

# FIND NATURE SPACES NEAR YOU!

*Texas Children in Nature Network*



Children and families who spend time in nature are healthier and happier, and the kids perform better in school. Studies show that natural environments are linked to higher physical activity levels, better cardiovascular health, better mental health outcomes and more. More information about the health benefits of spending time in nature can be found at [texaschildreninnature.org/resources/research](https://texaschildreninnature.org/resources/research).

Check out these Great Nature Spaces Around Austin  
Bike Route Mapping Provided by Ghisallo. An interactive map to all of these sites can be found here: <https://bit.ly/3gvtjry>

## LADY BIRD LAKE - 1200 W CESAR CHAVEZ ST.

Bus Routes: 2, 10, 801	Free	Things to Do: Trails for walking, running and biking, Paddle sports, Picnic and BBQ areas
Pet Friendly	Restrooms Available	

## BULL CREEK PARK - 6701 LAKEWOOD DR.

Bus Routes: 19	Free	Things to Do: Trails for walking, running and biking, fishing, educational signage throughout the park
Pet Friendly	Restrooms Available	

## WALNUT CREEK METROPOLITAN PARK - 12138 N LAMAR BLVD

Bus Routes: 1, 142, 325, 466, 801	Free	Things to Do: Trails for walking, running and biking, educational signage in the park, Picnic and BBQ areas, playground equipment, loose parts nature play
Pet Friendly	Restrooms Available	

## ROY G GUERRERO PARK - 400 GROVE BLVD

Bus Routes: 217, 271, 300, 310, 350	Free	Things to Do: Trails for walking, running and biking, swimming, disc golf, bird watching, volleyball, picnic areas, playground equipment
Pet Friendly	Restrooms Available	

## MARY MOORE SEARIGHT PARK - 907 W SLAUGHTER LANE

Bus Routes: 3, 10, 318	Free	Things to Do: Trails for walking, running and biking, fishing, disc golf, horseback riding, bird watching, picnic and BBQ areas, playground equipment
Pet Friendly	Restrooms Available	

## PEASE PARK - 1100 KINGSBURY ST

Bus Routes: 1, 5, 18, 803	Free	Things to Do: Trails for walking, running and biking, splash pad, playground
Pet Friendly	Restrooms Available	

### BOGGY CREEK GREENBELT - 5609 STUART CIRCLE

Bus Routes: 2, 4, 6, 300 Metro Rail:550	Free	Things to Do: Trails for walking, running and biking, bird watching, dancing, public art, educational signage, swimming, picnic areas
Pet Friendly	Restrooms Available	

### MUELLER PARK - 4550 MUELLER BLVD

Bus Routes: 10, 335, 350	Free	Things to Do: Trails for walking, running and biking, bird watching, community garden, picnic areas
Pet Friendly	Restrooms Available	

### FESTIVAL BEACH - NASH HERNANDEZ SENIOR RD

Bus Routes: 322	Free	Things to Do: Trails for walking, running and biking, wildflower meadows, bird watching, community garden, boat ramp into Lady Bird Lake, picnic areas, educational signage, public art
Pet Friendly	Restrooms Available	

### BLAIR WOODS SANCTUARY - 2101 5401 E MARTIN LUTHER KING JR. BLVD

Bus Routes: 18, 300	Free	Things to Do: Trails for walking, bird watching, picnic areas, educational programs
No Pets Please	Restrooms Available	

### ZILKER BOTANICAL GARDEN - 2220 BARTON SPRINGS RD

Bus Routes: 3, 30, 803	Fee: \$3-\$7	Things to Do: discovering plants, walking trails, educational programs and signage, loose parts nature play, picnic areas
Pet Friendly	Restrooms Available	

Find more nature near you at [naturerocksAustin.org](http://naturerocksAustin.org)

## OUTDOORS ACTIVITY IDEAS

- **Go for a picnic as a family or with friends** - pack up some sandwiches, veggies and fruit for some great fun! When you arrive at a nature area look for a nice spot under a tree to spread out a blanket to eat on, or some picnic tables to set up at. Some parks even have BBQ grills available for you to use and enjoy nature while you cook.
- **Download a nature scavenger hunt:** <https://tinyurl.com/bjp4k3k>
- **Planning on hosting a party or event? Check out the Parks and Recreation Department's loose parts lending kits** for some added nature play fun.
- **Go for a walk and explore the natural world around you** - do you see things that are yellow? Birds? Rocks? Texas Children in Nature Network has created lots of walk ideas, you can find more on their website: <https://www.texaschildreninnature.org/explore-the-outdoors/family-nature-walks>
- **Trees of the Trail scavenger hunt** at the Roy and Ann Butler Trail around Lady Bird Lake.

Funded by the TX Dept of State Health Services

Bike Routes and mapping provided by Ghisallo Cycling Initiative. Learn more about their all ages and abilities bike programs at <https://ghisallo.org/>

