



San Diego Feets

Vol. 40, 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 am to 2 pm, Monday, Wednesday, Friday Internet: www.walkabout-int.org, e-mail: info@walkabout-int.org

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 at least 10 minutes prior to the start time.

April 2017

40th Anniversary Year!

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. Rarely, we cancel due to holidays or commitments during this busy season.

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.

THURSDAYS

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. Join Sandra, Sally and Friends for 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 sea lions. Meet new friends 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. Ample free parking. 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, Optional eats afterward. Heavy 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.

5:30 pm

THURSDAY TROMP. Meet in front of Bookstar in Costa Verde Shopping Center at 8650 Genesee Ave. for a friendly walk'n'talk for about 1½ hours at a **moderate-plus** pace through neighborhoods, parks, and canyon trails all around UTC and UCSD areas. Rain cancels. **Kathy T.** (858) 539-6888 or **Barbara S.** (858) 452-8832.

FRIDAYS

6:00 pm

MISSION HILLS MEANDER. Join us for great views and picturesque homes of this old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. We will enjoy the late afternoon views. Meet 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 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 lot near 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.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	TBA
Apr 5	TBA
Apr 8	Bill: (619) 206-5809 or wa4lrm@gmail.com
Apr 12	Mike L. (858) 455-0738
Apr 15	Bill: (619) 206-5809 or wa4lrm@gmail.com
Apr 19	Potluck - Margot
Apr 22	Bob R: (760) 728-8232 (Santa Rosa Plateau)
Apr 26	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Apr 29	Eva: (619) 283-1872 or evajudo@aol.com

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.

MORE GREAT WALKS THIS MONTH

SATURDAY, APRIL 1

4:01 am

APRIL'S FIRST AMBLE. As Walkabout celebrates our 40th anniversary year of pedestrian power, you are cordially invited to mark 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 Ave. and Laurel St. Very limited seating, so RSVP for walk and free breakfast (619) 555-WALK. Rain does NOT cancel this festive event!

SUNDAY, APRIL 2

7:15 am

BREAKFAST SPECIAL ON SHELTER ISLAND. Ships and seagulls will delight us as we walk as far around Shelter Island as we wish **at our own speed.** Time out to pet cute dogs. The walk is mostly flat, but we might go along the shore and some might go up the hill for the views. Optional breakfast follows to eat and chat. Meet at Shelter Island Dr. and Anchorage Ln. This intersection is served by the 6:45 #28 bus. Rain cancels. **Pat's Pals** (619) 469-6223.

MONDAY, APRIL 3

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. **Betty** (858) 248-3782.

TUESDAY, APRIL 4

10:00 am

DISCOVER SMALLEST PARK IN SAN DIEGO. Meet in Balboa Park at 6th and Upas to take a short walk to a tiny park you've probably never noticed. From there we'll continue a 60-90 minute **casual** stroll past several points of interest on our way back to Marston House gardens and gift shop in the largest city park in San Diego. Rain cancels. **Stella** (619) 232-3756.

THURSDAY, APRIL 6

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.

FRIDAY, APRIL 7

10:00 am

BALBOA PARK PRADO LOOP. Meet near the corner of Laurel and 6th Ave. by the Kate Sessions statue for a **casual** walk mostly on sidewalks with time to explore the sights. We will cross the El Prado bridge and do a loop through some of the gardens and landmark buildings in the park, including the Alcazar garden, the old cactus garden, and palm garden. Optional lunch afterward. Rain Cancels. **Roger** (619) 299-0489.

SATURDAY, APRIL 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.

10:00 am

7 GREAT WALKS OF MISSION BAY. This final walk of the series is a 4.3 mile **moderate** walk on Fiesta Island. Exit I-5 onto Sea World Dr. and head west to the first intersection with E. Mission Bay Dr. and turn right. Then turn left onto Fiesta Island Rd and drive onto the island. Turn right and find parking in the sand along the road to meet for a clockwise walk around the island. Heavy rain cancels. Email **Dan D.** at ddobbs48@gmail.com for full details or (858) 722-3002.

SUNDAY, APRIL 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, APRIL 10

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. **Pat K.** (619) 469-6223.

WEDNESDAY, APRIL 12

8:15 am

LAGUNA BEACH AT LOW TIDE. Train rides and a fun-filled walk along Laguna Beach at low tide, can it get any better? Meet at Old Town Transit Center (OTTC) before the Amtrak train departs at 8:30. Best to purchase round trip train ticket beforehand: (800) 872-7245 or amtrak.com (enter start location as San Diego Old Town and destination of San Juan Capistrano). Bring electronic ticket or email attachment from Amtrak and your reservation# to the train. Cost for trains is \$44 per adult or \$37.40 per senior. Bring \$ for optional brunch at Denny's in Dana Point and a nice early dinner in San Juan Capistrano before we leave. We will return to OTTC on the 5:24 pm Amtrak train to arrive at OTTC at 6:54 pm. Rain or Shine. Email **Dan D.** at ddobbs48@gmail.com for full details or (858) 722-3002.

THURSDAY, APRIL 13

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. **John & Marilyn** (619) 840-5544.

SUNDAY, APRIL 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. If the road/parking lot is closed for an event, meet in the restaurant parking lot at Pacific Hwy. and Rosecrans St. to walk along the river or Old Town. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

MONDAY, APRIL 17

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.

TUESDAY, APRIL 18

2:00 pm

TRAVELS THROUGH BURLINGAME. Celebrate finishing your taxes with a 1-1/2 hour **casual-to-moderate** mostly flat stroll through the charming neighborhood of Burlingame. We'll walk along the curving pink sidewalks past well-kept homes in Craftsman, Spanish Colonial, Prairie, Mission Revival, and Swiss Chalet style. We may even venture into Switzer Canyon. Meet at the corner of 32nd and Kalmia Sts. Bus #2 stops at 30th and Juniper. Rain cancels. **Evelyn K.** (619) 462-6095.

