



# San Diego Feets

Vol. 38, No. 12

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)

## December 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

3:00 pm

**WEDNESDAY WORKOUT.** Join us at Pioneer Park in Mission Hills next to Grant School at Washington Pl. and Randolph St. for a 1½ hour **moderate-plus** walk. We head in a different direction each week to explore Old Town, Hillcrest, Bankers Hill, or Mission 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

4:00 pm \*\*\**Except Christmas & New Year's Day*\*\*\*  
**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. **Stan F.** (619) 222-3447.

### 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.

## 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.walkabouthikes.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
Dec 2	<b>Ron:</b> (619) 390-3033 or <a href="mailto:lucasronald@hotmail.com">lucasronald@hotmail.com</a>
Dec 5	<b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007
Dec 9	<b>Bob R:</b> (760) 728-8232
Dec 12	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Dec 16	<b>Rita C:</b> (619) 482-0052
Dec 19	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Dec 23	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Dec 26	<b>Candy:</b> (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a>
Dec 30	<b>Mike L.</b> (858) 455-0738

## MORE GREAT WALKS THIS MONTH



### TUESDAY, DECEMBER 1

10:00 am  
**SANTEE HISTORICAL WALK.** Meet Santee **Dan** at the Santee Trolley stop (end of Green Line) for a **casual** walk (about 1 mile) to the Santee Historical Museum at 9200 Magnolia St. (drivers can drive straight here) and a visit to the Edgemoor Barn (last remnant of the poor farm). We'll tour the museum and then take an additional walk on the new river walk toward Lakeside. Save some energy for the walk back to the trolley, where we'll enjoy an optional BBQ lunch. What a fun day! (619) 249-9813.

### WEDNESDAY, DECEMBER 2

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, DECEMBER 3

6:30 am  
**SUNRISE SERIES: EASTERN BALBOA PARK.** Meet **Edie** at the merry go-round off Park Blvd. near the Zoo. We'll see roses and cacti galore, and much more on this **moderate** 1 hour walk. We'll check to see if Santa Claus and his sleigh have arrived on the mall, and find a Christmas tree or two. Plan for an optional breakfast afterward. Shall we try Greek? (619) 222-4396.

### SATURDAY, DECEMBER 5

10:00 am  
**HOLIDAY SEASON DOWNTOWN.** Let's take our annual **casual** walk to explore the decorations downtown and get in the Holiday spirit. Meet at 4th Ave. and G St. by the Balboa Theater (park in Horton Plaza after 9:30). **Pat K.** (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.

## SUNDAY, DECEMBER 6

7:15 am

**BREAKFAST SPECIAL DOWNTOWN.** Let's take a **casual** stroll through the downtown area admiring the Christmas Decorations and holiday spirit. Optional breakfast follows. Meet at the corner of 2nd Ave. and G St. Parking is free on 2nd or 3rd Aves. south of G St. until 10 am and also in yellow zones on Sundays. **Pat K.** (619) 469-6223

9:15 am

**A HANUKKAH HOP THROUGH RANCHO SANTA FE.** In anticipation of the start after sundown tonight of this festive 8-day holiday, let's trip the light fantastic by hopping through Rancho Santa Fe. With so many holiday adornments appearing this time of year, our light-hearted saunter will take us past luxurious lawns and sumptuous estates all aglow with December trimmings of many different flavors. Enjoy a **moderate-plus**, 3-hour prance over mixed-up and -down trails and pathways. Look for **Larry** at the corner of Via de la Valle (aka route S-6) and Cancha de Golf (entry road into Morgan Run golf club). BYO water; rain cancels. (858) 755-1751 (evenings/weekends).

## MONDAY, DECEMBER 7

6:30 am

**SUNRISE SERIES: NORTH PARK.** Meet at Pershing Dr. and Upas St. for a one hour **casual to moderate** walk. We'll stroll thru Bird Park and check out the area around it. Take I-5 to Pershing Dr. exit and continue on Pershing Dr. for 1.5 miles – your destination will be on the right. Bring money for an optional breakfast afterward. **Frances** (619) 479-3962.

