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HOME > REAL ESTATE

Forget snowbirds: 'Sweat birds' flee the heat of Texas and Arizona to spend summer in cooler northern climates

Jordan Pandey Aug 31, 2023, 5:15 PM EDT



Cindy Woudenberg lives most of her year in Arizona and spends the hotter months in Michigan. Cindy Woudenberg

- **Some homeowners are fed up with the extreme temperatures in the South.**
- **"Sweat birds" want to leave the heat behind by buying second homes in cooler parts of the country.**
- **It allows them to partake in outdoor activities in the summer and provides a change of scenery.**

A Florida couple leaves their destination city for Idaho

Galia and Mike have lived in South Florida for decades and bought a second home in Driggs, Idaho — about an hour away from Jackson, Wyoming — during winter 2022.

"Many of our friends have homes in North Carolina or the Keys. Those are two obvious places, but we wanted something a little different than that," Galia told Insider, noting that Idaho's Teton Valley area is a bucket-list location for some. "We thought it was really special."



Galia, 56, and Mike, 59, purchased a four-bedroom home for \$2.7 million in a private residential community, Tributary, and now have a climate better suited for the outdoor activities in the summer that they just can't do in Miami year-round.

"We enjoy fly fishing, biking, hiking — we even tried downhill mountain biking this year for the first time," Galia said. "We both walk for pleasure and for exercise every day. Taking a walk in Idaho in June, July, or August is very different than in Miami. It's almost impossible to do that."

Northern California provides some relief from the Dallas heat for one sweat bird

Chuck Anderson is originally from Nebraska but has lived in Dallas since 1980. He naturally gravitates toward warmer climates, he said, but Dallas' summer weather has become a bit too much.

Anderson, 62, searched for second homes in Colorado, Idaho, and Montana, but ended up in Truckee, California — which borders Nevada and is only 30 minutes from Reno.

He bought a five-bedroom house within the luxury ski and golf community Martis Camp,

about 16 miles from Lake Tahoe. Anderson declined to share the amount he paid for his home but said prices in the community ranged from about \$4 million to \$20 million during his search. The lakeside community offers amenities including a tennis pavilion, community hiking trails, and a beach shack that Anderson and his wife, Kim, take full advantage of.

"My wife and I are fairly active," Anderson told Insider. "We hike, swim, and play golf and a bunch of pickleball, and they have all those here so we can use them all."

Anderson bought in Truckee in 2020, and spends about four to eight weeks there during the summer, he said. He compared the temperatures of Dallas and Truckee in the same week and said Dallas was predicted to be between 102 degrees and 108 degrees, while Truckee had highs in the 70s and 80s.



Chuck and Kim Anderson at the Martis Camp Community Fundraising Dinner in 2022.

Chuck Anderson



Martis Camp Realty's library. Martis Camp Realty

Anderson still loves Dallas but enjoys his break from the heat.

"This is just a place to go to beat the heat and get away from it," he said. "You just can't beat it up here."