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# RUNNER'S

WORLD  
MAGAZINE

## THE WESTIN RIVERWALK San Antonio

### SAN ANTONIO, TEXAS

Visitors sometimes liken the feel and energy of San Antonio to Rio de Janeiro, so you're sure to have a good time in this vibrant city. You'll see plenty of two-legged traffic along the Riverwalk path, literally out the hotel door.



#### 3-MILE ROUTE

- 1• From lower entrance, go right under St. Mary's Bridge.
- 2• Go up last set of stairs to street level and turn right.
- 3• Follow the sidewalk (street level) north along the river.
- 4• Take stairs back to the river level and continue on sidewalk north along the river.
- 5• Go up the stairwell to Lexington St.
- 6• Cross Lexington, go across bridge & down to river.
- 7• Follow the path south. At the floodgates, turn left, go up the stairway, and return to street level at St. Mary's.
- 8• Go two blocks south. Take circular stairway to river.
- 9• Turn left, and go up the stairs to Navarro St.
- 10• Turn left and return to the Westin.

#### 5-MILE ROUTE

- 1• Follow step 1 above.
- 2• Turn left over floodgates; turn left, go down to river.
- 3• Cross iron bridge at East Johnson St. to west bank.
- 4• At south end of path, turn around. Run toward downtown.
- 5• Cross over the flood-control waterfall, and turn right back down to river level and continue north.
- 6• When you get back to the start, you'll have done 2 miles. Follow steps 2-11 above to add on an additional 3.

#### LOCAL RUNNING TIPS

**STAY HYDRATED:** Research shows that even when you're slightly dehydrated, your running will suffer. And because of San Antonio's heat, dehydration is a very real possibility. So sip from a water bottle often during the day, and while running, aim for about 8 ounces of water or sports drink every 15 to 20 minutes. Also, wear sunscreen, synthetic running clothes, sunglasses, and a breathable hat with a visor.

**ABOUT THE RIVERWALK:** San Antonio's primo running and people-watching spot, the Riverwalk offers several miles of scenic, traffic-free running through lively downtown. Just go early, so you'll beat the heat and the crowds that flock here later in the day.

**ON A MISSION:** Just south of downtown you can pick up the Mission Trail, which follows the San Antonio for 18 miles in one direction on a paved surface. The fun part of this route is you progress from a totally urban environment downtown to a mile-marked bike path well out in the country. Or try this: Take a cab ride several miles out onto the trail, then run back to town.

**RUN WITH THE LOCALS:** For weekly group runs and info on running in San Antonio, contact the San Antonio Road Runners ([www.saroadrunners.com](http://www.saroadrunners.com)), Roger Soler Sports ([www.rogersoler.com](http://www.rogersoler.com)), or Fleet Feet running store ([www.fleetfeetsa.com](http://www.fleetfeetsa.com)).

WESTIN **WORKOUT**  
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