



# San Diego Feets

Vol. 35

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 2012

### SATURDAY, DECEMBER 1

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today's hike will be an e-mail hike with details sent out 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. Also call in case of bad weather conditions. 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 the hikes at <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 **Don** at [dpiller@cox.net](mailto:dpiller@cox.net) or (760) 796-4007.

9:00 am

**DOCKS/FISHERMEN'S WHARF.** Virginia will lead a **casual** flat 2-hour walk to view the boats and shops. Meet at the southeast corner of Rosecrans St. and Nimitz Blvd. (bus #28 stops at that corner). Rain cancels. (619) 231-7463.

6:15 pm **NOTE NEW MEETING LOCATION**

**SATURDAY NIGHT LIVE.** Carol, Teri or a substitute leader will guide you along the harbor or through downtown while enjoying the bright lights and fresh breezes. Meet at the **entrance** to the 5 Star parking lot on the **west** side of Pacific Hwy. just north of Broadway – this lot has lots of metered parking, which is free after 6:00 pm, before you enter the pay lot. (Note: the 5 Star lot on the east side of Broadway is a pay lot only.) The pace is **moderate** to **moderate-plus** for about 1½ hours. Rain cancels. We encourage anyone to lead a slower version of this walk any Saturday. Often a group of walkers will break away for a casual dinner, so feel free to join them! Walk leaves promptly at 6:15. **Carol W.** (619) 303-7942, **Teri E.** (619) 584-8984.

Unless otherwise specified, Walks start at the time shown. Walk leaders should arrive 15 minutes before the time listed in the newsletter.

### SUNDAY, DECEMBER 2

7:15 am

**LA JOLLA BREAKFAST SPECIAL.** Let's explore La Jolla's beautiful homes, interesting stores and ocean views. Maybe we'll spot some migrating whales again. Join us for a **moderately**-paced walk for about 60 minutes. Optional breakfast follows at a favorite restaurant. Perhaps linger afterwards for a street fair and parade. Meet at Girard Ave. and Pearl St. Rain cancels or postpones. Pat's Pals (619) 469-6223.

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 **brisk** pace 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 transportation, 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** at the carousel at Park Blvd. and Zoo Pl. (858) 565-7212.

### MONDAY, DECEMBER 3

6:30 am

**SUNRISE SERIES: OLD TOWN.** We'll visit Old Town to check out their Christmas decorations and see if there are new additions. Meet at the corner of Pacific Highway and Rosecrans St. for this flat, 1-hour **casual** to **moderate** walk. Bring flashlight and money for optional breakfast afterwards. **Frances** (619) 479-3962.

10:00 am

**CROWN POINT AREA BECKONS.** Start out your week with a beautiful scenic view of Mission Bay and homes nearby. **Kathy L.** leads a **moderate**-paced walking group and pauses for coffee at a Pacific Beach coffee shop. Rain cancels. Take I-5 to Grand Ave. and go west to Lamont St. Turn left on Lamont St. then right on Crown Point Dr. Meet at the west end of the parking lot near the restrooms. To use public transportation, take the trolley to Old Town. Take the #9 bus at 9:10, get off at La Cima at 9:30. Walk 3 blocks east to the parking lot. Rain cancels. (858) 484-0349.

1:00 pm

**TROLLEY TO THE BORDER WALK.** Let's take the Blue Line trolley to the San Ysidro station to check out new border crossings, shops at Las Americas Plaza and view some of the southern sites at a **casual** pace. Meet at the 12th and Imperial trolley station (you can park in outlying streets of East Village and walk over) to take the trolley closest to a 1:00 pm departure. You'll need a day or monthly pass (new rules eff. 11/1) or round-trip fare. We won't do a border crossing, so leave your passport at home. We'll stop for refreshments, too. Rain won't cancel. "Diego Dan" (619) 249-2446.

## TUESDAY, DECEMBER 4

10:00 am

**TUESDAY WALKERS - DOWNTOWN HOLIDAY SIGHTS.** Let's walk around the hotels and banks admiring their holiday decorations to see which is our favorite. We'll walk at a **casual** pace for about 90 minutes, mostly north of Broadway with a turn-off point about half-way. Meet at the Balboa Theater, 4th Ave. and E St. (3 hours free validated parking at Horton Plaza). Rain cancels. **Pat K.** (619)469-6223.

2:00 pm

**DECEMBER DOWNTOWN DAZE.** Let's look over the sights of downtown as holiday decorations start going up on this **casually**-paced, aimless wander through downtown streets. If we can locate an early happy hour, we may pull in for libation. Meet at the corner of 4th Ave. & E St. in front of the Balboa Theater. Take the trolley or bus. Or park at Horton Plaza; you'll be back in time for the 3-hr. complimentary parking limit. Bring Happy Hour money just in case. Rain won't cancel. "**Gaslamp Dan**" (619) 249-2446.

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, one hour plus, **moderate to moderate-plus** paced walk (see Thomas Guide 1248-F6). Rain, but not mist, cancels. Flashlight recommended. Please call Teri E. (619) 584-8984 or Jill F. (858) 292-4231 to make sure the walk is "on" for the week (rarely cancelled due to holiday or commitments).

## WEDNESDAY, DECEMBER 5

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See December 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or [ccbeckwith146@yahoo.com](mailto:ccbeckwith146@yahoo.com).

