

Special Advertising Section: Men's Health Feature

Lubbock

MAGAZINE
FINE LIVING ON THE LLANO ESTACADO

Time to get Healthy

Pages 40-72

**Dance those
pounds off, &
other fun ways
to get fit**

**Lubbock chefs tell
you how to cook
your way thin**

**Practical food advice
for busy people**

Also:

- Beer coming to 4th on Broadway
- These summer dresses are HOT!
- Turn walls into works of art

Vol. III Issue II
July/August 2010
thelubbockmagazine.com

\$3.95





Still sleepy just after sunrise, Gruene fills up during the day (and night) with locals and tourists who come for the quaint B&Bs, live music and dancing at Gruene Hall, shopping, restaurants and a float down the Guadalupe River.

Go Gruene for dancing or tubing

Get out of town this summer and take a trip to Gruene, a place where life slows down to a comfortable crawl. Pronounced like the color green, it's a small community inside the city of New Braunfels on the Guadalupe River. It was founded by German immigrants in the 1870s and is known for its bed and breakfasts, restaurants, shopping, live music, fishing and tubing.

Where to stay

Situated on the banks of the river, the Gruene Mansion Inn at 1275 Gruene Road is a historic B&B in the heart of Gruene. The mansion dates back to the 1870s and is listed on the

National Register of Historic Places. It has 31 rooms featuring bathrooms with claw-foot tubs and porches with rocking chairs. Rates range from \$170 to \$370, based on the season and occupants per room.

Where to shop

Gruene features more than 30 shops that offer items from antiques and home décor to pottery, clothing and specialty food.

The old-fashioned Gruene General Store at 1610 Hunter Road features hand-dipped ice cream, a soda fountain, T-shirts, metal signs and gifts.

The Gruene Antique Co., 1607 Hunter Road, is home to more than

6,500 square feet of antique furniture, home décor, dishes and glassware, toys and more.

For fly fishing, get the necessary gear at Gruene River Outfitters, 1629 Hunter Road. The store carries rods, reels and accessories, and the staff can offer help with knot tying, casting and fly tying.

What to do

Built in 1878, Gruene Hall at 1281 Gruene Road is Texas' oldest dance hall. It served as the early stomping grounds of many Texas music legends like George Strait and Jerry Jeff Walker and played host to artists like David Allan Coe, Steve Earle,



Spend a day tubing the Guadalupe River, where all you need is a tube, ice chest, river shoes and sunscreen.

Merle Haggard, Willie Nelson, Stevie Ray Vaughn and Townes Van Zandt. During the summer, Gruene Hall offers cold beer and live music seven nights a week, as well as Saturday and Sunday afternoons. Most shows are free. Bring your dancing shoes and check out artist lineups at www.gruenehall.com.

Get out of the heat and relax on the Guadalupe River in an inner tube, raft or canoe, available for rent from Gruene River Co. at 1404 Gruene Road or Rockin' R River Rides at 1405 Gruene Road. Float times depend on river flow rates and how many other folks are tubing.

Try vintages from nearly 30 Texas wineries at The Grapevine, 1612 Hunter Road, which offers daily complimentary tastings. The Grapevine also sells wine by the glass, bottle and case, as well as gourmet gifts and food.

Where to eat

The Gristmill River Restaurant and Bar at 1287 Gruene Road has been open since 1977 and offers Texas cuisine with a view of the river. The menu includes steaks, burgers, seafood, salads and homemade sides like hand-breaded onion rings. A beer or fresh-squeezed lime margarita will take your mind off the lengthy wait for a table.

Adobe Verde at 1724 Hunter Road has deck seating and live music Thursday through Sunday. We recommend the chicken fajitas.

For something more upscale, head up the road to the Gruene Door at 2360 Gruene Lake Drive. Opened in 2009, it features lunch specials like an applewood smoked BLT, crab cakes or Kobe burger and dinner entrees such as pepper-crusted tuna, chicken piccata, stuffed flounder and several cuts of steak. The desserts are divine.

Plan your getaway to Gruene with the help of www.gruenetexas.com. ♦



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