.com
- ◆ **UT Informal Classes** offer sailing classes: 232-5277 <https://informalclasses.org>

Skiing

Water-Ski rentals and instruction can be found at the following. **All require reservations.**

- ◆ **Aquaholics Watercraft Rental** rents wave runners and 18' ski boats. 989-7838 www.aquaholic.org
- ◆ **Daybreak Boat Rentals** rents ski boats and equipment. 266-2176 www.daybreakboatrentals.com

Rowing

Introductory certification classes cost about \$60-\$100 and memberships range from \$30-\$100/month.

- ◆ **Austin Rowing Club** operates a boathouse on Town Lake near the Four Seasons hotel and offers a 15-hour introductory course throughout the summer. Classes in single-shell and team rowing start the first weekend of each month and meet twice a week. Club members have access to equipment as well as recreational and competitive programs: 472-0726. www.austinrowing.org

- ◆ **Rowing Dock** offers instruction as well as both fixed and sliding seat rowboats: 459-0999. www.rowingdock.com
- ◆ **Texas Rowing Center** rents boats and offers lessons in single-shell rowing. On Town Lake near Austin High School: 467-7799. <http://www.texasrowingcenter.com>

Windsurfing



Instruction in windsurfing is available at the following locations.

Duck Jibe, 428 Sterzing St., offers introductory, intermediate and advanced training, as well as rental, sales and service. 339-0833

- ◆ **Austin Windsurf Club** is a club that has monthly meetings and sail sessions. They are also politically and environmentally active and offer instruction clinics. www.geocities.com/austinwindsurf/
- ◆ **UT Recreational Sports:** 232-5277. www.utexas.edu/student/recsports/new/home/index.php

Water Cruises

- ◆ **Capital Cruises** offers lunch or dinner cruises, bat watching, sight-seeing or party-boat excursions. A variety of boats are rented by the hour. Hyatt Regency Boat Dock and Lake Austin Yacht Club; 480-9264 www.capitalcruises.com
- ◆ **Vanishing Texas River Cruises** offers daily boat rides on the Colorado River and Lake Buchanan with views of cliffs, waterfalls, and wildlife. Closed Tuesday. Saturday night dinner cruise at 6:00 PM. On RR 2341 at Lake Buchanan; Telephone: 1-800-4-River4. www.vtrc.com

Canoeing/ Paddling

Canoe rentals and instruction are available at the following:

- ◆ **Austin Canoe & Kayak** offers instructions in kayaking and rents both; 719-4386. www.austinkayak.com
- ◆ **Zilker Park Canoe Rentals** rents canoes by the hour daily, 11:00 am - 8:00 PM Monday through Friday and 9:00am to 8:00 PM, Saturday and Sunday. Barton Springs Road; 478-3852. www.zilkerboats.com

Hang Gliding

Hang-gliding lessons are available. Students start with ground-handling lessons and beginner flights, and may attempt longer flights as skills progress.

- ◆ **Hill Country Paragliding Inc.** (325) 379-1185 www.hillcountryparagliding.com

Go-Carting

- ◆ **Austin's Park:** Drivers must be 4 feet 10 inches and riders must be 3 feet 4 inches. Other attractions include Bumper Boats, Laser Tag, Batting Cages, Rock climbing Wall, Miniature golf and Pizza. www.austinspark.com



Train Rides

- ◆ **Bertram Flyer** is a locomotive that leaves Cedar Park Saturdays at 10:00 am for a ride to Bertram. Passengers return to Cedar Park for arrival at 1:00 PM. For tickets and reservations; 477-8468. www.austinsteamtrain.org
- ◆ **River City Flyer** is a vintage train that runs through the historic neighborhoods and wooded parks of Austin's east side. Depart Plaza Saltillo at 1:00PM and return by 3:00PM; 477-8468 www.austinsteamtrain.org
- ◆ **The Zilker Zephyr** is a miniature train in Zilker Park. 10:00a.m. to 6:00p.m. 478-8286

Hiking



Austin and Central Texas offer numerous parks and preserves full of wildlife and scenery. Hiking trails vary in difficulty, from wheelchair-accessible nature trails to rugged, over-hill-and-under-dale back country routes. And by adding a few items -- some food, a tent and sleeping bag in your pack -- you can extend your hike into a camping trip. Get out in the woods, get out of your car and stretch your legs a bit. And remember the back-country code: ***Take nothing but photographs; leave nothing but footprints.***

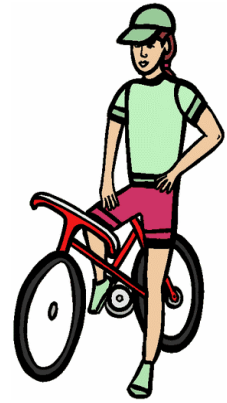
As with any strenuous activity, start slowly. Don't attempt to conquer 20 miles across hills and canyons your first day out wearing brand-new boots. Break in your equipment gradually while you build stamina on shorter, but equally beautiful, trails.