## CLAIREMONT'S ANNUAL CANDY CANE LANE

Saturday, December 15, 6:30 pm

Meet **Norm** at the corner of Jamar Dr. and Mt. Albertine Ave. to walk at a **casual** pace to view the decorated homes with spectacular Christmas lights and ornaments.

Following the walk, everyone is invited to a potluck at Norm's home, 4785 Jamar Ct. (you can bring your potluck dish before the walk). Merry Christmas to all and to all a good night! (858) 278-1253.

10:00 am

**BRIDGES OF SAN DIEGO.** Inspired by a recent Reader article, **Bev B.** and **Linda H.** will lead the first of 3 **casual** to **moderate** 2.7-mile mostly flat walks to cross 3 bridges in Balboa Park/Uptown. Meet at the Inez Grant Parker Memorial Garden, on the east side of Park Blvd. at Village Pl. Rose expert Linda will answer any questions. We'll cross the bridge to the museums, the 1914 Laurel Street Bridge and San Diego's only steel arch bridge. Optional lunch on the way back. Rain cancels. **Bev B.** (858) 268-8088.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** Join us at Pioneer Park in Mission Hills next to Grant School at Washington Pl. and Randolph St. for a **moderate-plus** to **brisk**-paced, 1½ hour walk. We head in a different direction each week to explore Old Town, Hillcrest, Bankers Hill or Mission Hills. Come and have some fun! **Debbie B.** (858) 229-1065 or **Barbara N.** (619) 226-3024.

## THURSDAY, DECEMBER 6

6:30 am

**SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION.** Join **Edie** for a **moderately**-paced walk on mostly paved paths when we meet at the parking area near the river at the end of Womble St. Since this is the day before the anniversary of the attack on Pearl Harbor, we'll share our thoughts on that before we start. From the south, take the I-5 to the Pacific Highway off-ramp, exit on Barnett Ave., turn left into Liberty Station, turn left on Womble St. From the north or east, take the Rosecrans St. exit until you see Von's on your left, turn left at the next turn, Womble St. An optional breakfast will follow. (619) 222-4396.

10:00 am

**MISSION BEACH NORTH & SOUTH.** Walk the beach or the bay and stop for coffee at the end of this **moderate**-paced walk. Meet at the Belmont Park ticket booth off Mission Blvd. To use public transport, take the trolley to Old Town. Take the #8 bus at 9:40 to Mission Blvd. arriving at 9:54. 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 2.2 miles round trip & about 60-70 minutes). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to seashore wildlife. You may stop at one of the many benches and rejoin us on the return leg. Meet at the east end of the island, about 100 paces to the right of the entrance to the Bali Hai by the lamp post and hand rails, where we will stretch a few minutes and leave promptly at 10:03 am. If you're late, drive down the island and join us along the way. Optional: re-walk the island to the pier for additional mileage. Bring a pedometer if you have one. For public transportation, take the #28 bus and walk approximately 3 blocks to the Bali Hai. Ample free parking. Optional eats after. Rain cancels. Join us - just for the health of it!! Walk repeats every Thursday. **Sally R.** (619) 272-8851.

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 and cookies. Use the #7 bus if you don't want to drive. Rain cancels. **Mary T.** (619) 291-1349.

**FRIDAY, DECEMBER 7**

4:30 pm

**MISSION HILLS MEANDER.** Come see the great views and picturesque homes and gardens of this homey old neighborhood on a 1-hour, **moderate**-paced walk on flat terrain. Meet at Espresso Mio, 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. Wear white or light colors for safety's sake. **Pat P.** (619) 291-6162.

**SATURDAY, DECEMBER 8**

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See December 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Don** at [dpiller@cox.net](mailto:dpiller@cox.net) or (760) 796-4007.

7:15 am

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

**MISSION BAY PARADE OF LIGHTS/FIREWORKS/  
POTLUCK**

**December 8**

4:30 pm Walk, 5:30 pm Potluck, 7:00 pm Parade,  
9:00 pm Fireworks

Join Bev & Friends for a casual walk, potluck, parade and fireworks. We'll gather around a fire ring to watch the parade of boats decked with Christmas lights and decorations "along with" the 60,000 people expected to attend all along the Bay. You can check the Mission Bay Parade of Lights website ([sandiegocoastlife.com/events/mission-bay/mission-bay-christmas-parade](http://sandiegocoastlife.com/events/mission-bay/mission-bay-christmas-parade)) for further information.

**DIRECTIONS:** Best to arrive before dark to find parking and locate us on the EAST side of Vacation Isle (Thomas Guide 1268). Turn at the Ski Beach sign, take an immediate left turn, follow the road to the end and turn right. Keep going as far as you can and look for the blue cement canopy structure at the end of the point. We will be there or as close to it as we can.

Wear warm clothing and bring a chair, flashlight, something warm to drink and food to share if you wish. Table, forks, plates, etc will be provided. There will not be a barbecue.

Questions??? Bev (858) 268-8088 or, on the day of the event: Bev (619) 886-8086 or Henry (619) 857-7588.

4:30 pm

**MISSION BAY PARADE OF LIGHTS/FIREWORKS/  
POTLUCK.** See box above.

6:15 pm **NOTE NEW MEETING LOCATION  
SATURDAY NIGHT LIVE.** See December 1.