10:00 am

**SHOPPING THRIFT SHOPS IN SANTEE.** Life doesn't get better than 75% off, and that's the Monday discount at one of the several thrift/off-price stores we'll visit. Meet at the Green Line trolley stop in Santee, and we'll take a **casual** walk to at least two thrift shops and two sell-off stores before heading for a bargain lunch at a big-box store where you need a card to shop. (Dan can get you in!) Today is bargain day, and you NEED this shopping spree for the holidays! We'll have a car to hold your treasures while you walk! Off-Price **Dan** (619) 249-9813.

## TUESDAY, DECEMBER 8

3:00 pm

**STROLL SOUTH KENSINGTON.** Join us for a pleasant **casual to moderate** flat 1.5+ hour walk along some lesser-traveled streets in South Kensington. We'll stroll past beautiful houses and gardens (including a former house of ill repute), and walk across a pedestrian bridge. Meet at the corner of Adams Ave. and Vista St. Bus #11 stops at Adams Ave. and Biona Dr. Rain cancels. **Evelyn K.** (619) 461-6095.

## THURSDAY, DECEMBER 10

6:30 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.

## SATURDAY, DECEMBER 12

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.

6:00 pm

**DOWNTOWN SIGHTS AND SOUNDS.** Meet **Stella & Derek** outside the Balboa Theater on 4th Ave. and E St. for a **casual** 1-hr stroll through the Gaslamp area followed by an optional stop for fish tacos. Free 3-hour parking available at Horton Plaza. (619) 232-3756 or 298-4891.

## SUNDAY, DECEMBER 13

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.

2:00 pm

**HOLIDAYS GONE TO THE DOGS; YOU CAN TOO.** We'll meet at the Davis/Horton Museum House at 410 Island Ave. (4th and Island) for a visit with town dogs Bum and Bobby before a **casual** walk over to the meeting spot for all the animals marching in the GQA Pet Parade in the colorful Gaslamp Quarter. We'll march right with them and end up back at the museum to have our pictures taken with Father Christmas and Fido, and you'll have a great afternoon! Park at Horton Plaza garage with free validation, or on-street parking is free on Sundays. Doggone **Dan** (619) 249-9813.



## MONDAY, DECEMBER 14

6:30 am

**SUNRISE SERIES: DOWNTOWN.** Decorations are up and we are ready to take a flat, **casual to moderate** walk through the downtown area to ooh and aah. Which color predominates on this year's Christmas trees? Which is the cleverest? the prettiest? the richest? Meet at 2nd and G St. Parking on 2nd or 3rd Aves. is free until 10:00 am. Optional breakfast follows. **Pat K.** (619) 469-6223.

## TUESDAY, DECEMBER 15

10:00 am

**BALBOA PARK GARDENS AND MUSEUMS.** We'll take a 1-hour **casual** walk through the Sculpture, Alcazar, Rose, and Desert Gardens and then we'll have the option to explore the Japanese Friendship Garden as well as the Mingei and Art Museums (all free today for San Diego residents). Meet **Stella** at the tables in front of the Art Museum. (619) 232-3756.

## WEDNESDAY, DECEMBER 16

10:00 am

**CORONADO BAY AND OCEAN.** Robert and Friends will do a **casual**, 1-hour flat walk to view the bay and then cross over to the ocean side and walk past the high-rise condos. We can check out the Hotel Del's famous Christmas Trees. Meet in front of the Bluewater Boathouse Restaurant on Strand Way. Take Orange Ave. south past the Hotel Del and the restaurant to the first traffic light, turn left, then left again onto Strand Way. Free parking in the restaurant lot or on Strand Way. For public transit, take the #901 bus ("Iris Trolley") from the 12th and Imperial Transit Center and get off just past the Hotel Del before 9:45 am, proceed across Orange Ave. and down the hill to the meeting place. Optional eats afterward. Rain cancels. **Robert B.** (858) 414-6181.

