



San Diego Feets

Vol. 36

No. 4

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

April 2013

MONDAY, APRIL 1

4:01 am

APRIL'S FIRST AMBLE. As Walkabout enters its 37th year of pedestrian power, you are cordially invited to celebrate the occasion with a free breakfast -- Walkabout's treat -- at the Prado Restaurant in Balboa Park after **Larry** pulls your legs on a **casual** stroll past the memorable museums in San Diego's premier park. Enjoy the traditional foolishness of the day by meeting at the northeast corner of Twelfth Ave. and Laurel St. RSVP for walk and free breakfast at (619) 555-WALK. Rain does NOT cancel this festive event!

6:30 am

SUNRISE SERIES: LAKE MURRAY. No foolin' -- We'll meet at the Baltimore Dr. entrance to Lake Murray (5900 block, Thomas Guide 1250-G7) to walk at **your own pace** for 1 hour on a mostly flat path. An optional breakfast follows. **Betty** (858) 248-3782.

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** paced flat walk for about 2 hours with a pause for coffee or yogurt. Take the 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 near the restrooms. To use public transportation, 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.

1:00 pm

TICKLE YOUR TATTINGS. Today is National Tattling Day, so you must bring an example to share with the group. Dan will relate the history of how we got there. We'll meet at the 6th & K Parkade (\$1/hr for parking garage) or you can walk a block from the Gaslamp Quarter MTS green line trolley stop at 6th & K. We'll walk casually throughout downtown and admire each others' tattings. Rain cancels as we don't want to get our tats wet. "Domestic Dan" (619) 249-2446.

TUESDAY, APRIL 2

10:00 am

TUESDAY WALKERS IN LA MESA. Let's take a **moderate** 90-minute walk around the historic village of La Mesa with historic homes, a train, views of nearby extinct volcanoes and excellent restaurants. We will meet at the adult activity center next to the golf course, baseball field and pool where University Ave., La Mesa Blvd. and Memorial Dr. come together. From the I-8 or 94, take Spring St. and turn east on University Ave. Rain cancels. **Pat K.** (619) 469-6223.

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** 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, APRIL 3

Time: TBA

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 or (760) 796-4007.

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

6:15 pm

WEDNESDAY NITE WORKOUT. Meet at Costa Verde Shopping Center in front of Bookstar, west of Westfield UTC Mall between La Jolla Village Dr. and Nobel Dr. We will walk about 1½ hours at a **moderate-plus** to **brisk** pace, heading in a different direction each week, exploring canyon trails and hills. Come explore this area and have some fun! **Debbie B.** (858) 229-1065 or **Barbara N.** (619) 226-3024.

THURSDAY, APRIL 4

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. 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 signal, Womble St. An optional breakfast will follow. (619) 222-4396.

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 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 after, or optional free adult education stretching class nearby (11:30am-12:45pm). Rain cancels. Join us - just for the health of it! Walk repeats every Thursday. **Sally R.** (619) 272-8851.

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 Mission Blvd. To use public transport, ride the trolley to Old Town, 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.

10:15 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, APRIL 5

6:00 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, APRIL 6

Time: TBA

WILDERNESS HIKE. Today will be an e-mail hike. There is a chance that there will be no hike due to certain weather conditions. You can check the hikes at www.walkabout hikes.org for updates. See April 3 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Bill** at (619) 264-1299 or wa4lrm@gmail.com.

9:00 am

FLOWERS IN THE WOODS. Meet **Virginia** at UCSD's Muir Campus along N. Torrey Pines Rd. in La Jolla, where there's free parking on weekends for this 2-hour, **casual** walk with some small inclines. We'll also visit a hospital garden area. You can take bus #30 and transfer to the #101. (619) 231-7463.

4:00 pm

WALKING, TALKING, EATING AND FUN AROUND THE BONFIRE. Join **Bev** and friends for a late afternoon **casual** 1-hour walk along our beautiful beaches in the Mission Bay Park area. We will be walking through Paradise Point Resort, around the Model Yacht Pond and along the perimeter of this isle. Following our walk, we will enjoy the beauty of the Mission Bay Channel as well as an optional potluck and BBQ, and then sit around the bonfire (anybody up for some s'mores?). Bring sun screen, hat, beach chair (for on the grass or sand), food to share, food to BBQ and a beverage. Table service (plates, forks, etc.) will be provided. Tables will be used for our potluck food; there will not be any tables to sit at for your meal. FROM 8 EAST GOING WEST (others refer to Thomas Guide 1268), exit W. Mission Bay Drive, turn right at the traffic light onto Ingraham St., continue on Ingraham St. staying in the left lane to the second traffic light (about 1½ miles), turn left at West Vacation Rd. and IMMEDIATELY onto the first left (a frontage road that runs parallel to Ingraham St.); follow this to the end parking lot where we'll be at the last table on the left of the cement canopy as you face Mission Bay Channel. **Bev** (858) 268-8088.