**SUNDAY, DECEMBER 9**

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 area is served by the 6:45 #28 bus to Shelter Island Dr. and Anchorage Ln. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See December 2.

**Pace Yourself**

Half Speed	—	1-2 miles per hour
Casual	—	2-3 miles per hour
Moderate	—	3 miles per hour
Moderate/Plus	—	3 1/2 miles per hour
Brisk	—	4 miles per hour
Very Brisk	—	over 4 miles per hour

**ANNUAL CHRISTMAS BRUNCH & GIFT EXCHANGE**

**TUESDAY, DECEMBER 25, 2012 AT THE BROKEN YOLK  
1851 GARNET AVENUE, PACIFIC BEACH**

Walk begins at 7:45 am from Lamont St. & Garnet Ave., with breakfast at 8:30 am. Call Walkabout at (619) 231-7463 to be put on the "Interest List" with your name and telephone number. Call Rita with any questions at (619)266-2555.

**WALKABOUT SPECIAL MENU:**

- 2 eggs any style, 2 pieces bacon or sausage and 2 pancakes or French Toast ..... \$6.00
- Oatmeal served w/walnuts/raisins, brown sugar and milk ..... \$5.00
- Dry Cereal with milk..... \$3.00
- Small Fruit dish..... \$2.50
- Breads: Biscuit, toast, blueberry or English Muffin (each) ..... \$1.70
- Coffee or tea – no charge

Any additional food or drinks you must pay.

Last year we had 40 people attend and it was very enjoyable. Please notice the prices are the same as last year. Bring a gift marked as (Male), (Female), or (Generic), with a value of under \$10.00

9:15 am **NC**

**RANCHO SANTA FE'S REMARKABLE REALM.**

As the holiday embrace/invade us, escape on a really sensational saunter through that land of Rancho Fantasy. Stretch your legs past luxurious lawns and sumptuous estates all aglow with December trimmings on a lively, **moderate-plus** paced, 2.5-hour meander 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 (which leads into the Morgan Run Resort and Club). BYO water, but rainwater cancels! [Larry@walkabout-int.org](mailto:Larry@walkabout-int.org) (858) 755-1751 (evenings and weekends).

**MONDAY, DECEMBER 10**

6:30 am

**SUNRISE SERIES: MISSION BAY.** Let's take a look to see if all the feathered winter visitors have arrived along the shoreline of Mission Bay as far as your feet can take you on flat terrain. Return in an hour at **your own pace**. See if some of the migratory flocks have left and new arrivals settled in. Optional breakfast follows. Take the I-5 to the Clairemont Dr. exit, go west and park by the former Visitors Information Center. **Verna** (619) 276-3055.

10:00 am

**CROWN POINT AREA BECKONS.** See December 3.

In case of emergency please carry ID and medical information on walks.

**TUESDAY, DECEMBER 11**

10:00 am

**TUESDAY WALKERS "CRUISE" THE RIVER.** Take some time off from your holiday shopping to enjoy a **moderate** 1.5-hour walk on flat terrain along the San Diego River. Meet **Sharon N.** near the corner of Qualcomm Way and Rio San Diego Dr. (by Navy Federal Credit Union in Rio Vista shopping center) – with holiday traffic, the best route is the I-15/163 to the Friars Rd. exit, east to Qualcomm Way, right 1 long block. The #6 bus stops at Qualcomm Way and Camino de la Reina, 1 long block south of the meeting place. Optional lunch follows. Rain cancels. (619) 298-4340.

3:00 pm **EC**

**CELEBRATE EL CAJON'S 100<sup>TH</sup> BIRTHDAY.** We'll rejoice in the anniversary of El Cajon's incorporation with a 1.5-hour **moderate** walk along the long, hilly streets of Fletcher Hills as we pass beautiful houses and enjoy a panoramic view of El Cajon Valley. Meet at the corner of Hacienda and Powell drives. Turn north from Fletcher Parkway onto Hacienda Dr., just before Fletcher Parkway dips down in the valley, for 1 long block northeast to Powell Dr. (Hacienda Dr. becomes Westwind Dr. on Fletcher Pkwy.'s south side.) Bus #15 stops at Fletcher Pkwy. and Hacienda Dr./Westwind Dr. Rain cancels. Confused? Call **Evelyn K.** (619) 461-6095.

6:30 pm

**ABOVE THE BAY.** See December 4.

**WEDNESDAY, DECEMBER 12**

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout-hikes.org](http://www.walkabout-hikes.org) for updates. See December 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Don** at [dpiller@cox.net](mailto:dpiller@cox.net) or (760) 796-4007.

10:00 am

**SEE THE 'DEL' THROUGH ROBERT AND FRIENDS' EYES.** Step back into the 19th century and check out the many features of the Hotel Del Coronado, including the famous Christmas tree. After a **casual** jaunt, optionally it's off to a local eatery to placate our taste buds. Meet on Orange Ave. in Coronado in front of the Hotel. There is metered parking on adjacent streets or free parking down the hill on Strand Way in front of the Coronado Boathouse restaurant. To use public transport, take the #901 bus ("Iris Trolley") from the 12th & Imperial Transit Center at 8:35; exit at the Del. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See December 5.

