



International Society
for Traumatic Stress Studies

42nd Annual Meeting

Things to Do in *San Antonio, TX*

Welcome to San Antonio! As you gather for the ISTSS Annual Meeting, we invite you to take advantage of everything this vibrant city has to offer. Rich in history, culture, and warm hospitality, San Antonio blends iconic landmarks like the Alamo and River Walk with a dynamic food scene, arts, and local traditions. Whether you have a free afternoon or an extra day to explore, this guide highlights a range of experiences to help you unwind, connect, and make the most of your time here.

*Special thanks to Elisa
Medellin for her contributions
to our San Antonio Guide!*

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Public Transit:

- CVIA Metropolitan Transit: **VIA**
 - Public transportation
 - Day Passes available: \$2.75
- Uber
- Lyft
- River Shuttle: **Go-Rio Shuttles**

Coffee/Cafe:

- **La Panaderia** (0.5 miles) 301 E Houston, 78205 Hours: Daily, 7:00 AM – 3:00 PM
- **CommonWealth Coffeehouse & Bistro** (0.4 miles): coffee and French inspired pastries 611 Hemisphere, 78205 Hours: Mon–Fri: 7:00 AM – 4:00 PM; Sat–Sun: 8:00 AM – 4:00 PM.
- **Revolucion Coffee & Juice** (0.3 miles): Mexican inspired roaster, fresh pressed juices and made from scratch and local ingredient foods Hours: Daily from 7:00 AM – 2:00 PM.



Food:

On the Riverwalk

- **Casa Rio:** (0.3 miles) serving up Tex-Mex since 1946
- **Zocca:** (0.5 miles) Italian
- **Domingo:** (0.5 miles) South Texas Cuisine
- **Biga:** (0.5 miles) American Cuisine

A Short Distance Away

- **Camp Outpost** (1.7 miles) American Dining; rotisserie, wood fired comfort foods (best to drive)
- **Rosarios:** (0.8 miles) Modern Mexican
- **Pharm Table: Apothecary Kitchen:** Farm to table; locally sourced ingredients

Michelin Star Restaurants

- ***Mixtli:** (0.8 miles) 812 S Alamo, Suite 103: Progressive Mexican Culinaria
- ***Nicosi:** (1.9 miles) 221 Newell, 78215; Dessert Bar
- ***Isidore:** (1.9 miles) 221 Newell, 78215; American, Steakhouse



To Do/See:



Tours & Sightseeing

- **Trolley Tours:** Hop on Hop Off Tours or take a San Antonio City Lights Night Tour
- **Pearl:** (1.8 miles walking) 303 Pearl Pkwy, 78215 culture, food, music and more
 - **Local Farmers Market:** (1.8 miles walking) 303 Pearl Pkwy, 78215; 50 local vendors with local produce, artisan goods and treats; admission is FREE; Rain or Shine; Saturday 26th from 9AM-1PM
 - **Eats and Drinks:** Many food and drink options
 - **Pullman Market:** (2.0 miles walking) 221 Newell Ave; specialty grocer, curated retail, quick bites and dine in options Monday-Sun 8AM-9PM
- **San Antonio Missions:** (5.8 miles) Four Missions, One Park. Free Admission. Open Daily from 9AM-5PM
 - [Directions and Transportation](#)
- **The Alamo:** (0.3 miles) 300 Alamo Plaza; Open Daily 9AM-5:30PM

Boat Tours

- Narrated Tours [Tour Info](#)
 - Specialty Tours: Cocktails, Mariachis and Brunch
 - [Specialty Cruises](#)
 - Group Dining Cruise: [Dining Cruise](#)

To Do/See Cont'd:

Experiences

- **Hopscotch:** (0.5 miles) immersive art experience
- **Tower of the Americas:** (1.1 miles) 739 E Cesar E. Chavez Blvd, 78205; see the city from the tallest observation tower in Texas; **Observation Deck.**
 - **Dining** options available.
 - **Skies Over Texas 4D Theater Ride**
- **La Villita:** (0.5 miles) 418 Villita St, 78205; artisan shops and dining (**Shop** or **Dine**)
- **Culinary Institute of America:** (2.4 miles) Everyday Grilling Class; Saturday 26th 930AM-230PM; Cost \$195

Museums

- **The Witte Museum:** (7.8 miles) 3801 Broadway, 78209 Where nature, science and culture meet
- **The McNay:** (6.6 miles) 6000 N New Braunfels Ave, 78209
- **Briscoe Western Art Museum:** (0.4 miles) 210 W. Market Street, 78205

Zoos

- **Zoo** (5.1 miles) 3903 N St. Mary's
- **Zoo Boo:** fall décor, trick or treating, seasonal food and drinks



Movement/Exercise:

- **MBS Fitness** (1.0 miles): 1115 S. Alamo, 78210
24/7 Gym; Also offers yoga, Pilates, and personal training. There is also an art gallery with new quarterly exhibits. Offers an “unlimited” first week special for \$40
- **Mobile Om** Check out the schedule for details. 1 HR
Yoga in areas around San Antonio. Donation based
- **Kayak and Paddle Board Rentals** (1.3 miles): 100
E Guenther St



Late Night:

- **Haunted Tours:** (0.3 miles); walking tours, bus tours and a haunted pub crawl; Tours given nightly, prices range based on tour selection
- **Jazz, TX:** live music, dancing including Jazz, Blues, Texas Swing and Salsa; Tuesday-Saturday 530PM -1200AM
- **Sternwirth Sessions:** (1.7 miles walking) 136 E Grayson St, 78215; rotating lineup of artists from Texas and around the country; Wednesday 23rd from 7-10PM and Friday 25th from 5PM-8PM
- **The Moon's Daughters:** (1.0 miles) 115 Lexington Ave, 78205 (Above the Thompson Hotel) ; Rooftop bar; skyline views and DJ



Day Trips:

- **Fredericksburg**: Numerous wineries and charming shops; Home of the National Museum of the Pacific War
- **Boerne**: “Hill Country Mile” has downtown shops and art galleries
- **Lockhart** and **Luling**: BBQ capitals of Texas
- **Kreuz Market Lockhart**
- **Black’s Barbecue Lockhart**
- **Smitty’s Market Lockhart**
- **City Market Luling**
- **Garner State Park**
- **Lost Maples State Natural Area**
- **Perdernalles Falls State Park**
- **Austin**; the “Live Music Capital of the World”; much to see, do and eat