## THURSDAY, DECEMBER 17

6:30 am

**SUNRISE SERIES: PACIFIC BEACH BOARDWALK.** A **moderate** 1-hour walk on flat terrain to enjoy the fresh air, early morning breeze, and beautiful sunrise. We can look forward to good company, chatting and optional breakfast afterward. Meet at the Crystal Pier at the west end of Garnet Ave. **Verna** (619) 276-3055.

## SUNDAY, DECEMBER 20

7:15 am

**BREAKFAST SPECIAL ALONG EAST MISSION BAY.** A flat walk **at your own speed** to see the birds, boats, and views. Optional breakfast follows. Meet on Mission Bay Dr. by the restrooms just south of Clairemont Dr. If the road/parking lot is closed, we will meet in the restaurant parking lot at Pacific Hwy. and Rosecrans St. to walk along the river or Old Town. Rain cancels. **Pat's Pals** (619) 469-6223.

## MONDAY, DECEMBER 21

6:30 am

**SUNRISE SERIES: CORONADO.** Let's take a flat, **moderate** paced walk through beautiful Coronado with stops to admire the shops, homes, gardens, Hotel Del Coronado and of course the beach. Meet at the west side of 10th St. and Orange Ave. with optional breakfast afterward. **Connie** (619) 477-8628.

## THURSDAY, DECEMBER 24

6:30 am

**SUNRISE SERIES: OLD TOWN.** We'll visit Old Town to check out what's new. Meet at the corner of Pacific Hwy. and Rosecrans St. for this flat, **casual to moderate** 1-hour walk. Bring money for optional breakfast afterward. **John & Marilyn** (619) 840-5544.

## SUNDAY, DECEMBER 27

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, DECEMBER 28

6:30 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.) Optional breakfast follows. **Margo** (619) 287-7722.

## THURSDAY, DECEMBER 31

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.



## ANNUAL PICNIC POTLUCK FEATURES GREAT FOOD AND A FUN AUCTION!

About 30 Walkabouts turned out for our walking organization's annual meeting, auction, and picnic at Mission Bay on Saturday, October 24. While fall temperatures were running about 10 degrees above normal, the shade cover and bay breezes kept the attendees cool and in good spirits. The afternoon event started off with a potluck luncheon which featured several tables filled with chicken, casseroles, homemade salads, fruit, and gooey desserts. Guests contributed the potluck and also the auction items that went under the gavel following lunch. Auctioneer Dan Haslam struggled to squeeze dollars out of the bidders, and many items went for bargain prices. Baked goods, potted plants, books, holiday items, and a Cape Cod condo vacation brought in more than \$700 in revenues for the benefit of Walkabout. Board President Bob Buehler managed to obtain 8 door prizes for lucky winners. He provided a positive report on Walkabout's finances with a call for more volunteers to assist with running the office and to join our newest board member, Dan Dobbs. Bob also thanked Walkabout's generous donors for nearly \$5,000 in gifts for operating funds for the current fiscal year. The 2015 Volunteer Extraordinaire Award was awarded to Grace Greenalch, a long time and active volunteer. Grace was not present at the luncheon, but will receive the award at a later date. Board member Norm Vigeant led a walk along Mission Bay for those willing to brave 80 degree temperatures on a lovely sunny afternoon. A good time was had by all, with hopes that more will attend in 2016.



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## NEW ENGLAND FALL FOLIAGE TRIP DELIGHTS WALKABOUT'S LEAF PEEPERS

In late September and early October, 11 western Walkabouts joined five Cape Codders for a weeklong visit to Boston, New Hampshire, Vermont, and Cape Cod to look at brightly colored leaves and enjoy country cooking.

