



San Diego Feets

Vol. 38, No. 4

WALKABOUT INTERNATIONAL is a non-profit educational group that promotes neighborhood walking in urban, suburban, and rural environments throughout the world. Walkabout publishes a monthly schedule of events; for one complimentary issue call the Walkabout office, located at 2650 Truxtun Road, Suite 110, San Diego, CA 92106-6007, (619) 231-SHOE(7463), FAX (619) 231-9246. Office hours: 10:00 am to 2:00 pm, Monday through Friday. Internet: www.walkabout-int.org, e-mail: info@walkabout-int.org

April 2015

WEEKLY REPEATING WALKS

These walks repeat every week this month at the same location, day, and time.

MONDAYS

10:00 am

CROWN POINT AREA BECKONS. Start out your week with beautiful scenic views of Mission Bay and nearby homes as a guest leader takes the group on a **moderate to moderate-plus** flat walk for about 2 hours with a pause for coffee or yogurt. Take I-5 to Grand Ave. and go west to Lamont St., turn left on Lamont St., then right on Crown Point Dr. to meet at the west end of the parking lot by the park's southern end restrooms. To use public transit, take the trolley to Old Town and board the #9 bus at 9:10, get off at La Cima Dr. and walk 3 blocks east to the parking lot. Rain cancels. **Kathy L.** (858) 484-0349.

TUESDAYS

6:30 pm

ABOVE THE BAY. Join us for some exercise and fabulous views of the lights around Mission Bay. Meet by Carl's Jr. at Clairemont Dr. and Burgener Blvd. for a hilly, 1-hour plus, **moderate to moderate-plus** walk (see Thomas Guide 1248-F6). Rain, but not mist, cancels. Flashlight recommended. Please call **Teri E.** (858) 560-0446 or **Jill F.** (858) 292-4231 to make sure walk is "on" for the week.

WEDNESDAYS

5:30 pm ***NOTE NEW LOCATION & TIME***

WEDNESDAY WORKOUT. Meet at Costa Verde Shopping Center in front of Bookstar, west of the UTC Mall between La Jolla Village Dr. and Nobel Dr. We will walk for about 1½ hours at a **moderate-plus** pace, heading in a different direction each week, exploring canyon trails and hills. Rain cancels. Come and have some fun! **Barbara N.** (619) 226-3024.

THURSDAYS

10:00 am

MISSION BEACH NORTH & SOUTH. Walk the beach or the bay and stop for coffee near the end of this **moderate-plus** or **moderate** flat walk. Meet at the Belmont Park ticket booth off of Mission Blvd. To use public transit, ride the trolley to Old Town, and then take the #8 bus at 9:40 to Mission Blvd. arriving at 9:54, and walk across the street. Rain cancels. **Kathy L.** (858) 484-0349.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. **Sandra, Sally and Friends** will do a **casual+** walk from the Bali Hai Restaurant to the Friendship Bell and back on flat sidewalks (about 2.5 miles round trip; 60-70 minutes including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to wildlife. You may stop at one of the many benches and rejoin us on the return leg. Meet at east end of the island to the right of the Bali Hai by the lamp post and hand rails, where we will stretch for a few minutes. If you're late, drive down the island and join us along the way. Take the #28 bus and walk approximately 3 blocks to the Bali Hai where there is ample free parking. Optional eats afterward. Rain cancels. Join us - just for the health of it! **Sally R.** (619) 222-3800.

10:15 am

MORNING STROLL IN BALBOA PARK. Meet at the Senior Lounge across from the Museum of Photographic Arts to walk at a **casual** pace through beautiful Balboa Park for about 45 minutes. Terrain is flat and mostly paved. Stay after for optional coffee. For public transit, use the #7 bus. Rain cancels. **Mary T.** (619) 291-1349.

Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive 15 minutes prior to the start time.

Pace Yourself

Casual — 2-3 miles per hour
Moderate — 3 miles per hour
Moderate-plus — 3 ½ miles per hour
Brisk — 4 miles per hour

WEEKLY REPEATING WALKS (cont.)

FRIDAYS

6:00 pm

MISSION HILLS MEANDER. Come see the great views and picturesque homes and gardens of this old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. Meet at the coffee shop at 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. Wear white at night. **Pat P.** (619) 291-6162.

SATURDAYS

6:00 pm

SATURDAY NIGHT LIVE, LIVES! Join our varied leaders as we rejuvenate one of Walkabout's most venerable evening walks, a **casual** pace through the downtown streets of San Diego in search of the new and different in the heart of the city. Meet outside the historic Balboa Theater entrance (4th Ave. & E St.) for a 90-minute visit downtown. The route (and leaders) may vary each week, and an optional dinner gathering follows. Take public transit or consider free, machine validated 3-hr. parking offered at the Horton Plaza parking garage. Rain cancels. Leaders: **Dan, Donna, and Jerry** (619) 231-7463.

SUNDAYS

8:15 am

MERRY GO-ROUND. Start from the carousel in Balboa Park and join us on one of the most scenic walks in San Diego. Our **moderate-plus** walk encompasses the harbor, downtown, Bankers Hill and bridges depending on size of group and mood. Allow 3 hours, which includes a coffee break. To use public transit, take the trolley to 3rd Ave. and C St. At 3rd Ave. and Broadway take the #7 bus at 7:42 or 7:48. Arrive at Zoo Pl. at 8:00 or 8:06. Meet **Rick** in the parking lot near the carousel at Park Blvd. and Zoo Pl. (858) 565-7212.