# December 2012 Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> 7:15 Breakfast Special – La Jolla 8:15 am Merry Go Round	<b>3</b> 6:30 am Sunrise Series – Old Town 10 am Crown Point 1:00 pm Border – Dan	<b>4</b> 10 am Tuesday Walkers – Downtown 2:00 pm Downtown – Dan 6:30 pm Above the Bay	<b>5</b> TBA Hike – Candy 10:00 am Balboa Park/ Uptown – Bev/Linda 6:15 pm Workout	<b>6</b> 6:30 am Sunrise Series – Liberty Station 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	<b>7</b> 4:30 pm Mission Hills	<b>8</b> TBA Hike – Don 7:15 Late Birds – Pacific Beach 4:30 pm Mission Bay Parade of Lights – Bev 6:15 pm Sat Night Live
<b>9</b> 7:15 Breakfast Special – Shelter Island 8:15 am Merry Go Round 9:15 am Rancho Santa Fe – Larry	<b>10</b> 6:30 am Sunrise Series – Mission Bay 10 am Crown Point	<b>11</b> 10 am Tuesday Walkers – SD River 3:00 pm El Cajon – Evelyn 6:30 pm Above the Bay	<b>12</b> TBA Hike – Don 10 am Robert – Coronado 6:15 pm Workout	<b>13</b> 6:30 am Sunrise Series – Liberty Station 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	<b>14</b> 10:00 am – Board Meeting 1:00 pm Pt. Loma – Dan 4:30 pm Mission Hills	<b>15</b> TBA Hike – Bill 6:15 pm Sat Night Live – <u>No</u> walk tonight 6:30 pm Clairemont – Norm
<b>16</b> 7:15 Breakfast Special – Balboa Park 8:15 am Merry Go Round	<b>17</b> 6:30 am Sunrise Series – Shelter Island 10 am Crown Point 1:00 pm Mission Valley – Dan	<b>18</b> 1:00 pm Santee – Dan 6:30 pm Above the Bay	<b>19</b> TBA Hike – Stan 10:30 am Golden Hill – Lorraine 6:15 pm Workout	<b>20</b> 6:30 am Sunrise Series – Downtown 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	<b>21</b> 1:00 pm Liberty Station – Dan 4:30 pm Mission Hills	<b>22</b> TBA Hike – Candy 7:15 Late Birds – Shelter Island 6:15 pm Sat Night Live
<b>23</b> 7:15 Breakfast Special – East Mission Bay 8:15 am Merry Go Round	<b>24</b> 6:30 am Sunrise Series – Mission Hills 10 am Crown Point 1:00 pm Little Italy – Dan	<b>25</b> 7:45 am Walk/ brunch/gift exchange 6:30 pm Above the Bay – <u>No</u> walk today	<b>26</b> TBA Hike – Stan 10 am Robert – Mission Valley 6:15 pm Workout	<b>27</b> 6:30 am Sunrise Series – Pacific Beach 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	<b>28</b> 1:00 pm Barrio Logan – Dan 4:30 pm Mission Hills	<b>29</b> TBA Hike – Bill 6:15 pm Sat Night Live
<b>30</b> 7:15 Breakfast Special – Pacific Beach 8:15 am Merry Go Round	<b>31</b> 6:30 am Sunrise Series – Little Italy 10 am Crown Point 1:00 pm Mission Valley – Dan 6:15 pm Downtown – Pat K.					

## UPCOMING WALKS & EVENTS FOR 2013

We are recruiting walk leaders for some of the following walks. Please call the office (619) 231-7463 if interested in leading one (& receive help with write-up, etc) (Note Newsletter deadline dates). And, please send in YOUR ideas!!

### JANUARY 2013 (Deadline for newsletter: Dec. 3rd)

Annual New Year's Eve Walk.....Pat Keller  
Annual New Year's Day Ferry Ride to Coronado...  
Bob, Fran.  
Seven Bridges (Part 2) .....Bev B.

### FEBRUARY 2013 (Deadline for newsletter: Jan. 3rd)

Groundhog Day Walk  
Seven Bridges (Part 3).....Bev B.

### MARCH 2013 (Deadline for newsletter: Feb. 3rd)

Walkabout's 36th Anniversary Walks and Events  
Happy Hour at Rooftop Bars in Downtown  
Coronado Flower Show and Walk.....Bob B.

### APRIL 2013 (Deadline for newsletter: Mar 3rd)

Anza Borrego Day Trip .....Walter K  
Three Rose Gardens at Liberty Station..... Linda H  
Japanese Garden/Balboa Park/Cherry Blossoms.  
Jackie B./Sally R.