The fall foliage tour, an organized village-by-village trek in Vermont's rural Northeast Kingdom, has been a favorite of Walkabouts and has been repeated many times. This year a handful of foliage fans from Cape Cod and Hyannis' Federated Church joined in, and as a result two vans formed a caravan touring around country roads. The western group met up at Boston's Logan Airport on Day 1 and toured Boston sights before settling in for a Mexican dinner and overnight stay in historic Lexington, MA, where the first battles of the Revolutionary War were fought. After a walking tour of some downtown Lexington sights on Day 2, the group joined up with the Cape Codders to settle into their accommodations for the Vermont portion. Due to a motel reservations glitch, the group had to split up, with the Cape Codders staying in a cottage overlooking Joe's Pond in West Danville. The westerners took up residence in a large summer cottage on Caspian Lake in Greensboro, VT. The cottage had a separate lodge with huge fireplace, living area overlooking the lake and a kitchen, connected to an unheated dorm with six bedrooms and two bathrooms.

October can be cold at night in northeastern VT, which helps the leaves change color. Most of the westerners slept in flannel and under numerous blankets, but enjoyed the toasty lodge with cheerful fires. Both groups met up for the daily activities, which included a visit to the Cabot cheese plant, a fresh turkey dinner, and hymn sing.

Day 3 included a visit to Plainfield, VT, a covered bridge, visit to a weaving school, a blacksmith, and an afternoon tour of the amazing Hope Cemetery, the showplace of the Rock of Ages company in Barre, VT. The group also toured a granite museum to learn a bit about the history of mining and creation of monument stone. In the late afternoon, the group enjoyed a PowerPoint presentation about the history of Plainfield, followed by a BBQ chicken dinner.

Day 4 started off with a visit to picturesque Peacham, VT, with a walk around the village, and a tour throughout the town on a local school bus with a farmer-turned-tour guide. The day also included a wonderful craft show, visit to the local observatory, a snow-rolling museum, cemetery walk, and a harp concert before a dinner of homemade spaghetti at the local church.

The next day the group went “off script” and visited St. Johnsbury’s elegant Athenaeum museum, a walk through this elegant town, and a visit to Dog Mountain, which features a chapel for dogs, complete with an altar, stained glass windows and pews with a Lab theme. Luncheon was at the historic Miss Lyndonville Diner, with an afternoon visit to the eclectic Bread and Puppet Museum in Glover, a visit to the stuffed animal collection at the general store, and a group happy hour at the Caspian lodge.

Our final full Vermont day included a visit to the statehouse in Montpelier, a farmers’ market, and then an afternoon in Groton, southernmost town in the Northeast Kingdom. Our group enjoyed a parade (which goes through town twice!), and the historic museum, library, gift shops and a happy hour at the local pub before the World Famous Chicken Pie dinner. Every Groton family makes a contribution to the dinner so more than 1,000 people can enjoy breaking bread in four seatings.



**NEW ENGLAND FALL FOLIAGE TRIP DELIGHTS WALKABOUT’S LEAF PEEPERS**



## **ANNUAL CHRISTMAS BRUNCH & GIFT EXCHANGE**

**FRIDAY, DECEMBER 25 AT BROKEN YOLK**

**1851 GARNET AVE., PACIFIC BEACH**

Walk begins at 7:45 am from the corner of Lamont St. and Garnet Ave., with a buffet at 8:30 am. Mail your check for \$12.00, which includes everything – tax, tip and coffee, tea or milk, to Walkabout Int’l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106. Last year we got rave reviews on the buffet.

Bring a gift marked (Male), (Female) or (Generic) with a value of under \$10. No fruit cakes PLEASE. We really had some nice gifts last year and the rules are you cannot take someone’s gift away from them. Call Rita with any questions at (619) 266-2555.



**Walkabouters enjoy beautiful Boise, Idaho in October**



**Walkabouts frolic around Switzerland in July**



**Walkabouts overlook San Moritz, Switzerland**



## JOIN “NEW YEARS RESOLUTION WALKS” TO IMPROVE YOUR HEALTH AND ENDURANCE! SAN DIEGO COUNTY HAS OVER 70 MILES OF COASTLINE, LET’S WALK IT!

