



# San Diego Feets

Vol. 38, No. 8

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](http://www.walkabout-int.org), e-mail: [info@walkabout-int.org](mailto:info@walkabout-int.org)

## August 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

**MISSION BAY SUNSETS.** Walk leaves promptly at 6:30. Rain (not mist) cancels. Enjoy the cooler evening air and beautiful views of Mission Bay! Join us for a flat but fairly fast-paced **moderate to moderate-plus** walk along the shores of Mission Bay. Take the I-5 and go west on Clairemont Dr. to meet at the former Visitors Information Center. **Teri E.** (858) 560-0446 or **Jill F.** (858) 292-4231.

#### WEDNESDAYS

5:30 pm

**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.



Pace Yourself	miles	minutes
	per hour	per mile
Casual	2.5	25
Moderate	3	20
Moderate-plus	3.5	17

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

## 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.

### 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 3<sup>rd</sup> Ave. and C St. At 3<sup>rd</sup> 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.



Cavorting around Coronado in October 2014

## 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
Aug 1	No hike today
Aug 5	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Aug 8	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Aug 12	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Aug 15	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Aug 19	<b>Ron:</b> (619) 390-3033 or <a href="mailto:lucasronald@hotmail.com">lucasronald@hotmail.com</a>
Aug 22	<b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007
Aug 26	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Aug 29	<b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007



### 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](mailto: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](mailto: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

## SUNDAY, AUGUST 2

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.

## MONDAY, AUGUST 3

6:00 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.

## TUESDAY, AUGUST 4

9:30 am

**BALBOA PARK GARDENS AND MUSEUMS.** We'll meet in the Panama Plaza at one of the tables outside the Art Museum and walk at a **casual** pace for about 1 hour through the Sculpture, Alcazar, Rose and Desert Gardens before checking out the new miniature solar exhibit at the Railroad Museum (free day for San Diego residents). Stay on for an optional lunch followed by additional museums with the group or on your own if you'd like. Parking behind the Organ Pavilion shouldn't be a problem this early, but Tuesday is a busy day in the park so allow time in case you need to find an alternative. **Stella** (619) 232-3756.

## THURSDAY, AUGUST 6

6:00 am

**SUNRISE SERIES: SWEETWATER RIVER NATIONAL CITY.** We'll walk along the river at a **casual to moderate** pace on flat paved terrain. We'll see if any birds and/or ducks are roaming in the water and check to see if there are any improvements along the walking/bike path. Maybe we'll get all the way to the National City Marina. Take I-805 South to Sweetwater turnoff, stay on left side and turn left at 1<sup>st</sup> light (Sweetwater Rd.), left at next light then immediate right to meet at furniture store parking lot. Bring money for optional breakfast afterward. **Frances** (619) 479-3962.

## SATURDAY, AUGUST 8

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.

## SUNDAY, AUGUST 9

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, AUGUST 10

6:00 am

**SUNRISE SERIES: LIBERTY STATION/SPANISH LANDING.** Meet in the parking lot at Womble and Truxtun Rds. at 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. **Margo** (619) 287-7722.

9:30 am

**TORREY PINES, DEL MAR & SOLANA BEACH EXPLORATION.** Dan the explorer will offer 4 "Coaster Cruise" walks along the beach between Coaster stations this month. We'll take the Coaster Train from Old Town Transit Center (OTTC) to Solana Beach and then a 4.8 mile **casual to moderate** beach walk from Torrey Pines State Beach to Del Mar for an optional lunch on your own dime at a restaurant right on the beach to break up the walk halfway. Then we'll walk to San Dieguito Lagoon and along the southern beach loop of Solana Beach back to the Coaster station for the 2:54 train to San Diego's Old Town. Meet at the center of OTTC's track 3 to buy a round trip Coaster ticket for only \$5.50. Rain Cancels. **Dan D.** (858) 722-3002.

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.

## WEDNESDAY, AUGUST 12

10:00 am

**RUDEST, NUDIST BALBOA PARK.** Join Robert and Friends for a **casual** stroll to see what the curious said during the double exposures of yesteryear. Large groups are welcome, provided they do not disrobe. Afterward, we starving meanderers will eat at a nearby restaurant. Meet at the paved parking lot at Park Blvd. and Village Pl. near the giant fig tree. To use public transit, take the #7 bus north or south along Park Blvd and get off at Village Pl. at approximately 9:15. Rain cancels. **Robert B.** (858) 414-6181.