Office Staff

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

6:15 pm

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.

SUNDAY, APRIL 7

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 on this **moderately**-paced walk for about 60 minutes. Optional breakfast follows at a favorite restaurant. 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 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** at the carousel at Park Blvd. and Zoo Pl. (858) 565-7212.

MONDAY, APRIL 8

6:30 am

SUNRISE SERIES: SUNSET CLIFFS. We'll enjoy a very flat **moderate**-paced walk in the Ocean Beach area as we meet on Newport Ave across from the old Strand Theater and carefully walk south from Sunset Cliffs Blvd. to view the beautiful area by the cliffs, which are dangerous so we'll not walk too close to the edge. Take the I-8 west to Sunset Cliffs Blvd., turn left on Sunset Cliffs Blvd. for a few blocks to Newport Ave., turn right for 1-1/2 blocks and park on the street. Bring money for optional breakfast after. **Fusa** (619) 223-6947.

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

The Pacific Beach Taylor Library is sponsoring a FREE senior health fair on Saturday, April 27th, 10 am - 2 pm at 4275 Cass Street (at Thomas St.)

Walkabout is participating with a booth promoting walking as an easy healthy exercise that has the added perks of exploring local neighborhoods and making new friends. Walkabout will also be leading a walk afterwards down to the beach. There will be booths with health and wellness information, exercise class demos (Tai Chi, Zumba anyone?) Free light lunch and raffle prizes. Come by our booth! We will also need volunteers to help work at the booth. Please call the office at (619) 231-7463.

10:00 am

CROWN POINT AREA BECKONS. See April 1.

TUESDAY, APRIL 9

10:00 am

TUESDAY WALKERS IN TORREY PINES. Best wildflowers in the county are right at Torrey Pines with beautiful ocean views added. Walk is 90 minutes and mostly flat with one slight hill returning. Meet at the Torrey Pines Inn and park in the lot by the golf course. We will walk north through the park to regroup at the visitor center, where some can meet us at 10:30 before taking the Guy Fleming trail and return. Rain cancels. Pat K. (619) 469-6223

6:30 pm

ABOVE THE BAY. See April 2.

WEDNESDAY, APRIL 10

Time: TBA

WILDERNESS HIKE. Today will be an e-mail hike. There is a chance that there will be no hike due to certain weather conditions. You can check the hikes at www.walkabout hikes.org for updates. See April 3 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Don** at dpiller@cox.net or (760) 796-4007.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See April 3.

THURSDAY, APRIL 11

6:30 am

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

Walkabout Will Help New Library “Brick Buy Brick”

San Diego’s new downtown library is scheduled to open in July, and thanks to many donors, a \$1,000 brick with Walkabout’s moniker on it has been purchased. It’s not too late for you to make a tax deductible donation toward the contribution. Walkabout’s board approved the purchase of the least expensive brick of \$150, but with additional donations a larger, better-placed brick has been purchased. An anonymous board member donor will cover the difference so that the premium brick can be purchased.

Walkabout expects to offer a special tour of the new library for our supporters, and a special walk by one of our walk leaders. Contributions should be made to Walkabout International and mailed to 2650 Truxtun Road, Suite 110, San Diego, CA 92016. Mark “Library Brick” on your donation.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See April 4.

10:00 am

MISSION BEACH NORTH & SOUTH. See April 4.

10:15 am

MORNING STROLL IN BALBOA PARK. See April 4.

FRIDAY, APRIL 12

1:00 pm

ARE YOU A “D.E.A.R.?” Today is National D.E.A.R. Day, and if you want to find out how to celebrate, show up for a **casually-paced** walk through East Village downtown. There’s actually some free street parking east of 12th St/Park Blvd., and we’ll meet at the Park & Market St. Trolley stop (Blue & Orange Lines). You’ll see some fantastic building mosaics and walk on a few blocks you’d never do alone. Rain cancels. “**DEAR Dan**” (619) 249-2446.

6:00 pm

MISSION HILLS MEANDER. See April 5.