- ♦ **Austin Sierra Club** members walk or run around Town Lake every Sunday morning. Meet at 8:00 am by the tennis courts at Austin High School. Call for other events and membership. 445-6223 www.texas.sierraclub.org/austin/index.html
- ♦ **UT Recreational Sports** offers classes in hiking and backpacking; 471-3116. www.utexas.edu/student/recsports/new/home/index.php

Bicycling

Austin has bike lanes and hike-and-bike trails connecting all parts of town. The city's paved, 3.1-mile Veloway, open from dawn till dusk, wanders through meadows, creeks and woods in Slaughter Creek Metropolitan Park off Mopac Blvd. (South Loop 1). In-line skating and cycling is allowed, but walking, jogging, and pets are prohibited. Maps of bike routes are available at Austin bicycle shops. In Austin, child bicyclists are required to wear helmets and they are highly recommended for adults as well.

- ♦ **University Cyclery** rents 21-speed Roland mountain bikes at 2901 N. Lamar Blvd.; 474-6696. <http://universitycyclery.com>
- ♦ **University of Texas Recreational Sports** offers cycling instruction; 471-3116. www.utexas.edu/student/recsports/new/home/index.php
- ♦ **VeloCity Masters Cycling Club & Developmental Cycling Program** offers bike handling skill clinics, proper bike fit and techniques, rides for people of similar ages and abilities, cycling races and more. Call cycling Coach Mark Edwards; 327-8981.



Jogging

You can jog in neighborhoods or on tracks and trails throughout Austin. For a free *Hike & Bike Trails of Austin* guide, send a self-addressed stamped envelope to Parks and Recreation, 200 S. Lamar Blvd., Austin 78704 or call 974-6700. You can also purchase guides at several area stores. Several of the best known are listed below:

- ♦ Town Lake Hike & Bike Trail (downtown) is the most beautiful and famous.
- ♦ Camp Mabry, near the 35th Street exit of MoPac Blvd; lighted; 465-5059.
- ♦ St. Edward's University track, overlooking downtown Austin, 3001 S. Congress Avenue. 448-8435

Tennis

Wherever you are in the Austin area, you're never far from a court. Tennis instruction for juniors and adults is available at the following Austin locations:

- ♦ **Austin Parks and Recreation Department**; 974-6700 www.ci.austin.tx.us/parks/tennis.htm
- ♦ **Austin High School Tennis Center**; 1715 W. First St.; 322-9604.



Tennis Centers

The following centers have a time limit of 1-1/2 hours for singles and 2 hours for doubles.

- ◆ **Town Lake Tennis Center** 1715 W Cesar Chavez Street; 477-7802. www.tennismaps.com/index.asp?locid=37
- ◆ **Austin Recreation Center**, 1301 Shoal Creek Blvd., 476-5662. Four lighted courts.
- ◆ **East Woods Park**, 3001 Harris Park Ave. (near UT). Two lighted courts. www.austinparks.org/apfweb/park.php?parkId=244
- ◆ **Zilker Park**, 1900 Bluebonnet Lane. Two lighted courts. www.austinparks.org/apfweb/park.php?parkId=386

Golf

Golf courses in Austin vary from expensive 18-hole courses at resort clubs to back-country nine-hole courses. Golf lessons are available at the following locations, among others:

- ◆ **Family Golf Center:** 10515 N. Mopac Blvd. 345-2013.
- ◆ **Ben White Golf Center;** 714 E. Ben White, 462-2104.
- ◆ **Riverside Golf Course;** 18 holes, 1020 Grove, 386-7077. www.riverside-gc.com/golf/proto/riverside-gc

Austin Municipal Courses (call for prices; lessons also available)

- ◆ **Hancock Golf Course:** nine holes, 2,633 yards, par 35; 811 E. 41st St., 453-0276.
- ◆ **Lions Municipal:** 18 holes, irons-only driving range; 2901 Enfield Road, 477-6963.
- ◆ **Morris Williams:** 18 holes, driving range; 4305 Manor Road, 926-1298.

Daily Fee Courses (call for hours & prices; lessons often available)

- ◆ **Blackhawk Golf Club:** 18 holes, 7,103 yards, par 72, driving range; 225 Kelly Lane near Pflugerville, 251-9000.
- ◆ **Butler Park Pitch and Putt:** nine holes, 805 yards, par 27; 201 Lee Barton Drive, 477-4430.
- ◆ **Circle C Golf Club:** 18 holes, 6,859 yards, par 72, driving range; 7401 Texas 45 (south end of MoPac Blvd), 288-4297.
- ◆ **Forest Creek Golf Club:** 18 holes, 7,084 yards, par 72, driving range; 99 Twin Ridge Parkway near Round Rock, 388-2874.

Miniature ("Putt-Putt") Golf

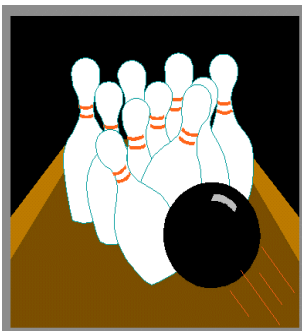
- ◆ **Putt-Putt Golf:** three 18-hole courses, 6700 Burnet Road, 454-8644.
- ◆ **Peter Pan Mini-Golf:** two 18-hole courses; 1207 Barton Springs Road; 472-1033.