## THURSDAY, AUGUST 13

6:00 am

**SUNRISE SERIES: UPTOWN/UNIVERSITY HEIGHTS.** Let's walk over the bridge and wander past these historic homes and modern drought resistant gardens for 1 hour at a **moderate** pace on mostly flat terrain. We'll meet by the entrance to the pedestrian bridge behind Trader Joe's. Turn north off University Ave. at Vermont St. into the parking lot. **Connie** (619) 477-8628.

## FRIDAY, AUGUST 14

9:30 am

**ENCINITAS TO BEACON'S BEACH FOR LUNCH.** Dan the explorer will lead this 3.5 or 4.7 mile **casual to moderate** beach walk from Moonlight Beach past Stone Steps Beach, Encinitas City Beach and Beacon's Beach, heading north for lunch at a delightful restaurant in Leucadia. This "Coaster Cruise" departs from Old Town Transit Center (OTTC) at 9:54 and returns on the 2:54 pm Coaster from Encinitas (arrive there by bus or by walking through downtown Leucadia and Encinitas for the extra 1.2 miles). Optional lunch on your own dime after the beach part of the walk. Meet at the center of track 3 at OTTC to purchase a Coaster round trip ticket for \$5.50. Rain Cancels. **Dan D.** (858) 722-3002.

## SATURDAY, AUGUST 15

7:45 am

**DONUT DAY AT DEL MAR.** Join us on our annual trek to the race track for a quick tour of the stands followed by free donuts, coffee and O.J. We'll watch the horses practice going through the starting gate and linger afterwards to watch the workouts and/or listen to the speakers about horse racing. FREE admission and parking. Meet at the parking lot entrance to the race track off of Jimmy Durante Blvd. **Pat K's** cell for that day (619) 540-9031. Otherwise (619) 469-6223. Rain cancels.

## SUNDAY, AUGUST 16

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.

## MONDAY, AUGUST 17

6:00 am

**SUNRISE SERIES: CHULA VISTA.** We'll meet on Third Ave. between F and G Sts. to inspect the Third Ave. renovation. Take the I-5 south to the E St. exit, continue straight onto Bay Blvd and then turn left onto F St., turn right onto Third Ave. and park in area near the fast food restaurant. Pace for this 1 hour walk will be **casual to moderate** on flat, paved streets for about 1 hour. Bring money for optional breakfast afterward. **John & Marilyn** (619) 840-5544.

2:00 pm

**BEACH WALK FOR SUNSET.** Dan the Explorer will lead a coastal walk from the Carlsbad Poinsettia Coaster station to South Carlsbad State Beach and Grandview Beach and then past "The Beach of the 50 Stairways" to Beacon's Beach for a bargain happy hour of half priced appetizers and drinks. This "Coaster Cruise" travels from Old Town Transit Center (OTTC) at 2:22 pm to the Carlsbad Poinsettia Station. We'll take a **casual to moderate** 4.5 mile beach walk to the south and return from the Encinitas Coaster Station at 7:20 pm on an Amtrak train for the low Coaster price of \$5.50 round trip. Optional food is on your own dime, but the sunset vistas are free! Rain Cancels. **Dan D.** (858) 722-3002.

## TUESDAY, AUGUST 18

9:30 am

**BALBOA PARK GARDENS AND MUSEUMS.** We'll meet in the Panama Plaza at one of the tables outside the Art Museum and walk at a **casual** pace for about 1 hour through the Sculpture, Alcazar, Rose and Desert Gardens before visiting the Art Institute and the Japanese Friendship Garden (Tuesday is a free day for San Diego residents). Stay on afterward for an optional lunch followed by additional museums with the group or on your own if you'd like. Parking behind the Organ Pavilion shouldn't be a problem this early, but Tuesday is a busy day in the park so allow some extra time in case you need to find an alternative. **Stella** (619) 232-3756.