Rancho Santa Fe Ramble in February

HIKE WEDNESDAYS & SATURDAYS

Time: TBA

WILDERNESS HIKE. Details e-mailed a day or two before. **IMPORTANT HIKE INFO:** Park on the street in front of the Methodist Church, 2111 Camino del Rio South (west of Texas St.). Be prepared to drive yourself if there are no other carpoolers. Bring lunch, 2-3 quarts of water, sun and rain protection, and lug-soled shoes. **"First timers" must** call the leader. All participants **must** be in top condition, well prepared for trail conditions and will be accepted at the leader's discretion. Hikers **must** be able to keep pace with the group. Check <http://www.walkabout hikes.org> as weather or unusual conditions may cause the hike to be moved or canceled. If you have any questions, please contact the relevant hike leader as noted:

Date	Contact Information
Apr 1	Don: dpiller@cox.net or (760) 796-4007
Apr 4	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Apr 8	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Apr 11	Bill: (619) 206-5809 or wa4lrm@gmail.com
Apr 15	Ron: (619) 390-3033 or lucasronald@hotmail.com
Apr 18	Bill: (619) 206-5809 or wa4lrm@gmail.com
Apr 22	Don: dpiller@cox.net or (760) 796-4007
Apr 25	Spring Potluck - Margo
Apr 29	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com



NEWSLETTER DEADLINE NOTICE

All walks must be submitted by the **10th** of the month before the month of the walk. None will be accepted after that date. For example, the April newsletter is published in March, so walks must be submitted by March 10th. You must e-mail your walks to walks@walkabout-int.org. If you e-mail more than one walk, please leave extra space between each walk.



You can e-mail your newsletter comments and suggestions to publisher@walkabout-int.org



Please remember that Walkabout International is a non-smoking experience. There is no smoking at the meeting place or during the walk.

MORE GREAT WALKS THIS MONTH

WEDNESDAY, APRIL 1

4:01 am

APRIL'S FIRST AMBLE. As Walkabout enters our 39th year of pedestrian power, you are cordially invited to celebrate the occasion with a free breakfast -- Walkabout's treat -- at the Prado Restaurant in Balboa Park after Larry pulls your legs on a casual stroll past the memorable museums in San Diego's premier park. Enjoy the traditional foolishness of the day by meeting at the northeast corner of Twelfth Avenue and Laurel Street. RSVP for walk and free breakfast at: (619) 555-WALK. Rain does NOT cancel this festive event!

THURSDAY, APRIL 2

6:30 am

SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION. Join **Eddie** for a **moderate**, 1-hour walk on mostly paved, level paths. We'll meet in the parking area near the river at the south end of Womble St. From the south, take I-5 to the Pacific Hwy. exit, veer to the left onto Barnett Ave., turn left into Liberty Station, turn left at Womble St. From the north or east, take the Rosecrans St. exit, proceed several miles until you see Vons on your left -- Womble St. is the next left turn. Optional breakfast follows. (619) 222-4396.

SATURDAY, APRIL 4

10:30 am

DOWNTOWN IN THE DAYTIME. After a **casual** one-hour walk past or through attractions old and new we'll stop for an optional lunch before heading back to Horton Plaza. Meet **Stella** outside the Balboa Theater at 4th Ave. and E St. 3-hour free parking available at Horton Plaza. (619) 232-3756.

SUNDAY, APRIL 5

7:15 am

BREAKFAST SPECIAL DOWNTOWN. Let's explore the harbor north or south with a flat, **moderate**, 1-hour walk to see what changes are going on downtown and along the harbor. We will start from Ruocco Park at the intersection of Harbor Dr. and Pacific Hwy. (across from former police station). Meters are **free** on Sundays. All trolleys go to Amtrak station and then a 15-minute walk 1 block west to Pacific Hwy. and 4 blocks south to Harbor Dr. gets you there. Optional breakfast follows. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

Flashlights should be kept handy on evening or early morning walks. They help you not only to see, but to be seen. In case of emergency please carry ID and medical information.

MONDAY, APRIL 6

6:30 am

SUNRISE SERIES: LAKE MURRAY. Walk **at your own pace** for 1 hour on a mostly flat path around the lake. Drive through the main entrance to Lake Murray at the end of Kiowa Dr. off Lake Murray Blvd. Meet in the main parking lot on the left as you approach the lake. Optional breakfast follows. **Betty** (858) 248-3782.

WEDNESDAY, APRIL 8

11:00 am

TIJUANA ESTUARY. No, you won't need your passport for this Imperial Beach jaunt, just a love of wide-open spaces and, hopefully, lots of wildflowers. Meet **Fran W.** at the Visitor Center for this 1+-hour flat walk **at your own pace** and as far as you want to go. Take the I-5 south to the Coronado Ave. exit (NOT the bridge), turn right (west), which becomes Imperial Beach Blvd., turn left at 3rd St., and continue to the Estuary parking lot. Optional lunch follows (Thai?) or enjoy exhibits at the free Visitor Center. Rain cancels. (619) 271-7107.

THURSDAY, APRIL 9

6:30 am

SUNRISE SERIES: PACIFIC BEACH BOARDWALK. Let's take a **moderate** 1-hour walk on flat terrain and enjoy the fresh air, early morning breeze and beautiful sunrise where we can look forward to good company, chatting and an optional breakfast afterward. Meet at the Crystal Pier at the west end of Garnet Ave. Bring money for optional breakfast. **Marilyn & John** (619) 840-5544.