### MAY 2013 (Deadline for newsletter: April 3rd)

Annual Coronado Bridge Walk- Must register by late  
January. Call Sally R @ (619) 272-8851  
Memorial Day Walk

### OTHER SUGGESTED WALKS/EVENTS/Need Leaders

Airport Terminal Opening Summer 2013  
Annual Port of San Diego Harbor Boat Tour + Bus Tour  
Balboa Park w/Ranger Tour  
Cabrillo Monument Ranger led Cabrillo trails .Ellen Q.  
Coaster trip to Oceanside Pier/Cedros Shopping  
County Fair- June/early July  
Del Mar Race Track- July/Aug  
Downtown Library Opening - June - Evelyn K.  
Free Tuesdays at Museums in Balboa Park  
Gemological Institute of America/Carlsbad Docent  
Led Tour  
I Love A Clean San Diego - beach cleanup - Sept  
La Mesa Oktoberfest- Sept  
Lambs Xmas Play-Dec  
Navy Fleet Week- Sept  
Neighborhood Holiday Light Viewing - Holidays  
of behind the scenes (May/June) - FREE  
Parade of Tall Ships (Labor Day Weekend)  
Reuben Fleet/Star Gazing/Balboa Park - Ellen Q.  
San Diego River Walk/Docent Led - May  
Spring and Fall Garden and Home Tours  
Summer Pops  
Tijuana- May  
2015 -Balboa Park Centennial

Walkabout supporters who are interested in learning more about any trips should contact the office and have their names (with email addresses/ phone number) placed on the interest list for each trip.

## HELP WANTED

Newsletter Walks Coordinator/Word Processor.  
Requires assembling the walk descriptions as submitted, updating the calendar, and copying this information into a Microsoft Word format compatible with our publishing software. If interested, contact Fran Whiteman for further information. (619)271-7107. [franw13@yahoo.com](mailto:franw13@yahoo.com).

## 2011-2012 Board Members

President  
Robert Buehler .....(858) 571-7733  
[President@walkabout-int.org](mailto:President@walkabout-int.org)

1st Vice President  
Norman Vigeant ..... [ngfrenchy@hotmail.com](mailto:ngfrenchy@hotmail.com)

2nd Vice President  
Dan Haslam .....(619)249-2446  
[danhaslam@walkabout-int.org](mailto:danhaslam@walkabout-int.org)

Recording Secretary  
Donna Farris ..... [secretary@walkabout-int.org](mailto:secretary@walkabout-int.org)

Treasurer  
Rita Balliot .....(619) 266-2555  
[treasurer@walkabout-int.org](mailto:treasurer@walkabout-int.org)

### Directors

Marilyn Buckley .....[pr@walkabout-int.org](mailto:pr@walkabout-int.org)

Stan Follis .....(619) 222-3447  
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Walter Konopka .....(619) 281-4958  
[wkonopka@sbcglobal.net](mailto:wkonopka@sbcglobal.net)

Bruce Herms..... Emeritus

### NEWSLETTER DEADLINE NOTICE

All walks must be in the office by the 3rd 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 3rd.) You can e-mail your walks to [walks@walkabout-int.org](mailto:walks@walkabout-int.org), or mail them to Walkabout, 2650 Truxtun Rd. Suite 110, San Diego, CA 92106-6007. If you mail them, please use the walk information form available in our office, on our website at [www.walkabout-int.org](http://www.walkabout-int.org), or send a SEPARATE 8 x 11 sheet for each walk. If you e-mail more than one walk, please leave extra space between each walk.

**NEWSLETTER STAFF:** Diane Altona, Verna Bain, Bob Buehler, Dick Hiatt, Stan Follis, Lorraine Marshall, Marilyn Ralph, Fran Whiteman.

**MAILING CREW:** Pat Peterson (Captain), Alice Berwert, Barbara Miller, Sharon Nelson, Donna O'Donnell, Joanne Paul, Fusa Shimizu, Judy Vandruff.

### Office Staff

Donna Farris, Marilyn Buckley, Grace Greenalch, Pat Peterson, Marilyn Ralph,.

## THURSDAY, DECEMBER 13

6:30 am

**SUNRISE SERIES: LIBERTY STATION.** If you haven't walked Liberty Station in the morning, you're in for a treat when we meet at the foot of Womble St. for a flat 1-hour walk **at your own pace**. We'll enjoy the sunrise, the airplanes taking off from Lindbergh Field (yes they start at exactly 6:30 am due to the curfew) and the many early-morning joggers and birds along the inlet. There are many historic buildings we can explore up close without worrying about traffic and students from High Tech High. A flashlight may be necessary, and bring money for the optional breakfast afterwards. **Connie** (619) 477-8628.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See December 6. **PLUS**, today on the return trip, we will stop to admire the holiday decor in a few hotel lobbies on the marina side, followed by an optional lunch.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See December 6.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See December 6.

## FRIDAY, DECEMBER 14

10:00 am

**WALKABOUT BOARD MEETING.** The monthly meeting will be held in the Board Room of the NTC Command Center, 2640 Historic Decatur Rd. (619) 231-7463.

1:00 pm

**BUS & BUSTER BROWN'S CABRILLO PT. WALK.** Meet at the Walkabout office, 2650 Truxtun Street, Suite 110, at Liberty Station. We'll walk to catch the next bus out to the Cabrillo Monument. We'll walk in the national park, up and down a few hills, see the lighthouse and museum and catch a beautiful overlook of our city at a **casual** pace. It's free to enter the park via bus, or come in your car and pay \$, then meet us at the visitor center. We'll take the bus back to the starting point. Rain won't cancel. **"Buster Dan"** (619) 249-2446.

4:30 pm

**MISSION HILLS MEANDER.** See December 7.

## SATURDAY, DECEMBER 15

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabouthikes.org](http://www.walkabouthikes.org) for updates. See December 1 listing for IMPORTANT INFORMATION. If you have any questions, contact **Bill** at (619) 264-1299.