## TUESDAY, AUGUST 18 (CONT.)

3:00 pm

**SAN DIEGO AIRPORT EXPOSITION MURALS.** Let's take a 1.5+ hour **casual to moderate** walk to see a wonderful display of the 1915 Exposition murals, drawings, architectural artifacts, tile work and even a video of Fatty Arbuckle and Mabel Normand. We'll start at Spanish Landing, walk through Cancer Survivors Park and over to the airport. Turn south off of N. Harbor Drive into Spanish Landing (not W. Spanish Landing) and meet at the restroom building by the entrance to the parking lot. **Evelyn K.** (619) 461-6095.

## THURSDAY, AUGUST 20

6:00 am

**SUNRISE SERIES: PACIFIC BEACH.** We'll meet at Crystal Pier in Pacific Beach where you can **choose your own pace**. Leader will "caboose" for the slower-paced and a co-leader will lead the faster walkers on flat and paved terrain for 1 hour. Pace will depend on your energy this early. Watch for waves, sun on the water, runners and people watchers. Bring \$\$ for optional breakfast afterward. **Verna** (619) 276-3055.

10:00 am

**SHELTER ISLAND WALK & LUNCH.** On the 3rd Thursday each month, we will extend our weekly repeating walk to include the America's Cup Harbor walkway along the marina and have an optional lunch up on the deck with a view of the bay, city, marina and occasional friendly sea lion at that famous little seafood market/restaurant. This extension adds 1.2 miles round trip to our usual walk. **Sally R.** (619) 222-3800.

## SUNDAY, AUGUST 23

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.

If you are interested in helping to write up an article or two for our Walkabout newsletter describing a walk or walking group that you enjoy, or to make suggestions on how we can improve the walks, please contact the Walkabout Board via [President@walkabout-int.org](mailto:President@walkabout-int.org) or Pat Keller via [pat.kell1@cox.net](mailto:pat.kell1@cox.net).

## MONDAY, AUGUST 24

6:00 am

**SUNRISE SERIES: COLLEGE GROVE.** Let's take a 1-hour **moderate**, fairly flat walk through the military housing where the news of Pearl Harbor was first transmitted to the United States. Then we'll amble around Chollas Lake. Meet at College Grove Way and Deerflower Rd. (second intersection on Deerflower north of College Grove Dr.) We will be joined for breakfast by Lorraine Marshall, celebrating her 90th birthday on Aug. 25. If you wish to join us on University Ave. for breakfast only, phone **Pat K.** at home (619) 469-6223 or (619) 540-9031 the day of the walk.

6:15 pm

**SILENT MOVIES AT THE ORGAN PAVILION.** Join us before the Spreckels Organ annual silent movie. Tonight's movie is "For Heavens Sake" with the great comedian, Harold Lloyd. We meet at the Northeast entrance to the organ pavilion (by the Japanese Garden snack-shop) We will use our blankets or cushions to claim our seats before a **casual** flat walk along some little-known paths and then return for the 7:30 pm concert. Bring a snack or buy one there. Concert runs about 2-3 hours. Rain cancels walk. **Pat K.** (619) 469-6223.

## WEDNESDAY, AUGUST 26

10:00 am

**OCEAN BEACH EXPLORATION.** Enjoy varied terrain, interesting homes, beautiful gardens, and the ocean on this **casual** 1 to 1-1/2 hour walk. Meet in the first parking lot to the right, opposite the ball field, after entering Robb Field. Take I-8 West to the end, turn left (south) onto Sunset Cliffs Blvd, keep in the right lane and turn right (west) onto West Pt Loma Blvd. Turn right at Bacon St. for the entrance to Robb Field. For public transit, take the #35 bus west to Ocean Beach, exit at Sunset Cliffs Blvd. and West Pt. Loma Blvd. at approx. 9:30 am, and walk west 2 blocks on West Pt. Loma Blvd. to the Bacon St. entrance of Robb Field. Bring money for optional eats afterward. Rain cancels. **Robert B.** (858) 414-6181.