FRIDAY, APRIL 10

11:00 am

NATIONAL SIBLINGS' DAY; BRING YOURS! If you can't bring one, then bring a story about one to share on this 90-minute **casual** walk around downtown. Meet at the Balboa Theater, 4th Ave. & E St. (with free, validated 3-hour parking at Horton Plaza garage) or take the trolley or bus. We'll share photos and stories of our siblings (orphans and only children are welcome too). Optional lunch follows at an upscale grocery in Horton Plaza. Rain cancels. "Bro' **Dan** (619) 249-9813.

SATURDAY, APRIL 11

7:15 am

LATE BIRDS. For those of us who can't get up in time for the Sunrise Series, **Anna T.** will lead a flat 1-hour walk **at your own pace** around Pacific Beach, followed by an optional breakfast. Take the #30 bus at 6:45 from Old Town, exit at Mission Blvd. Meet in front of Crystal Pier at the west end of Garnet Ave. Rain cancels. (619) 231-7463.

BROAD MUSEUM HERE WE COME

Join us in November to see the \$140 million art museum in downtown L.A. which opens September 20, 2015 and will feature an extensive contemporary art collection, including 2,000 pieces from the Broads' personal collection, as well as rotating special exhibits on loan from galleries throughout the world.

To reserve a spot, please phone Walkabout Int'l and leave your name and phone number so we can call back with the details. We shall be moderately priced.



TUESDAY, APRIL 14 (cont.)

3:00 pm

WHY BE NORMAL? PART 2. Our taxes are done (aren't they?) Let's enjoy strolling some less traveled streets in the charming older neighborhood of East Normal Heights. Here we'll see an eclectic mix of home styles from cobblestone to ultra-modern. Meet at the corner of East Mountain View Dr. and Belmont Ave., two short blocks north of Adams Ave. for a flat 1.5 hour **casual** walk. Bus #11 stops along Adams Ave. at both Cherokee Ave. and 39th St. Rain cancels. **Evelyn K.** (619) 461-6095.

WEDNESDAY, APRIL 15

10:00 am

BALBOA PARK NUTTY SQUIRREL WALK. Join Robert and Friends for a 1-hour, half city, half park, **casual** stroll. All you bring is a smile, some cash if you eat afterward and maybe a few peanuts for you and the squirrels. Meet at 6th Ave. and Nutmeg St. There is free parking on Balboa Dr., which you enter at 6th Ave. and Upas St. Note: Do not park on the park side of 6th Ave. as no parking is allowed there on Wednesdays before 10:00 am. To use public transit, take the #3 bus north on 5th Ave. or south on 4th Ave., exit at Nutmeg St. at approximately 9:15, walk east to 6th & Nutmeg. Rain cancels. **Robert B.** (858) 414-6181.

THURSDAY, APRIL 16

6:30 am

SUNRISE SERIES: NATIONAL CITY. We'll take a **moderate** 1-hour flat walk to check out the National City Marina and then on to Pepper Park. We hope to see a cargo ship unloading cars or lumber and people fishing off the pier. Bring money for an optional breakfast afterward. Take I-5 south to the Mile of Cars Way/Bay Marina Dr exit, turn right (west) and then make a left at signal into the restaurant parking lot where we'll meet. **Frances** (619) 479-3962.

10:00 am

JAZZ AT TERMINAL 2. Calling all jazz aficionados. Let's take a **moderate** walk from Harbor Island to the San Diego Airport to listen to live jazz for an hour or so. Allow 2 to 2-1/2 hours for the walk and jazz. Meet in the public parking lot near the restrooms across from the Hilton located at 1960 Harbor Island Dr. Rain cancels. **Carol W.** (619) 303-7942.

SUNDAY, APRIL 12

7:15 am

BREAKFAST SPECIAL IN BALBOA PARK. The park is beautiful any time of the year with many paths to explore on this flat walk **at your own pace**. Eating and chatting afterward (Greek?) is optional but great fun. Meet at the carousel on Park Blvd. at Zoo Pl. **Pat's Pals** (619) 469-6223.

MONDAY, APRIL 13

6:30 am

SUNRISE SERIES: LITTLE ITALY. We'll walk for 1 hour at a **moderate** pace on flat paved terrain. We hope to see many changes. Take Harbor Dr. south a couple blocks past Broadway, turn right and park at the Kissing Statue near the Midway Museum. Bring money for optional breakfast afterward. **Gloria** (619) 482-7677.

TUESDAY, APRIL 14

10:15 am

TRAIN TO ENCINITAS FOR BEACH WALKING & MEDITATION GARDENS. Enjoy inspiring beach views from the train before our **casual to moderate** 3-hour walk along beautiful beaches and to the Meditation Gardens of the Self-Realization Fellowship Retreat. Travel on an Amtrak train to Encinitas for the low Coaster price of \$5.50 adults or \$2.75 seniors. Meet at Old Town Transit Center (OTTC) in the middle of the station on track 3 to purchase Coaster tickets and then go to track 4 for the Amtrak departure at 10:42. Free parking is available at OTTC or on the nearby cross streets. Optional lunch at Swami's Cafe and then return on the train in the mid-afternoon for the same low prices. For detailed information, phone and leave your email address. Rain Cancels. **Dan D.** (858) 722-3002.