6:15 pm

**SATURDAY NIGHT LIVE.** No walk tonight.

6:30 pm

**CLAIREMONT CANDY CANE LANE/POTLUCK.**  
See box on page 2.

## SUNDAY, DECEMBER 16

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 afterwards is optional but great fun (Greek?). Meet at the carousel on Park Blvd. at Zoo Pl. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See December 2.

## MONDAY, DECEMBER 17

6:30 am

**SUNRISE SERIES: SHELTER ISLAND.** If it is not too dark, we'll walk along the bay to Kellogg St. where you can decide to go north up the hill or turn around and stay on the flat area for this 1-hour **moderate** walk. Take Rosecrans St., turn left at Shelter Island Dr. for 2 blocks, then turn right at Anchorage Ln., where you'll drive to the far end of the parking lot where there are no meters. Bring money for optional breakfast after. **Fusa** (619) 223-6947.

10:00 am

**CROWN POINT AREA BECKONS.** See December 3.

1:00 pm

**HAZARD CENTER TROLLEY & RIVER WALK.** Let's check out the commercial center and progress of the River Walk in the area on this **casually**-paced, mostly flat walk. We'll meet at the Hazard Center Trolley station (Hazard Center Dr. & Frazee Rd.), so the best travel mode is the trolley (we'll wait for the trolley that comes just after 1:00 pm, so don't fret if it's running slightly late). Optional refreshments follow. Rain won't cancel; we'll do a movie instead! **"Hazard Haslam"** (619) 249-2446.

## TUESDAY, DECEMBER 18

1:00 pm

**SANTEE SAUNTER, THRIFT SHOPS & RIVER WALK.** We'll meet at the end of the trolley's Green Line in Santee, which arrives shortly after 1:00 pm. We'll begin with a "rest stop," then off we **saunter** to a thrift shop followed by a suburban walk through malls, an ice cream break and a walk along the San Diego River in a large circle (2-3 miles total) for 1-2 hours. If you make major purchases, we'll have a sag car to haul your loot back to the Walkabout office for you. Rain won't cancel; we can window shop. **"Suburban Dan"** (619) 249-2446.

6:30 pm

**ABOVE THE BAY.** See December 4.

## WEDNESDAY, DECEMBER 19

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike with details sent out a day or two before. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See December 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Stan** at (619) 448-1668 before 6:00 pm or [shunt92071@yahoo.com](mailto:shunt92071@yahoo.com).

10:30 am

**COLORFUL HISTORIC GOLDEN HILL.** Cooler weather is here (hopefully) and the Holidays are coming, so December may offer a real surprise at one of the special houses. Meet at 25th and A streets by the blue mailbox. We'll visit our favorite Mexican bakery, the firemen at Station 11 and find a place for an optional lunch. Walk is **casual** for about 90 minutes on mostly flat terrain while **Lorraine** pushes her wheeled walker. (619) 583-7644.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See December 5.

## THURSDAY, DECEMBER 20

6:30 am

**SUNRISE SERIES: DOWNTOWN.** Let's wander through the downtown area to admire holiday decorations when we view hotels, office buildings and Horton Plaza as we go along Harbor Dr., up Fifth Ave. and down Broadway to an optional breakfast spot near the train depot. Meet at parking lot next to the carousel at Seaport Village, which has free parking until 10:00 am. **Pat K.** (619) 469-6223.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See December 6.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See December 6.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See December 6.

## FRIDAY, DECEMBER 21

3:00 pm

**LIBERTY STATION WINTER WALK.** It's the first day of winter, so let's thumb our noses at the rest of the frigid country as we check out pre-holiday sites in our office neighborhood. Meet at the Walkabout office, 2650 Truxtun Rd., Suite 110, for a **casually**-paced walk around Liberty Stations. If you take the bus from Old Town, you can miss rush hour altogether. Refreshments follow walk. Rain won't cancel. "**December Dan**" (619) 249-2446.

4:30 pm

**MISSION HILLS MEANDER.** See December 7.

## SATURDAY, DECEMBER 22

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See December 1 listing for IMPORTANT INFORMATION. If you have any questions, contact **Candy** at (619) 435-2894 or [ccbeckwith146@yahoo.com](mailto:ccbeckwith146@yahoo.com).

7:15 am

**LATE BIRDS.** For those of us who can't get up for the Sunrise Series, **Fusa and Friends** will lead a 1-hour walk **at your own pace** around Shelter Island, followed by an optional breakfast. Meet in the parking lot at Anchorage Ln. and Cañon St. Rain cancels. (619) 223-6947.

6:15 pm

**SATURDAY NIGHT LIVE.** See December 1.

## SUNDAY, DECEMBER 23

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 at the former Visitors Information Center. From I-5 take the Clairemont Dr. exit and go west. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See December 2.

## MONDAY, DECEMBER 24

6:30 am

**SUNRISE SERIES: MISSION HILLS.** Let's take a flat walk **at your own speed** for 1 hour, admiring the decorated yards and homes of this beautiful old neighborhood. We'll follow with an optional breakfast at one of our favorite places. Can't make the walk? Call **Pat K.** about breakfast. Meet at Goldfinch St. and Ft. Stockton Dr. (619) 469-6223.