Dividing those 70 miles into 21 separate walks averages only 3.3 miles each. Join us on all 21 walks, one walk at a time:

- #1 Mexican Border to the Tijuana Estuary (3.4 miles)
- #2 Tijuana Estuary to Imperial Beach (3.5 miles)
- #3 Imperial Beach to the Silver Strand State Beach (3.8)
- #4 Silver Strand Beach to the Hotel del Coronado (5.2 miles)
- #5 Hotel del Coronado to Downtown San Diego (4.3 miles)
- #6 Downtown San Diego to Shelter Island (5.5 miles)
- #7 Shelter Island to Cabrillo National Monument (3.9 miles)
- #8 Point Loma Nazarene University to Ocean Beach Pier (4.4 miles)
- #9 Ocean Beach Pier to Belmont Park in Mission Beach (3.4 miles)
- #10 Belmont Park in Mission Beach to Crystal Pier in Pacific Beach (4.2)
- #11 Crystal Pier in Pacific Beach to Windansea Beach in La Jolla (3.5 miles)
- #12 Windansea Beach in La Jolla to La Jolla Cove (3.2 miles)
- #13 La Jolla Cove to La Jolla Shores and then Scripps Pier (3.3 miles)
- #14 Scripps Pier to Torrey Pines Reserve (4.7)
- #15 Torrey Pines Reserve past Del Mar to Solana Beach (5.8 mi.)
- #16 Solana Beach to Encinitas (5.3 mi.)
- #17 Encinitas to Carlsbad Poinsettia Station (5.3 miles)
- #18 Carlsbad Poinsettia Station to Carlsbad Village (3.7 mi.)
- #19 Carlsbad Village to Oceanside Pier (4.1 mi.)
- #20 Oceanside Pier to Oceanside Harbor (3.9 mi.)
- #21 Trestles Surfing Beach to San Clemente Pier (3.6 miles)

As a bonus of participating in these well-planned walks, you will learn about the public transportation options available in San Diego County (e.g., Amtrak, Coaster, Trolley, Ferry, MTS and Breeze Buses). Each walk will include complete directions for taking public transportation at a cost of no more than \$5.50 for the day.

In order to encourage participants to develop a love of the adventure of walking into unfamiliar locations, Dan Dobbs will lead all these walks at no charge. Dan is a senior walk leader for Walkabout International and he is very knowledgeable about the walking trails and conditions of the beach areas in San Diego County. Most walks will include stops where a meal or snack can be purchased and for a little rest. All of these walks are at a casual to moderate pace, with time to discuss and explore the local areas.

**Email Dan at [ddobbs48@gmail.com](mailto:ddobbs48@gmail.com) to request information** and he will reply with an email of his Mini-Walkabout Guide that includes information about where to meet to begin the walk, what form of public transportation may be involved, and an outline of where Walkabout will travel. Accept this New Year’s challenge today and begin to experience the joy and pure pleasure of taking a walk “Just for the health of it.” Dan Dobbs, [ddobbs48@gmail.com](mailto:ddobbs48@gmail.com), (858) 722-3002.

### **Additional information from Dan Dobbs, leader of The New Year’s Resolution Walks**

In January, we’ll start the series of 21 separate beach walks on Saturdays from the Mexican border to San Clemente to be completed in seven months (about 3 walks each month). Some of these walks will repeat during midweek as well. Unfortunately, the initial walks around the Mexican border will be delayed due to flooded conditions in this area. Therefore, the series will begin with “#5 Hotel Del Coronado to Downtown San Diego” and then pick up the walks near the border at the end of the series.

The entire series will be casual to moderate walks of adventure and discovery. Most walks will cover between 3 and 5 miles of mostly flat walking. Please try to join us for as many of these walks as you can. Make the New Year’s Resolution to walk to improve your health, endurance, and pleasure by walking with your Walkabout friends. Feel free to bring others along, even if they are not current Walkabout supporters.