FRIDAY, APRIL 17

10:15 am

TRAIN TO SOLANA BEACH WALKING & SHOPPING. Enjoy inspiring beach views from the train before our **casual to moderate** 3-hour walk through this quaint beachside town and along its beautiful northern and southern beach loops. Travel on an Amtrak train to Solana Beach for the low Coaster price of \$5.50 adults or \$2.75 seniors. Meet at Old Town Transit Center (OTTC) in the middle of the station on track 3 to purchase tickets and then go to track 4 for Amtrak departure at 10:42. Free parking is available at OTTC or on the nearby cross streets. Optional lunch at the Brigantine and then visit Cedros Avenue Design District for shopping and entertainment. Return by train in the mid-afternoon (same ticket prices as above). For detailed information, phone and leave your email address. Rain Cancels. **Dan D.** (858) 722-3002.

SATURDAY, APRIL 18

6:00 pm

DOWNTOWN SATURDAY NIGHT ROCKS! Join Dan to celebrate his last Saturday Night Live walk before he takes a summer hiatus in Cape Cod -- and celebrate his birthday as well. We'll walk at a **casual** pace through the historic Gaslamp Quarter en route to the Embarcadero and Seaport Village, where Dan will spring for pizza for all our walkers. Hopefully someone will step up to lead the SNL walks while D&D are away for the summer/fall months, but if not...we have tonight to celebrate! Meet at the Balboa Theater, 4th & E. Take public transit or park with 3 hour validation at Horton Plaza garage. Rain cancels. Birthday Boy **Dan**, (619) 249-9813.

SUNDAY, APRIL 19

7:15 am

BREAKFAST SPECIAL ALONG EAST MISSION BAY. Let's take a flat walk **at your own speed** to see the birds, boats, and views. Optional breakfast and chatting follow. Meet on Mission Bay Dr. by the restrooms just south of Clairemont Dr. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

9:15 am

IN SEARCH OF THE SAN DIEGUITO RIVER PARK. This burgeoning regional open space park along the San Dieguito River in North County and beyond is more than an idea-in-the-making. View some of the progress of a planned network of trails that eventually will extend from the ocean at Del Mar to Volcan Mountain, just north of Julian. Today, take a peek at the current trail development in the environs of Del Mar and Carmel Valley on a lively, **moderate-plus** 3-hour prance over mixed up and down terrain. Look for **Larry** at the west entrance of Albertsons in the Del Mar Shopping Center, at 2702 Via De La Valle, one block east of the I-5 exit on the south side. BYO water. Rain cancels. (858) 755-1751 (eves/weekend).

4:30 pm

BALBOA PARK AFTERNOON. Starting in the Marston House formal garden and walking at a **casual** pace over to the Sculpture Garden and the Alcazar Garden, we'll have an opportunity to observe just a few of the many styles of gardens within our beautiful Balboa Park. Meet **Stella** at 6th Ave. and Upas St. (619) 232-3756.

MONDAY, APRIL 20

6:30 am

SUNRISE SERIES: OCEAN BEACH. We will take a **moderate** 3-mile walk visiting the pier to see the surfers and fishermen and then continuing in the Sunset Cliffs neighborhood. To reach our meeting place, take I-8 to the west end, turn left onto Sunset Cliffs Blvd., then turn right onto Newport Blvd. for a block and a half. Meet across the street from the old Strand Theater. Bring money for an optional breakfast. **Fusa** (619) 223-6947.

THURSDAY, APRIL 23

6:30 am

SUNRISE SERIES: BY THE BAY. Today we'll hope for sunny skies, lots of birds and that any clouds are the fluffy kind for a more beautiful sunrise. Meet at the former Visitor Information Center just west of the I-5 at the Clairemont Dr. exit. We usually have two groups, **moderate** and **casual**, on this 1 hour flat walk. Bring money for an optional breakfast afterward at one of our favorite places. **Winnie** (858) 278-4003.

FRIDAY, APRIL 24

11:00 am

CELEBRATE NATIONAL ARBOR DAY! Let's meet at 6th Ave. & Upas St. at the edge of Balboa Park and walk through arbors of redwoods, pines, oaks and more as we thank the many trees that make up our park. We'll visit Kate Sessions' and George Marston's statues to remember their contributions to the arbors. Bring a picnic lunch with something to share if you want to join in after the 90-minute **casual** walk. Rain cancels, (but the trees will love it). It's also Nat'l. Pigs in a Blanket Day if that helps with the menu! "Dendrite **Dan**" (619) 249-9813.

SUNDAY, APRIL 26

7:15 am

BREAKFAST SPECIAL IN PACIFIC BEACH. Before the crowds arrive, walking in Pacific Beach can be delightful. We'll walk along the ocean admiring the waves on a flat walk **at your own speed** and then return by the same route. Meet at the west end of Garnet Ave. by Crystal Pier. From Old Town Transit Center, take the #8 bus at 6:30. Rain cancels or postpones. Optional breakfast follows, perhaps overlooking the ocean. **Pat's Pals** (619) 469-6223.

MONDAY, APRIL 27

6:30 am

SUNRISE SERIES: LIBERTY STATION/SPANISH LANDING. Meet in the parking lot at Womble and Truxtun Rds. on Liberty Station. We will walk for 1 hour on flat/paved terrain, at a **casual to moderate** pace with faster walkers going at their own pace. We'll head through Liberty Station and over to Spanish Landing to check out the sites. If you haven't taken this walk before, it is delightful and, yes, the airplanes do depart San Diego's Lindbergh Field at exactly 6:30 am! Bring money for optional breakfast afterward. **Connie** (619) 477-8628.