10:00 am

**CROWN POINT AREA BECKONS.** See December 3.

1:00 pm

**LITTLE ITALY CHRISTMAS EVE AFTERNOON.** So the shopping's done and you're looking for something to do. Let's see how the Italians have decorated the "hood" and perhaps catch a brewskie in the oldest post-Prohibition bar in town at the end of the walk. Meet at the Little Italy trolley station (better yet, take the trolley). We'll wait for the trolleys arriving from either direction closest to 1:00 pm before setting out. We might do a little caroling, so come with festive voices. Rain won't cancel. "**Santa Dan**" (619) 249-2446.

## TUESDAY, DECEMBER 25

**Merry  
Christmas**

7:45 am

**CHRISTMAS WALK/  
BRUNCH/GIFT EXCHANGE.** See box on page 4.

6:30 pm

**ABOVE THE BAY.** No walk tonight.

## WEDNESDAY, DECEMBER 26

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See December 1 listing for IMPORTANT INFORMATION. If you have any questions, contact **Stan** at (619) 448-1668 before 6:00 pm or [shunt92071@yahoo.com](mailto:shunt92071@yahoo.com).

10:00 am

**A BOATLESS RIVER EXCURSION.** Join **Robert and Friends** for a 1-hour, paved, **casual** walk overlooking the San Diego River. Water wings not required. Optional restaurant stop afterwards. Meet in the parking lot of Mimi's on Mission Center Rd. at Camino de la Reina. To use public transport, take the Green Line Trolley marked "Green Santee," exit at Mission Valley Station, walk southwest to 5180 Mission Center Rd. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See December 5.

## THURSDAY, DECEMBER 27

6:30 am

**SUNRISE SERIES: PACIFIC BEACH BOARDWALK.** We'll take a **moderate** 1-hour walk on flat terrain to enjoy the sunrise over San Diego when the air is fresh and the waves sound like music to your ears. Meet at Crystal Pier at the west end of Garnet Ave. Bring money for optional breakfast after. **Winnie** (858) 278-4003.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See December 6.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See December 6.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See December 6.

The following geographical descriptions are used for walks not in San Diego proper. They appear on the same line with the time.

**NC** = north past La Jolla  
**EC** = east of La Mesa  
**SB** = National City or south

## FRIDAY, DECEMBER 28

1:00 pm

**BARRIO LOGAN & FARMER'S MARKET.** We'll meet at the Barrio Logan trolley station (we'll wait for the trolleys that arrive at the station closest to 1:00 pm, so don't be late). If you drive, there's street parking near Harbor Dr. and Cesar Chavez Pkwy. We'll visit Cesar Chavez Park, the Farmer's Market and the revitalized bridge murals. Some hills on this **casually**-paced walk. Bring a grocery bag for produce. Rain WILL cancel. "**Dinero Dan**" (619) 249-2446.

4:30 pm

**MISSION HILLS MEANDER.** See December 7.

## SATURDAY, DECEMBER 29

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See December 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Bill** at (619) 264-1299.

6:15 pm

**SATURDAY NIGHT LIVE.** See December 1.

## SUNDAY, DECEMBER 30

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 on a deck overlooking the ocean. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See December 2.

## MONDAY, DECEMBER 31

6:30 am

**SUNRISE SERIES: BACK TO LITTLE ITALY.** We'll spend 1 hour on the last day of the year walking through Little Italy on mostly flat, paved terrain at a **moderate** pace. We may see some Christmas decorations still displayed and view new construction scheduled for completion in 2013. Meet **Gloria** at Pacific Highway and Hawthorn St. (park at the restaurant on that corner). You may need a flashlight for safety. Optional breakfast follows. (619) 482-7677.

10:00 am

**CROWN POINT AREA BECKONS.** See December 3.

1:00 pm

**MISSION SAN DIEGO.** The oldest mission in California deserves our attention at year's end, so we'll meet at the Mission San Diego trolley station for a walk to the mission grounds (bring money if you want to enter the mission). We'll wait for those of you who take one of the trolleys that arrive closest to 1:00 pm, even if one comes slightly afterward. Or, you may drive and park on the street nearby. There's a hill en route to the mission, but we'll walk at a **casual** pace and make resolutions for 2013 the whole way. Rain WILL cancel. "**Diego Dan**" (619)249-2446.

6:15 pm

**20TH ANNUAL NEW YEAR'S EVE BASH.** Join us to bring in the New Year as we view the bright lights and beautiful people on this **moderate**-paced flat walk around downtown. Optional snack follows. We will walk through downtown, along the harbor and pause to see what's happening at the concert at "The Pavilion" Broadway Pier. Transit system is free tonight, so try taking a trolley - they all go near the Amtrak Depot at Broadway and Kettner Blvd., where we'll meet outside the waiting room. Free parking at most meters after 6:00 pm, also at Office Depot on Pacific Hwy. **Pat K.** (619) 469-6223. Since this will be the last New Year's Eve walk led by Pat K., if you think this is a good idea, come on the walk and lead it yourself next year.