## DECEMBER 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>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		10 am Santee Historical Walk  <b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  10 am Balboa Park Nutty Squirrel  <b>3 pm</b> Wednesday Workout	6:30 am Sunrise: E. Balboa Park  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>4 pm</b> Mission Hills Meander	TBA Hike  10 am Holiday Season Downtown
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
7:15 am Breakfast Spcl: Downtown  <b>8:15 am</b> Merry Go- Round  9:15 am Hanukkah Hop through Rancho Santa Fe	6:30 am Sunrise: North Park  <b>10 am</b> Crown Point Area Beckons  10 am Shop Thrifts in Sante	3 pm Stroll South Kensington  <b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  <b>3 pm</b> Wednesday Workout	6:30 am Sunrise: South Shore  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>4 pm</b> Mission Hills Meander	TBA Hike  7:15 am Late Birds  6 pm Downtown Sights & Sounds
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
7:15 am Breakfast Spcl: Balboa Park  <b>8:15 am</b> Merry Go- Round  2 pm Holidays Gone To Dogs	6:30 am Sunrise: Downtown  <b>10 am</b> Crown Point Area Beckons	10 am Balboa Park Gardens and Museums  <b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  10 am Coronado Bay & Ocean  <b>3 pm</b> Wednesday Workout	6:30 am Sunrise: Pacific Beach Boardwalk  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>4 pm</b> Mission Hills Meander	TBA Hike
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>Christmas 25</b>	<b>26</b>
7:15 am Breakfast Spcl: E. Mission Bay  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: Coronado  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  <b>3 pm</b> Wednesday Workout	6:30 am Sunrise: Old Town  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	7:45 am Walk, Brunch & Gift Exchange	TBA Hike
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>
7:15 am Breakfast Spcl: Pacific Beach  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: College Grove  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  <b>3 pm</b> Wednesday Workout	6:30 am Sunrise: Ocean Beach  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park		

## UPCOMING WALKS, EVENTS & TRIPS

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

### Trips/Events/Walks

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 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 with 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.



### 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.

## WALKABOUT BOARD MEETING

Friday, December 18 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

<b>President</b> Robert Buehler	(858) 571-7733 President@walkabout-int.org
<b>1st Vice President</b> Dan Haslam	(619) 249-9813 danhaslam@walkabout-int.org
<b>2nd Vice President</b> Vacant	
<b>3rd Vice President</b> Stan Follis	(619) 222-3447 Stanley@walkabout-int.org
<b>Recording Secretary</b> Donna Farris	(619) 231-7463 secretary@walkabout-int.org
<b>Treasurer</b> Rita Balliot	(619) 266-2555 treasurer@walkabout-int.org
<b>Directors</b>	
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, Grace Greenalch, Pat Peterson, Charlotte Sedgwick

### NEWSLETTER STAFF

Rita Balliot, Stan Follis, Dan Haslam, 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

### NOTABLE WALKING EVENTS (NOT SPONSORED BY WALKABOUT)

#### Walk & Talk La Mesa

Meets 2<sup>nd</sup> and 3<sup>rd</sup> Tuesday from 9 – 10:30 am

For more information call (619) 667-1333 or (619) 667-1300 or email: recreation@ci.la-mesa.ca.us

#### Walking Wednesdays

Discover La Mesa's current and future urban trails!

For more information contact Misty Thompson at (619) 667-1319 or email: SRTS@ci.la-mesa.ca.us



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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### **A BIG THANK YOU TO OUR RAFFLE/DOOR PRIZE DONORS FOR WALKABOUT'S 2015 ANNUAL MEETING / PICNIC / AUCTION**

- Olive Garden Restaurant: 2 sets of \$20 value gift certificates - 2 winners
- San Diego Natural History Museum: 2 sets of 2 guest passes - 2 winners
- Solare Ristorante, Liberty Station, award winning chef, [www.solarelounge.com](http://www.solarelounge.com): 2 \$25 gift cards - 2 winners
- USS Midway Museum: family pack of 4 guest passes - 1 Winner