WEDNESDAY, APRIL 29

10:00 am

CORONADO TIDELANDS STROLL. Join Robert and Friends for a 1-hour, flat, paved, **casual** stroll in Coronado's Tidelands Park. Optional brunch afterward. Drive over the beautiful blue bridge to Coronado, turn right after the former tollbooth onto Glorietta Blvd, then turn right again on Mullinix Dr. into Tidelands Park. To use public transit, take the #901 bus (Iris Trolley) from the 12th & Imperial Transit Center at 8:35; after crossing the bridge, get off at stop on Mullinix Dr. at Glorietta Pl. at approx. 9:41, turn right on Glorietta Pl., bear right on 3rd St. onto Mullinix Dr. and into the park. Meet at the restroom. Rain cancels. **Robert B.** (858) 414-6181.

THURSDAY, APRIL 30

6:30 am

SUNRISE SERIES: LAKE MURRAY. Walk at your **own pace** for 1 hour on a mostly flat path around the lake. Drive through the main entrance to Lake Murray at the end of Kiowa Dr. off Lake Murray Blvd. Meet in the main parking lot on the left as you approach the lake. Optional breakfast. **Margo** (619) 287-7722.



FEATURED TRIPS

PALM SPRINGS AERIAL TRAMWAY

SATURDAY, APRIL 25

Enjoy a unique Palm Springs getaway with Rita and Dan H. as we depart San Diego at 7:30 am to reach Palm Springs by 10:00 am, just in time for those interested to visit the Palm Springs Art Museum on your own (\$10.50 senior rate). You'll have plenty of time to enjoy the historic Village, including its wonderful eateries, before we meet the bus where we were dropped off by 1:15 pm to depart by 1:30 pm for the Tram, which departs at 2:30 pm for the top. Aboard the world's largest rotating 80-passenger tramcar, you will experience a breathtaking journey with spectacular 360 degree views up the sheer cliffs of Chino Canyon during a 10-minute ride ending at the San Jacinto Mountain Station at an elevation of 8,516

feet. Those who have difficulty breathing at this elevation can stand in line to return on the next available Tram. The rest of us will have until 3:45 pm to return to the valley floor, which should give us almost 1 hour to enjoy the top of the mountain. We will board our bus at 4:30 pm to depart for San Diego. Expect to reach San Diego by 7:30 pm if all goes according to plan. Please note that the **activity level is moderate.**

Please send a check for \$77.00 per person (less than our competitors), which includes the Goldfield Stage bus with bathroom, the Palm Springs Aerial Tramway, driver tip, water and snacks to Walkabout Int'l at 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007 with a stamped, self-addressed envelope for us to mail your itinerary, and include your telephone number in case we need to contact you. Specify a pickup location of either the Walkabout Office or North County at Mercy Rd. off I-15. There will be NO REFUNDS unless there is a waiting list. If you have questions, please call Rita at (619) 266-2555.



HUNTINGTON LIBRARY & BOTANICAL GARDENS

SATURDAY, MAY 16

Enjoy a very special place near Pasadena known as the Huntington Library & Botanical Gardens, renovated into larger gardens, displays, new gift shop and an enlarged new eatery. Join Rita and Marilyn B. on this trip to view the original "Blue Boy" by Gainsborough and "Pinkie" by Thomas Lawrence in the Thornton Portrait Gallery. Stroll through 12 beautiful theme gardens on your own, which include the renovated Japanese Gardens, the breathtaking Rose Gardens, which will be in full bloom, and Desert Landscaping. There will be a temporary display, which you can learn about at: www.huntington.org and choosing "Future Exhibits." You can do as much or as little walking as you wish over the several miles of flat terrain. The Huntington has added a new larger restaurant by the original entrance called "The Café" (cafeteria style) with a huge assortment of choices and view of the gardens, or let us know if you want a reservation in the famous Tea Room, which is still available (\$38 for complete buffet). Lunch is on your own, and the Huntington has asked us not to bring any food onto the premises. We will leave San Diego at 8:30 am in a comfortable 35-passenger bus with bathroom and pick up North County people at La Costa off the I-5 by 9:00 am, then drive directly to the Huntington non-stop in order to arrive by 11:00 am. We will head home at 4:00 pm in order to return to San Diego by 7:00 pm (the return trip takes longer).

Cost of the trip includes the bus, driver tip, entrance fee and snacks with water. Please mail your \$65.00 check per person payable to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007, indicating a San Diego or North County pickup location, and your phone number. Enclose a self-addressed stamped envelope for

us to mail your itinerary. Since we will have paid for the bus and Huntington tickets in advance, we will not be able to offer any refunds unless there is a waiting list. The first people to respond get the best seating. If you have any questions, please call Rita at (619) 266-2555. We look forward to a beautiful day in San Marino with you.



THE 4 CULTURES OF SWITZERLAND

JULY 14 – 26

Trip is full; accepting only those for waiting list!

Once again, Walkabout heads to the land overflowing with the most spectacular scenery accessible by foot – Switzerland. This time we immerse ourselves into the four distinctive cultures and flavors of Switzerland: German, French, Italian and the little-known Romansch. Savor sauntering along cobblestone streets of medieval lakeside villages with French flair and dating back to the 6th century as well as through the remote reaches of the untamed Neuchâtel mountains; tucked away in the quiet corners of the elusive Romansch culture, view the stunning and scintillating alpine panoramas around glamorous St. Moritz; prance through the heart of the festive Italian Riviera region along the gentle shores of Lago Maggiore with the nearby – yet secluded – lush valleys adorned with velvet green meadows and streams; and surrounded by the highest and most dramatic panoply of peaks in all of Switzerland, venture amid the glaciers through the area known as “The Pearl of the Alps” in the car-free village of Saas-Fee with its distinctively German flavor and just around the corner from the mesmerizing Matterhorn.