THURSDAY, APRIL 20

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 left as you approach the lake. Optional breakfast follows. **Margo** (619) 287-7722.

SUNDAY, APRIL 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.

9:15 am

FANCIFUL FOOTPATHS AROUND FAIRBANKS. Wander through a remarkable realm of rustically rambling ranches, serenely sprawling estates, and cozy country corners on a lively, **moderate-plus** 3-hour prance over mixed up and down-right hilly terrain in the Fairbanks Ranch environs. Look for **Larry** at the corner of San Dieguito and Rancho Diegueno Rds. (by the traffic signal just outside Del Rayo Village Center where parking abounds near Leucadia Pizza). From I-5: take the Via De La Valle exit east (about 1 mile) to El Camino Real and go south (one intersection) to San Dieguito Rd, where you go east for about 2.7 miles. BYO water. Rain cancels. (858) 755-1751 (evenings/weekends).

MONDAY, APRIL 24

6:30 am

SUNRISE SERIES: MISSION BAY BACKWARDS. Let's start on the path near Sea World Dr. to enjoy the playground and the sights we've missed on this **moderate** 1-hour walk on flat, mostly paved terrain. Take Sea World Dr. exit west off I-5, turn right at the first light, pass the entrance to Fiesta Island, cross the bridge, park at the second entrance to the small parking lot on your left. **Edie** (619) 222-4396.

THURSDAY, APRIL 27

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.

SUNDAY, APRIL 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.



Almost -98 year old Verna Bain entertains Walkabouters with stories from her long affiliation with Walkabout at Presidents' Day Luncheon

APRIL 2017 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
						TBA Hike 4:01 First Amble
2	3	4	5	6	7	8
7:15 am Breakfast Spcl: Shelter Island 8:15 am Merry Go- Round	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons	10 am Discover Smallest Park 6:30 pm Above the Bay	TBA Hike	6:30 am Sunrise: National City 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa 5:30 pm Tromp	10 am Balboa Park Prado Loop 6 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 10 am 7 Great Walks of Mission Bay
9	10	11	12	13	14	15
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go- Round	6:30 am Sunrise: Coronado 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 8:15 am Laguna Beach at Low tide	6:30 am Sunrise: PB Boardwalk 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa 5:30 pm Tromp	6 pm Mission Hills Meander	TBA Hike
16	17	18	19	20	21	22
7:15 am Breakfast Spcl: E. Mission Bay 8:15 am Merry Go- Round	6:30 am Sunrise: Ocean Beach 10 am Crown Point Area Beckons	2 pm Travels thru Burlingame 6:30 pm Above the Bay	TBA Hike	6:30 am Sunrise: Lake Murray 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa 5:30 pm Tromp	6 pm Mission Hills Meander	TBA Hike
23	24	25	26	27	28	29
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go- Round 9:15 Fanciful Footpaths @ Fairbanks	6:30 am Sunrise: Mission Bay Backwards 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike	6:30 am Sunrise: South Shore 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa 5:30 pm Tromp	6 pm Mission Hills Meander	TBA Hike
30						
7:15 am Breakfast Spcl: Adams Ave. 8:15 am Merry Go- Round						

UPCOMING WALKS, EVENTS & TRIPS

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

Overnight Trips (all dates are tentative)

California Gold Rush	4/4 – 4/11
Bermuda Cruise from Boston	5/11 – 5/19
Montreal & Quebec	Early June
Resplendent Rambles in the Alluring Swiss Alps	June 25 - July 9, 2017
Louisiana	Late September
SE New Mexico	Late October
San Antonio Riverwalk	Early December

Events/Walks

40 th Anniversary Boat Tour	November
40 th Anniversary Trip Reunion	December

VOLUNTEER!

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

WALK LEADERS NEEDED

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

- Balboa Park with ranger tour
- Free Tuesdays at museums in Balboa Park

BOARD SEEKS YOUR HELP

We need office volunteers and new board members.

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.

WALKABOUT BOARD RETREAT

Friday, April 14



BOARD MEMBERS

President Robert Buehler	(858) 571-7733 President@walkabout-int.org
1st Vice President Dan Dobbs	(858) 722-3002 ddobbs48@gmail.com
2nd Vice President Dan Haslam	(619) 318-4870 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
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Elaine Berger	(858) 560-9003
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

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



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Elaine Berger, Robert Buehler, Donna Farris, Marilyn Buckley, Eileen Frame, Grace Greenalch, Dan Haslam, Charlotte Sedgwick

NEWSLETTER STAFF

Dan Haslam, Kim Mills, Fran Whiteman

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Charlotte Sedgwick & Beverly Stebbins (Captains), Alice Berwert, Stan Follis, Grace Greenalch, Peggy Gruncican, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, Fusa Shimizu, Diane Souza

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 _____

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- PDF ALSO (available only if support greater than Basic Level)
- PDF ONLY (fully tax deductible, eco-friendly, and helps us keep costs down)
- Subscribe to the email list for Wilderness Hikes

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:

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RESPLENDENT RAMBLES IN THE ALLURING SWISS ALPS

June 25 - July 9, 2017

\$3,895 (single supplement \$425) includes everything except lunches and airfare. The trip is full, but a waiting list is open. To join the waiting list, please send a fully refundable \$200 check (note "Switzerland" in the memo) to Walkabout International, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007 Questions? Larry@walkabout-int.org or call 858.755.1751 (evenings/weekends)



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SANTA LUZ-CIOUS SAUNTER IN FEBRUARY