Horseback Riding

- ◆ **Bear Creek Stables** has horseback rides for \$30 - \$35/hour on its 100 acres. 13017 Bob Johnson Road, Manchaca, Texas; 282-0250. www.bearcreekstables.com
- ◆ **Golden Vista Equestrian Center** offers riding lessons at 9513 U.S. 183 South; 243-3500. www.goldenvistaequestriancenter.com



Bowling



When it's hot, bowling is a cool indoor activity. If you want to join a bowling league, the Greater Austin Area USBC (www.austin.bowling.org/3.html) has a membership of more than 4,000 and promotes bowling as a sport for all ages, with senior and junior programs and leagues for men, women, mixed and senior. Summer leagues run June through August; fall leagues are September through May with an annual city tournament. 338-6020.

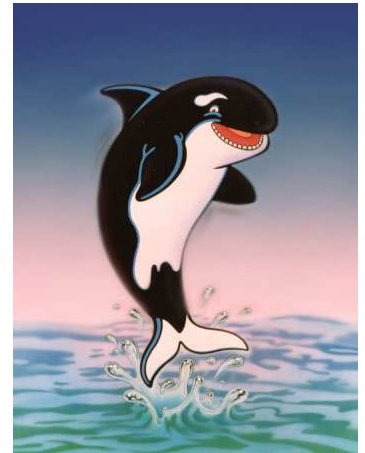
Places to Go

- ◆ **The Texas Union** has 12 lanes. Open to the public. In the Texas Union building on the UT-Austin campus (24th Street and Guadalupe), 475-6670.
- ◆ **Amf Showplace Lanes**, the largest bowling facility in Austin with 52 lanes, open 24 hours a day. Lane rentals on Sundays, leagues play daily. Other features include the Texas Sports Bar, a dart league, two video game rooms and a supervised children's playroom. 9504 N. IH 35, 834-7733.

- ◆ **Highland Lanes** has 40 lanes and is open 9:30 am to midnight Sunday - Thursday, and 9:30 am to 1:00 am Friday - Saturday. Summer leagues are available for men, women, seniors and youths. 8909 Burnet Road (intersection of Burnet and U.S. 183), 458-1215.
- ◆ **Millennium Youth Entertainment Center** is open 3:00 pm-9:00 pm daily. 1156 Hargrove Street, 472-6932.

Amusement Parks

- ◆ **Schlitterbahn**, one of the oldest, most popular waterparks in Texas, features spring-fed, non-chlorinated water throughout most of the 65-acre park. Attractions include the Dragon Blaster, America's only uphill watercoaster, Black Knight dark tube slides, Wolfpack Family Raft Ride, the Torrent Wave River, water and sand volleyball courts, a sandy-beached activity pool area, children's water playgrounds, swimming pools, a wave pool, and a hot tub. No charge for children under 3. Free parking, free tube rentals. New Braunfels; (830) 625-2351. www.schlitterbahn.com.
- ◆ **Sea World San Antonio** is home to Texas' favorite killer whale, Shamu. In addition to the marine-life stars, the 250-acre park offers over 25 shows, exhibits, rides, and attractions. Recent additions are The Great White, an inverted hang-ride steel coaster, the X-Stream Wheels Show, with stunts on bikes, skateboards, in-line skates and other sports equipment and a new game center. Children under 3 are free and there is a 10% discount for seniors. San Antonio; (210) 523-3611. www.seaworld.com/sanantonio/default.aspx



- ◆ **Six Flags Fiesta Texas, San Antonio** introduces the Road Runner Express, a roller coaster that runs up the quarry walls and curves through the Rattler roller coaster track with an unexpected drop at one point. Fiesta Texas is home of the Rattler -- the world's tallest wooden roller coaster. Other attractions include the Screamin' Skycoaster, combining the thrill of parachuting with hang-gliding, and the Joker's Revenge, a backwards, upside-down rollercoaster ride. The water park has three new pools and water volleyball. The summer concert series features a variety of music. A new, improved laser and fireworks show each evening features special effects and surround sound. San Antonio; 1-210-697-5050 www.sixflags.com/fiestaTexas
- ◆ **Aquarena Center at Texas State University** in San Marcos is home to more than 100 varieties of aquatic life, including several endangered species. The center focuses on research and education. New features include tours on archaeology, ecology, endangered species, botany and bird watching. The center does underwater recovery, research training and demonstrations. It is a demonstration site for a give-year project turtle nursery and aquariums featuring endangered salamander and fish species. Visitors can view aquatic life through glass-bottomed boats. Open daily from 9:30 am - 8 PM. Admission to the grounds and exhibits is **free**. There is a charge for boat rides. 512-245-7570. Located 30 miles south of Austin in San Marcos. www.aquarena.txstate.edu