Alluring lakes. Alpine splendor. Pastoral pathways. Tantalizing cuisine. Experience 13 days / 12 nights of ecstasy for the walking enthusiast with 12 bountiful breakfasts and 12 sumptuous dinners in three- and four-star accommodations with three nights each in Neuchâtel, Celerina, Locarno and Saas-Fee; a Swiss Pass for virtually unlimited daily transport in Switzerland on the comfortable, convenient and efficient Swiss transportation network of scenic trains, busses, boats and mountain conveyances; free admission to hundreds of museums; and a wealth of walks conducted by Walkabout’s own leader, Larry, who has guided over a dozen walking tours of Switzerland and has been praised for his personal, in-depth, behind-the-scenes approach to touring by celebrated travel gurus, Arthur Frommer and Rick Steves.

The land-only price is \$3,250 per person for double-occupancy with a limited number of single rooms available for the supplement of \$480, based on a group size of at least 12 plus leaders.

Questions? Call Larry at 858.755.1751 (only evenings and weekends, please!)

LAKE ARROWHEAD VILLAGE

& NARRATED CRUISE

SATURDAY, JULY 18

Join Rita & Marilyn B. as we travel to the refreshing tranquility and clean air of beautiful Lake Arrowhead Village, an Olde English-style village nestled among the pines of the San Bernardino Mountains. Spectacular views are abundant along the well-known Rim-Of-The-World Highway as we make our way up to the alpine wonderland. Lake Arrowhead has long been a favorite mountain hideaway for Hollywood celebrities and has been the backdrop for many motion pictures. On this popular summertime getaway you’ll experience a delightful 60-minute narrated lake cruise aboard the 65-passenger Arrowhead Queen, where we will learn of the area’s rich history while savoring the scenic views from an offshore vantage point. In the morning we shall walk at lake-side with your knowledgeable leader who had a family cottage in the magical town of Blue Jay (minutes from the lake) and see special places that are no longer there, such as the ice skating rink where a very famous ice skater practiced years ago. After our walk, enjoy lunch on your own in the village and there’s time to wander around in the village before we board the Arrowhead Queen at 1:00 pm. Your leader recommends Woody’s, a lovely lakeside restaurant. Don’t miss this popular alpine treat.

Cost of the trip includes a 29-passenger bus with bathroom, driver tip, boat ride and water with snacks. Please mail your \$76.00 (much less than our competition) per person payable to Walkabout Int’l to 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007. Please indicate a San Diego office pickup or North County pickup at Mercy Rd. off Hwy 15. Enclose a self-addressed stamped envelope for us to mail your itinerary. Since we will have paid for the bus and the boat ride in advance, we will not be able to offer any refunds unless there is a waiting list. First come first served. You will be given your choice of any seat on the bus. Walking requirements are definitely “MODERATE”. If you have any questions, please call Rita at home (619) 266-2555. We have not done this trip in over 12 years and we expect a full bus load. We look forward to a very memorable day in Lake Arrowhead with you.



NEW ENGLAND FALL FOLIAGE TRIP FEATURES BOSTON, VT AND CAPE COD!

MONDAY, 9/28 - MONDAY, 10/5 (7 nights, 8 days)

\$1349 per person (double occ.); single suppl. is about \$200 addl.

San Diego's Walkabout group will join its sister Cape Cod organization for a New England tour of the beautiful fall foliage. You'll fly to Boston without a tour leader but be greeted by one when you arrive, and we'll spend our first night in a Boston hotel which allows for an evening on the

town and an early bird walk the next morning. Then we'll join up with the Cape Cod gang en route via van to the Northeast Kingdom of Vermont. We travel through the hills of New Hampshire to begin six days of touring small towns taking turns hosting "leaf peepers" in daily celebrations of the season. There are hay rides, hymn sings, hillside hikes, artisans and craft fairs, museums, bus tours and much more to delight you in seeing rural VT at its finest. We'll visit a chapel for dogs, Ben & Jerry's and the countryside for the best leaves and sights. We'll stay in simple, heated cottages overlooking Joe's Pond, enjoy home cooked breakfasts and picnic lunches and then gorge ourselves at community suppers sponsored by the towns. Your last night will be spent on Cape Cod, with a day long tour of the land as it beds down in slow season for the winter ahead. You'll take a comfortable, direct bus back to the airport in Boston for the flight home.

Trip price includes round trip air, hotel transfers in Boston, accommodations in Boston, VT, and Cape Cod, ground transportation via van or other vehicle, all meals in VT and Cape Cod, bus from Cape Cod to Boston and the services of your tour leader/co-leader. Trip is open only to a very limited number of travelers from San Diego, so act early! Send \$300 deposit to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106 Mark "NE Fall Foliage" on check. Include legal name for airline ticket, month, day, year of birth (TSA requirement) and email address. Email questions to danielbhaslam111@yahoo.com.



BEAUTIFUL BOISE & TRAILING OF THE SHEEP FESTIVAL

OCTOBER 6 – 13

Join Stan Follis and his faithful co-leader, Walter Konopka Jr., for an 8-day exploration of southwestern Idaho. This trip will be much like our previous travels in 2003, '07, '11, and '13, but we will find new attractions and revisit the best of previous trips. We will fly into Boise and visit the Sun Valley area for a few days in a mountain paradise; very popular in the winter, but we will see it in the fall for the Trailing of the Sheep Festival. Our accommodations may be at the Christophe Condominiums in Ketchum, ID. We'll visit the Sawtooth Mountains and perhaps the Craters of the Moon National Monument. In Boise, we will explore this charming city with a walk along the river and through graceful old Victorian neighborhoods, and visit the grand state capitol building.