## THURSDAY, AUGUST 27

6:00 am

**SUNRISE SERIES: SOUTH SHORE.** Meet at the South Shores Boat Launch just east of Sea World on Mission Bay. Hopefully we'll see some rabbits and the great sea birds there. Take I-5 to Sea World Dr. and go west to the South Shores Boat Launch Ramp area. Watch for the sign, it is not very prominent. We'll meet at the restrooms at the boat launch. Optional breakfast follows this **moderate**, flat 1-hour walk. **Winnie** (858) 278-4003.

## FRIDAY, AUGUST 28

9:30 am

**TRAIN TO OCEANSIDE FOR BEACH WALK.** This final "Coaster Cruise" adventure departs from Old Town Transit Center (OTTC) at 9:54 from the middle of track 3 where you will purchase a round trip Coaster ticket for \$5.50 to Oceanside. This is a **casual to moderate** beach walk of 3.9 miles from Oceanside Pier to Oceanside Harbor for optional lunch on your own dime. This is a low tide walk along Oceanside's lovely beaches to the bustling activity and attractions at the harbor itself. Walk to the far end of the pier after both legs of the walk for an ice cream soda. Then return on the 2:32 pm or the 3:34 pm Coaster. Rain Cancels. **Dan D.** (858) 722-3000.

## SUNDAY, AUGUST 30

7:15 am

**BREAKFAST SPECIAL ALONG ADAMS AVE.** Interesting homes and views along the edge of Mission Valley will greet us on this flat, **moderate** walk. Optional breakfast follows. Rain cancels or postpones. Meet at 30th St. and Adams Ave. **Pat's Pals** (619) 469-6223.

9:15 am

**SON OF A BEACH - A "TORREY-DE-FORCE".** If the heat's got you beat, then here's a cool treat: let's cool off by the beach. Saunter from Solana Beach through Del Mar to Torrey Pines State Beach and back on a 3-hour, **moderate-plus** prance over mostly flat terrain as the waves caress the shore in an area that we adore. Want some more? Look for **Larry** in Solana Beach at the far western end of Via De La Valle by South Sierra Ave. (where free street parking abounds) (858) 755-1751 (evenings/weekends).

## MONDAY, AUGUST 31

6:00 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.

## FEATURED TRIPS



### LACMA 50TH ANNIVERSARY SPECIAL

THURSDAY, SEPTEMBER 17

A collection of masterpieces from the 19th and 20th centuries by such artists as Degas, Toulouse-Lautrec and others will be featured when Rita and Marilyn B. lead a

bus trip to help celebrate the L.A. County Museum of Art's 50th anniversary. This exclusive exhibit will highlight the recent bequest of A. Jerrold Perenchio. LACMA has established itself as a world-class museum with one of the strongest encyclopedic collections in the world. Your tour includes time for lunch on your own at one of LACMA's eateries. Please note that Walkabout's price is much less than our competitors. Our comfortable bus will be a 49 passenger no-vibration vehicle with bathroom.

We will meet at the Walkabout Office at Liberty Station at 7:00 am in order to depart no later than 7:30 am and pick up North County passengers by 8:00 am at La Costa off the I-5. We'll leave Los Angeles by 3:30 pm in order to return to San Diego by 7:00 pm. Please mail your \$60.00 check to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007, indicating a San Diego or No. County pick up location and your phone number. Please enclose a self-addressed stamped envelope for your itinerary to be mailed to you. Since we need to pay for the bus and the entrance tickets to the Museum in advance, there will be no refunds unless there is a waiting list. The first people to respond will get their choice of the best seating on the bus. There is walking involved at the Museum, and it is up to you how much you are able to do. Please call Rita at (619) 266-2555 with questions.

## NEW ENGLAND FALL FOLIAGE TRIP

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

**\$1349 per person (double occupancy)**

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, 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. Questions to danielbhaslam111@yahoo.com.

## **NEW BROAD MUSEUM**

**SATURDAY, NOVEMBER 7**

Enjoy Walkabout's first visit to the new Broad Museum in Los Angeles across from Disney Concert Hall with Rita and Marilyn B. Note that more than one-half of the 49 passenger bus has already been filled from the interest list. This is your chance to see magnificent European paintings and contemporary art work made possible by Eli and Edythe Broad's huge donation to this totally unique museum, which includes a fabulous restaurant inside. Your trip includes the air conditioned bus and professional driver, a bathroom aboard, entrance fee to the museum, quality snacks and water. The cost to you is much lower than with any other travel group.