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## ANNUAL MEETING/AUCTION ATTRACTS LARGEST CROWD IN YEARS

Walkabout International's annual meeting, auction and picnic on Saturday, October 27, produced the largest crowd in years, resulting in nearly 70 attendees and almost \$700 in auction proceeds. While the East Coast was bracing for Hurricane Sandy, Walkabouts enjoyed a sunny walk along Mission Bay led by Norm Vigeant, followed by a brief annual meeting and the highly anticipated auction of goodies people had brought to pawn off on others. President Bob Buehler reported on Walkabout's progress in the past year and welcomed the crowd to the covered picnic area near the former visitor's center. Several businesses donated prizes for the event, including Panera Bread, which provided pastries, rolls and bread, and Big 5 Sporting Goods (a gift certificate), both of which were secured by Sally Rathbone. The bigger-than-normal turnout may be attributed to skillful advance planning and advertising by Marilyn Buckley and Sally.

The potluck tables were laden with fried chicken, casseroles, salads, Panera bread and gooey desserts. Walkabout supplied drinks, dinnerware and the rented space. Following the luncheon, auctioneer Dan Haslam hawked everything in sight for the auction, which resulted in \$688 in sales, mostly a dollar or two at a time. Walkabouts donated many interesting items for the auction, including Norm Vigeant's homemade pie and potted plants, Donna Farris' quilted items, Pat Moore's homemade rag rug and Lorraine Marshall's gift shop items. We ran out of bidding numbers, and the auction was a spirited contest for many items. Thanks to all the planners, set up people, event workers and cleaning crew for making this annual event special for everyone.



Norm leads the walkers through Mission Bay.



Lots of delicious dishes for our hungry walkers

## About Walkabout, San Diego's Premier Social Network a foot

Walkabout is an all volunteer San Diego-based non-profit organization offering over 1000 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 a unique, all-volunteer, nonprofit organization — that feels more like an extended family — as it raises walking far above a pedestrian pursuit.

We have no “members” or “dues”, as such. However, we do have expenses, such as rent, utilities, insurance, office equipment and printing costs. WALKABOUT depends in part on your generous spirit to fund our yearly operating costs as we annually conduct over 1000 free walks in and around the San Diego area.

An important way to support WALKABOUT is through your thoughtful, tax deductible donations. WALKABOUT values you and your participation. If you appreciate the good value you receive from WALKABOUT, please consider one of the following levels of support below for individuals or families. Each category includes the monthly newsletter by mail for 12-months.

All levels below include subscriptions to the monthly newsletter containing all events for one year:

Basic Level (Newsletter Subscription) \$20

Tenderfoot \$25     Footprint \$100     Arch Supporter \$500

Twinkletoes \$50     Kindred Sole \$250     Big Foot \$1000     Other: \_\_\_\_\_

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Also e-mail me a PDF copy of the Newsletter     PDF only, fully tax deductible.

Please notify office promptly of change of address or phone. Call 619-231-SHOE (7463)

Please contact me/us to discuss WALKABOUT's Charitable Gifts, Trusts and Memorials Program.

Please contact me/us to discuss ways I/we can donate some time to WALKABOUT

By donating your time to WALKABOUT — coming on walks, bringing friends, helping out at the Headquarters or at events — you sustain and spread the WALKABOUT Spirit! Your suggestions are welcome.



Dan H auctions two exotic dolls



Bob Buehler presides at the annual meeting



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### LABEL CODE REMINDER

Please check the expiration date on your label. If you wait 'til the last minute, you could miss an issue!

## TRIP IS FULL -- DUE TO HEAVY DEMAND TWO MORE OPENINGS WILL BE AVAILABLE FOR THIS MONTH ONLY!



### SENSATIONAL SWITZERLAND

June 23 – July 7, 2013

Once again, Walkabout heads to the land overflowing with the most spectacular scenery accessible by foot – Switzerland. Savor sauntering through the renowned vineyards overlooking Lac Lemman near Montreux; into the realm of traditional cheese-making above Gruyère; through the heart of the Berner Oberland surrounded by the triumvirate of Swiss mountains – the Monk, the Eiger and the Jungfrau; around the serene green waters of the lakes embracing Interlaken; along the steaming streams of Europe's highest hot springs resort, Leukerbad, just a peek away from the majestic peak of the Matterhorn;

and even venturing into the cozy principality of Liechtenstein where Queen Elizabeth's royal family has escaped to vacation at the border with Austria – which we also will dip into.

Alpine splendor. Alluring lakes. Pastoral pathways. Hot springs soaks. Tantalizing cuisine. The comfort and convenience of Switzerland's efficient transportation network of scenic trains, buses, boats and mountain conveyances. Experience 15 days / 14 nights of paradise for the walking enthusiast with 14 bountiful breakfasts and dinners in star-studded accommodations, use of a 15-day Swiss Pass for virtually unlimited transport in Switzerland as well as free admission to hundreds of museums, and a wealth of walks conducted by Walkabout's own leader, Larry, who has guided over a dozen walking tours of Switzerland and has been recognized for his personal, in-depth, behind-the-scenes approach to travel by celebrated travel gurus, Arthur Frommer and Rick Steves.

The estimate of the land-only price is \$3195 per person for double-occupancy, based on a group of 12 people (plus leaders). A limited number of single rooms will be available with a single-supplement estimate of \$495 per person.

Questions? Contact [Larry@walkabout-int.org](mailto:Larry@walkabout-int.org) or by phone: (858)755-1751 (evenings and weekends) to uncover more highlights of our extraordinary adventures afoot in Sensational Switzerland. To reserve one of the cherished spots, send a nonrefundable deposit of \$500 to Walkabout with the notation "Sensational Switzerland" on the check along with your name, address, phone number and email address.