For those of you who knew Kathy Follis, we will visit with her sister and family. Other possible attractions will be announced in upcoming months, perhaps a piano recital, the Seibel family band, and the rich Basque heritage in Boise. Walks will be at a casual pace and optional except for getting around town. You will be expected to manage your own luggage. If you require more than minimal assistance, you should travel with a companion.

Travelers must be current Walkabout newsletter subscribers.

Cost is estimated to be \$1,199 for double occupancy and a single supplement of \$375. This will include airfare, coach, lodging, scheduled attractions, breakfasts, and a farewell dinner. The price is based on 20 participants and travel using a coach and local public transit.

To reserve a spot, please send a \$400 deposit check which is fully refundable until we purchase the airline tickets in July or August 2015. This can be done on our website or send a check to the office. We will notify you before we purchase the airline tickets and urge you to obtain travel insurance in case you need to cancel. Please enclose a SASE if we do not have your email address on file. Call Stanley at (619) 222-3447 if you have any questions.



BACK TO TUCSON & SOUTHEAST AZ \$799

NOVEMBER 10 - 14

It's been 21 years since Walkabout's last major trip to Tucson, AZ. We've done other tours there, but not a BIG trip, so here's your chance! Join Walkabout International and Friendly Excursions for a 4-night, 5-day whirlwind tour of the southeastern portion of AZ, including Tucson. We fly to Tucson first thing on the 10th and meet up with our tour bus at the airport to tour the Mission del Bac, the "Dove of the Desert." We then take a narrated bus tour of Tucson and check into our hotel. Dinner is included this evening, and a casual evening walking tour caps off our first day. Day 2 includes a visit to and picnic at the renowned Desert Museum, a visit to the University of Arizona, and an exciting evening on downtown's Fourth Avenue. On Day 3 we'll enjoy a tram ride up picturesque Sabino Canyon, lunch out and a visit to the deGrazia homestead and studio. Day 4 finds us on the bus to visit the mining town of Bisbee and cowboy town of Tombstone, AZ, with a live theatrical performance at the Vaudevillian Gaslight Theater. On Day 5 we'll visit the artistic and historic village of Tubac before heading back to the airport for our flight home.

Trip price includes daily breakfast and at least one other meal, admissions as noted, air and ground transportation, double occupancy hotel accommodations and the services of your tour leader(s). Trip insurance not included, but recommended. Open until filled; first come, first served. Send \$300 deposit check with "Tucson 2015" on memo line, along with your email address and month/day/year of birth with your legal name (for airline tickets). Include self-addressed, stamped envelope if you want snail mail reply. Single supplement will be \$200 or less. Email questions to danielbhaslam111@yahoo.com.



APRIL 2015 WALKS AT A GLANCE

Bold walk start times are those that repeat every week at the same location, day, and time.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			TBA Hike 5:30 pm Wednesday Workout	6:30 am Sunrise: By the River at Liberty Station 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa	6 pm Mission Hills Meander	TBA Hike 10:30 am Downtown in the Daytime 6 pm Sat Night Live
5	6	7	8	9	10	11
7:15 am Breakfast Spcl: Downtown 8:15 am Merry Go-Round	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 11 am Tijuana Estuary 5:30 pm Wednesday Workout	6:30 am Sunrise: PB Boardwalk 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa	11 am National Siblings' Day Downtown 6 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 6 pm Sat Night Live
12	13	14	15	16	17	18
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go-Round	6:30 am Sunrise: Little Italy 10 am Crown Point Area Beckons	10:15 am Train to Encinitas Beach Walk & Meditation Grdns 3 pm Why Be Normal? Part 2 6:30 pm Above the Bay	TBA Hike 10 am Balboa Prk Nutty Squirrel 5:30 pm Wednesday Workout	6:30 am Sunrise: National City 10 am Jazz at Terminal 2 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa	10:15 am Train to Solana Beach Walk & Shop 6 pm Mission Hills Meander	TBA Hike 6 pm Sat Night Live Rocks! & Celebrate Dan's Birthday
19	20	21	22	23	24	25
7:15 am Breakfast Spcl: E. Mission Bay 8:15 am Merry Go Round 9:15 am San Dieguito River Pk 4:30 pm Balboa Park Afternoon	6:30 am Sunrise: Ocean Beach 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 5:30 pm Wednesday Workout	6:30 am Sunrise: By the Bay 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	11 am Celebrate National Arbor Day at Balboa 6 pm Mission Hills Meander	TBA Hike 6 pm Sat Night Live
26	27	28	29	30		
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go-Round	6:30 am Sunrise: Liberty Station/ Spanish Landing 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 10 am Coronado Tidelands Stroll 5:30 pm Wednesday Workout	6:30 am Sunrise: Lake Murray 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa		

UPCOMING WALKS, EVENTS & TRIPS

Please call our office (619) 231-7463 for details about any of the following.