Please mail your check for \$60.00 to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007, and include your pickup location: San Diego Walkabout Office or La Costa Park & Ride off I-5 at Carlsbad. Please include a self-addressed stamped envelope for your itinerary and your phone number in case there are any changes. Since we already have a large number of people going, it looks like we'll have a waiting list, in which case you could receive a refund if you request it.

We will depart from the San Diego Walkabout Office at 7:15 am and arrive at the North County pickup location by 7:45 am, leave North County by 8:00 am and head non-stop to the Museum. We expect to reach the Broad at 10:00 am and you will be on your own until our 4:00 pm departure, which will give you 6 hours to have lunch (on your own) and walk around the huge complex that includes Disney Concert Hall, Ahmanson Theatre and the Mark Taper Forum. We plan to be back in San Diego by 7:00 pm. If you have any questions, please call Rita at home, (619) 266-2555. The day of the event you can reach her on her cell, (619) 890-0375. Marilyn B. and Rita promise this Museum is not like any other museum you have ever seen before.

## **BACK TO TUCSON**

**5 nights, 6 days, November 18 - 23**

We've revised our fall trip to Tucson, including departure and return dates (you're back in plenty of time to cook the Thanksgiving turkey). We've added a hotel night and more time on the ground to explore -- for the same price! Instead of flying to Tucson (which you could do at an added cost), we're taking a van from San Diego and crossing the desert for the 6-hour drive. Our reformatted trip is a Walkabout-only trip (no commercial trip partner). Some of the trip highlights include a visit to the 18th Century Mission del Bac aka "Dove of the Desert," the

University of Arizona, 4th Avenue entertainment venue, renowned Desert Museum, Sabino Canyon tram in the Coronado Natl. Forest, Saguaro National Monument, the Ted deGrazia art gallery & studio, Bisbee, Tombstone, Tubac and so much more. Our downtown hotel location provides a perfect setting for informative early bird walks, and our van tour gives us travel flexibility throughout the trip. You can do as much walking on this trip as you like or are able, and it's intended for all skill levels.

Trip includes roundtrip van transportation (air travel is available for about \$150 more), double occupancy hotel accommodations (single supplement available at \$175), at least two meals a day (breakfast each day and usually lunch), attractions admissions (above), and the services of your tour leader and co-leader. Trip insurance is recommended but not provided. Reservations are first-come, first-served, with a maximum of 13 guests on this tour. Refunds are available only if your seat is resold.

To reserve send \$300 deposit to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106. Mark "Tucson" on your payment, and for further info or if you want plane reservations contact trip leader Dan at danielbhaslam111@yahoo.com. It's been 21 years since a major Tucson trip -- let's do it up, cowboy/girl!

## **NEWS 'N NOTES FROM WALKABOUT INTERNATIONAL CAPE COD (WICC)**

Walkabout's seasonal walking operation on Cape Cod sponsors a variety of walks, day trips and longer expeditions this summer and fall season. Weekly walks are now being held on Friday afternoons in partnership with Hosteling International. The 90-minute walks ("Historic Highlights of Hyannis") leave from the hostel situated on Hyannis Harbor, and pass by the oldest house in Hyannis (1700s), old ship captains' homes, the old business section, a former college campus for teachers, a pre-Revolutionary Tory tree, and an octagonal-shaped house and barn in downtown Hyannis. The walk also takes in a good portion of the Kennedy Legacy Trail. On most Monday evenings, a 1-hour walk explores 1600's Barnstable Village and is followed by a 1-hour lecture and desserts, sponsored by Tales of Cape Cod.

New this summer is a partnership between WICC and the Barnstable Land Trust, (BLT) a conservation organization on the lower and middle Cape. On Saturday mornings in August, Dan Haslam will lead historical walks in several Barnstable villages, including Osterville, Centerville and Barnstable. Osterville is probably the most exclusive of Barnstable townships' seven villages, with enormous summer cottages. Centerville was largely a fishing community and Barnstable is the historic county seat. Each of the villages has an historic core, with the typical New England churches, graveyards, and stately old homes which provide the centerpieces for the walks. The BLT co-sponsors the walks to draw interest in the communities and publicizes the walks in order to ensure good crowds, often as many as 40-50 people.

