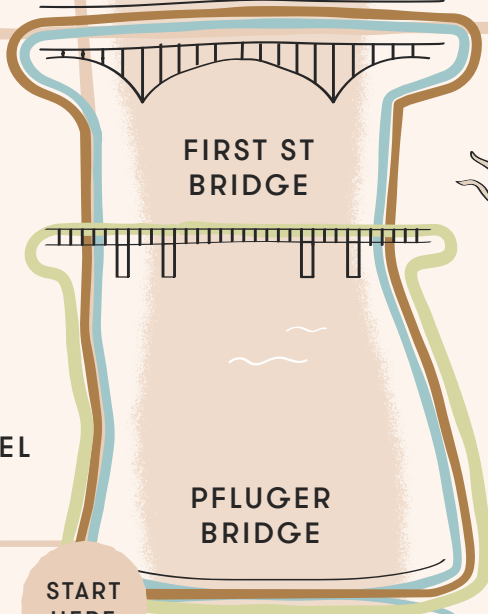
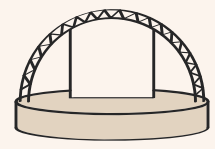


CONGRESS AVE
BRIDGE

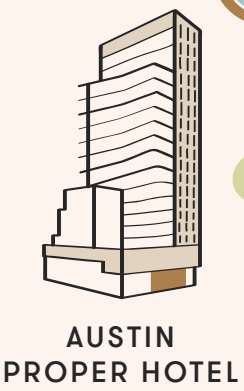
S CONGRESS AVE



FIRST ST
BRIDGE



AUDITORIUM
SHORES



AUSTIN
PROPER HOTEL

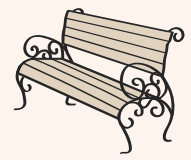
PFLUGER
BRIDGE

START
HERE

- 2.5 Mile Loop
- 3.1 Mile Loop
- 6 Mile Run

LADYBIRD LAKE

CESAR CHAVEZ ST



ZILKER PARK

MOPAC / LOOP 1
BRIDGE



EAST

WEST

AUSTIN
PROPER
HOTEL & RESIDENCES

STARTING DIRECTIONS

Turn right on 2nd St from Proper Hotel Entrance

Cross 2nd St Bridge (Butterfly Bridge/Shoal Creek)

Turn left at stop sign at West Ave
(Austin Public Library on left)

Turn right on Cesar Chavez St
(Seaholm Power Plant on right)

Cross Walter Seaholm Dr using Lance Armstrong Bikeway

Use ramp at right to access the Pfluger Pedestrian Bridge
(before Sandra Muraida/Lamar light)

Use bridge to cross over Cesar Chavez St to south
side of river (Colorado River/downtown
views from behind)

Veer left at fork on bridge

Follow ramp left to Roy & Ann Butler Trail



This exclusive running playlist extends the Austin Proper perspective combined with musical qualities to stimulate physiological responses such as heart rate, breathing patterns, muscle response, and targeted mental states.

LISTEN HERE