Day Trips

Palm Springs Tramway	April 25
Huntington Library & Gardens	May 16
Lake Arrowhead	July 18
Broad Museum	November TBD
Joshua Tree National Park	TBD

Overnight Trips

Washington DC (sold out)	May 5 – 12
Switzerland (waiting list)	July 14 – 26
New England Fall Foliage	Sept 28 – October 5
Beautiful Boise	October 6 -13
Tucson & Southeast Arizona	November 10 - 14

Events/Walks

Fireworks from Pt. Loma	July
Ice Cream Social Walk	August
Tall Ships Parade & Picnic	September
Annual Meeting Potluck & Auction	October
Thanksgiving Restaurant Dinner	November 26
Holiday Decorations at Hotel Del	December
Lamb's Theatre Christmas Play	December
Christmas Brunch & Gift Exchange	December 25

VOLUNTEER!

Please call the office if you would like to help organize one of the walks or events listed above.

WALK LEADERS NEEDED

We are recruiting walk leaders for the suggested walks/events below. If interested, please call the office (619) 231-7463. Receive help with write-up, etc. And, please send in YOUR ideas!!

- Balboa Park w/ranger tour
- Coaster trip to Oceanside Pier/Cedros shopping
- Free Tuesdays at museums in Balboa Park
- Gem Institute of America/Carlsbad/ docent tour
- I Love A Clean San Diego beach cleanup

BOARD SEEKS YOUR HELP

We need office volunteers and new board members.

If you are interested in any of our volunteer opportunities, please call the office (619) 231-7463.



WALKABOUT BOARD MEETING

Friday, April 17

Contact a board member or the office for details.



BOARD MEMBERS

President Robert Buehler	(858) 571-7733 President@walkabout-int.org
1st Vice President Vacant	
2nd Vice President Dan Haslam	(619)249-9813 danhaslam@walkabout-int.org
3rd Vice President Stan Follis	(619) 222-3447 Stanley@walkabout-int.org
Recording Secretary Donna Farris	(619) 231-7463 secretary@walkabout-int.org
Treasurer Rita Balliot	(619) 266-2555 treasurer@walkabout-int.org
Directors	
Marilyn Buckley	(619) 231-7463 prwalkabout@yahoo.com
Larry Forman	(858) 755-1751 larry@walkabout-int.org
Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms	Emeritus
Dick Hiatt	Emeritus

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



OFFICE STAFF

Donna Farris, Marilyn Buckley, Eileen Frame, Susan Goodrich, Grace Greenalch, Pat Peterson, Charlotte Sedgwick

NEWSLETTER STAFF

Rita Balliot, Stan Follis, Dan Haslam, Ann Leever, Lorraine Marshall, Kim Mills, Fran Whiteman

MAILING CREW

Pat Peterson (Captain), Alice Berwert, Stan Follis, Grace Greenalch, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, Fusa Shimizu, Beverly Stebbins, Judy Vandruff

ABOUT WALKABOUT, SAN DIEGO'S PREMIER SOCIAL NETWORK AFOOT

Walkabout is an all volunteer San Diego-based non-profit organization offering more than 1,000 free local walks each year along with parties, picnics, potlucks, holiday celebrations and other activities including national and international travel, all with a walking component. Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places.

Walkabout Newsletter Subscription/Supporter Form

You are the heart and "soles" of an all-volunteer, nonprofit organization that raises walking far above a pedestrian pursuit. WALKABOUT depends in large part on your generous spirit to fund our yearly operating costs through your thoughtful, tax deductible donations. If you appreciate the value you receive from WALKABOUT, please contribute. All levels of support include a one-year subscription to our monthly newsletter.

Basic Level \$20 Tenderfoot \$25 Footprint \$100 Arch Supporter \$500
 Twinkle Toes \$50 Kindred Sole \$250 Big Foot \$1000 Shoe Fund amount \$ _____

Circle RENEW or NEW Subscriber/Supporter...How did you hear about us? _____

Please mail completed form (we do not share information): 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007

NAME _____ DATE _____

ADDRESS _____

CITY _____ STATE _____ ZIP+4 _____ - _____

PRIMARY PHONE () _____ OTHER PHONE () _____

EMAIL ADDRESS _____

PDF ALSO (available only if support greater than Basic Level)

PDF ONLY (fully tax deductible, eco-friendly, and helps us keep costs down)

Call 619-231-SHOE (7463) to notify office promptly of any changes to your information; or to discuss WALKABOUT's charitable gifts, trusts, and memorials program; or to find out how you can donate some time to WALKABOUT. By coming on walks, bringing friends, helping out at the headquarters or at events - you sustain and spread the WALKABOUT spirit!

Walkabout is offering a buy-one, get-one-free subscription deal when you contribute at the \$25 level or above. Simply provide information for someone who has never had their own subscription and might like to subscribe:

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP+4 _____ - _____

PRIMARY PHONE () _____ OTHER PHONE () _____

EMAIL ADDRESS _____ PDF ONLY

WHAT IS THE SHOE FUND?

Forrest Warren, a former S.D. Union reporter and columnist started the shoe fund in the 1930s to assist children who needed shoes in the depression era. The Ninth District PTA has been administering the Fund for more than 75 years. Vouchers for shoes are distributed through school nurses who fax the PTA when they have identified a student in need of shoes. Walkabout started many years ago through our Audrey Davis to request anybody in Walkabout to add a donation to their subscription renewal. Any monies received were mailed to the S.D. Union. This had been very successful until 2008, when we stopped. We decided to restart in 2014.

We feel it is well worth asking our subscribers for any donation they wish to make. We thank you in advance for a very worthy cause. When you fill out your subscription form please state the amount of money you wish to add to your renewal check.



2650 Truxtun Rd., Suite 110
San Diego, CA 92106-6007
(619) 231-7463
<http://www.walkabout-int.org>
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Santa Luz in January