Later this fall, Walkabout and Hyannis Federated Church will co-sponsor a weeklong trip through Massachusetts, New Hampshire and Vermont as part of the Northeast Kingdom Fall Foliage Festival in Vermont. Walkabouters from California and Arizona will fly into Boston Logan's airport, and have a tour and night in the Boston area before joining up with the participating Cape Codders en route to Vermont. The group will spend 5 nights in cottages on Joe's Pond in W. Danville, VT while touring small towns participating in the weeklong festival. All will enjoy church suppers, hymn sings, hay rides, and small town touring before the western group has a night and a day touring Cape Cod and a crack at a lobster luncheon. This tour is the culmination of walks through WICC before Dan returns to California after 5 months on the Cape.

## **ANNUAL MEETING / AUCTION / PICNIC**

**SATURDAY, OCTOBER 24, Noon to 4 pm**

Mark your calendars now for Walkabout International's annual potluck picnic and auction to be held at East Mission Bay Park (same location as last year).

We need each person to bring three things:

1. Contributions for the auction
2. Food to share for the potluck (usually 40+ attendees)
3. Your checkbook or cash to pay for someone else's treasure at the auction

The park is located on East Mission Bay Drive just west of the I-5 near the former visitors center at Clairemont Drive, Exit #22. We will be in the Playa II covered shelter (gazebo), south of the visitors center, north of the Hilton Hotel; look for our bright blue banners & signs. Plenty of free parking nearby. Walkabout will provide beverages, ice, cutlery, napkins, cups, and plates. You're welcome to bring your friends and neighbors; all are welcome (just be sure to bring plenty of food to share).

We will start off with a casual to moderate walk along the bay before lunch. There will be a short annual meeting about Walkabout's operations presented by our President, Bob Buehler before the auction. As usual, our cheerful auctioneer Dan Haslam will entertain us with his fast talking as he tries his best to move all those treasures to new homes. Auction favorites include plants, homemade baked goods, gift certificates (restaurants, hairdresser, movie tickets), books, gifts that you want to "re-gift", things that can be consumed (rather than stored on a shelf), gift baskets of fancy food, wine. Things to avoid bringing to the auction: artwork, clothing, electronics (unless working), anything not in good condition.

Come on down for an entertaining afternoon, good food, great company and chances to win free door prizes, plus a chance to win a free day trip to the Broad Museum.

Call the office (619) 231-7463 to sign up on the potluck interest list with your name and food contribution. Main dishes preferred.



**May the fourth-minus-one be with you**



**Beachy Keen in August 2014**



## AUGUST 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
						<b>1</b>
						No hike today
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
7:15 am Breakfast Spcl: Downtown  <b>8:15</b> am Merry Go-Round	6 am Sunrise: Lake Murray  <b>10</b> am Crown Point Area Beckons	9:30 am Balboa Park Gardens & Museums  <b>6:30</b> pm Mission Bay Sunsets	TBA Hike  <b>5:30</b> pm Wednesday Workout	6 am Sunrise: Sweetwater River National City  <b>10</b> am Shelter Island <b>10</b> am Mission Beach  <b>10:15</b> am Balboa Park	<b>6</b> pm Mission Hills Meander	TBA Hike  7:15 am Late Birds
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
7:15 am Breakfast Spcl: Balboa Park  <b>8:15</b> am Merry Go- Round	6 am Sunrise: Liberty Station/ Spanish Landing  9:30 am Torrey Pines, Del Mar, Solana Beach  <b>10</b> am Crown Point Area Beckons	<b>6:30</b> pm Mission Bay Sunsets	TBA Hike  10 am Rudest, Nudist, Balboa Pk  <b>5:30</b> pm Wednesday Workout	6 am Sunrise: Uptown/U Hts.  <b>10</b> am Shelter Island <b>10</b> am Mission Beach  <b>10:15</b> am Balboa Park	9:30 am Encinitas to Beacon's Beach  <b>6</b> pm Mission Hills Meander	TBA Hike  7:45 am Donut Day at Del Mar
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
7:15 am Breakfast Spcl: E. Mission Bay  <b>8:15</b> am Merry Go Round	6 am Sunrise: Chula Vista  <b>10</b> am Crown Point Area Beckons  2 pm Beach Walk for Sunset	9:30 am Balboa Park Gardens & Museums  3 pm SD Airport Exposition Murals  <b>6:30</b> pm Mission Bay Sunsets	TBA Hike  <b>5:30</b> pm Wednesday Workout	6 am Sunrise: Pacific Beach  <b>10</b> am Shelter Island (& lunch) <b>10</b> am Mission Beach  <b>10:15</b> am Balboa Park	<b>6</b> pm Mission Hills Meander	TBA Hike
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
7:15 am Breakfast Spcl: Pacific Beach  <b>8:15</b> am Merry Go- Round	6 am Sunrise: College Grove  <b>10</b> am Crown Point Area Beckons  6:15 pm Silent Movies at the Organ Pavilion	<b>6:30</b> pm Mission Bay Sunsets	TBA Hike  10 am Ocean Beach Exploration  <b>5:30</b> pm Wednesday Workout	6 am Sunrise: South Shore  <b>10</b> am Shelter Island <b>10</b> am Mission Beach  <b>10:15</b> am Balboa Park	9:30 am Train to Oceanside for Beach Walk  <b>6</b> pm Mission Hills Meander	TBA Hike
<b>30</b>	<b>31</b>					
7:15 am Breakfast Spcl: Adams Ave.  <b>8:15</b> am Merry Go- Round  9:15 am Son of a Beach – Torrey...	6 am Sunrise: Ocean Beach  <b>10</b> am Crown Point Area Beckons					

## UPCOMING WALKS, EVENTS & TRIPS

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

### Day Trips

LA Country Museum of Art	September 17
Broad Museum	November 7
Riverside Victorian Tour	December 12

### Overnight Trips

New England Fall Foliage	Sept 28 – October 5
Beautiful Boise	October 8 -15
Tucson & Southeast Arizona	November 18 - 23

### Events/Walks

Annual Meeting Potluck & Auction	October 24
Thanksgiving Walk Shelter Island	November 26
Thanksgiving Restaurant Dinner	November 26
Holiday Trees/Dec. Nights Balboa	December
Christmas Brunch & Gift Exchange	December 25
Annual New Year's Walk	January 1, 2016
Annual Walk Leader's Luncheon	January
Chinese New Year Walk/Dinner	February
Walkabout's 39 <sup>th</sup> Anniversary	March

## VOLUNTEER!

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

### Events/Walks

Annual Ice Cream Walk	TBD
Holiday Decorations at Hotel Del	December
Clairemont Lights & Potluck	December
Lamb's Theater Christmas Play	February



### 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
- Free Tuesdays at museums in Balboa Park
- 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, August 21 at 11:30 am

The monthly meeting will be held at Serra Mesa-Kearny Mesa Branch Library, Sudberry Room, 9005 Aero Drive, San Diego, CA 92123



## BOARD MEMBERS

**President** (858) 571-7733  
Robert Buehler President@walkabout-int.org

**1st Vice President** (619) 249-9813  
Dan Haslam danhaslam@walkabout-int.org

**2nd Vice President**  
Vacant

**3rd Vice President** (619) 222-3447  
Stan Follis Stanley@walkabout-int.org

**Recording Secretary** (619) 231-7463  
Donna Farris secretary@walkabout-int.org

**Treasurer** (619) 266-2555  
Rita Balliot treasurer@walkabout-int.org

### Directors

Marilyn Buckley (619) 231-7463  
prwalkabout@yahoo.com

Dan Dobbs (858) 722-3002

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](http://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      Other Contribution 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



2650 Truxtun Rd., Suite 110  
San Diego, CA 92106-6007  
(619) 231-7463  
<http://www.walkabout-int.org>  
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### LABEL CODE REMINDER

Please check the expiration date on your label to renew beforehand. We don't want you to miss an issue!

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Larry lead the successful search for the San Dieguito River Park in April