SATURDAY, APRIL 13

Time: TBA

WILDERNESS HIKE. Today will be an e-mail hike. There is a chance that there will be no hike due to certain weather conditions. You can check the hikes at www.walkabout hikes.org for updates. See April 3 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Bill** at (619) 264-1299 or wa4lrm@gmail.com.



Even when not mentioned, flashlights should be kept handy on evening or early morning walks. They help you not only to see, but to be seen.

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.

6:15 pm

SATURDAY NIGHT LIVE. See April 6.

SUNDAY, APRIL 14

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 April 7.

MONDAY, APRIL 15

6:30 am

SUNRISE SERIES: SOUTH PARK. Let’s take a walk through this neighborhood of homes built about 100 years ago east of Balboa Park, some before the 1915 expo on a mostly flat **moderate** walk for 1 hour. Meet near intersection of Fern and Grape streets. Take 30th St. off the 94 (30th becomes Fern St.). Turn west one block on Grape St. to park. Optional breakfast follows in an historic café. **Pat K.** (619) 469-6223.

10:00 am

CROWN POINT AREA BECKONS. See April 1.

TUESDAY, APRIL 16

9:45 am

JAPANESE FRIENDSHIP GARDEN. Enjoy various botanical displays in beautiful Balboa Park as we meet at the entrance to the Japanese Friendship Garden to get an early start on **free** Tuesday. We will view the Zen landscaping along the sloping terrain at a **casual** pace and then move on to explore several of the ever-changing and blooming horticultural wonders within the park. An optional lunch will follow at approximately 11:30. Closest parking is behind Spreckels Organ Pavilion. **Jackie B.** (619) 795-3561/
Sally R. (619) 272-8851.

10:00 am

TUESDAY WALKERS IN UNIVERSITY CITY. Join us for a healthy walk as we meet at Sprouts Farmers Market near the corner of Regents Rd. and Governor Dr. for a 1.5-hour **moderate**, flat walk through residential neighborhoods. Optional pizza afterwards. **Mary C.** (858) 453-5376.

April 2013 Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 4:01 am April's First Amble 6:30 am Sunrise Series – Lake Murray 10 am Crown Point 1 pm Tickle Your Tattings	2 10 am Tuesday Walkers-La Mesa Bay 6:30 pm Above The Bay	3 TBA- Wilderness Hike 6:15 pm Workout	4 6:30 am Sunrise Series – Liberty Station 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	5 6 pm Mission Hills	6 TBA- Wilderness Hike 9 am Flowers In The Woods 4 pm Walking, Talking, Eating And Fun Around The Bonfire 6:15 pm Sat Night Live
7 7:15 Breakfast Special –La Jolla 8:15 am Merry Go Round	8 6:30 am Sunrise Series – Sunset Cliffs 10 am Crown Point	9 10 am Tuesday Walkers-Torrey Pines Bay 6:30 pm Above The Bay	10 TBA- Wilderness Hike 6:15 pm Workout	11 6:30 am Sunrise Series – Back To The Beach 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	12 1 pm Are You A "D.E.A.R.?" 6 pm Mission Hills	13 TBA- Wilderness Hike 7:15 Late Birds 6:15 pm Sat Night Live
14 7:15 Breakfast Special –Balboa Park 8:15 am Merry Go Round	15 6:30 am Sunrise Series – South Park 10 am Crown Point	16 9:45 am Japanese Friendship Garden 10 am Tuesday Walkers In University City 6:30 pm Above The Bay	17 TBA- Wilderness Hike 6:15 pm Workout 10 am Glorietta Blvd. Mansions 10 am Golden Hill Mansions 1 pm Bat Out Of Hell 6:15 pm Workout	18 6:30 am Sunrise Series – Pacific Beach Boardwalk 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	19 1 pm National Hanging Out Day 6 pm Mission Hills	20 9 am Spring Potluck Hike 6:15 pm Sat Night Live
21 7:15 Breakfast Special –East Mission Bay 8:15 am Merry Go Round	22 6:30 am Sunrise Series – Balboa Park 10 am Cabrillo National Monument 10 am Crown Point	23 10 am Tuesday Walkers – No walk today 3 pm Talmadge Traipse – Evelyn Bay 6:30 pm Above The Bay	24 TBA- Wilderness Hike 6:15 pm Workout	25 6:30 am Sunrise Series – Old Town Or River Walk 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	26 6 pm Mission Hills	27 PB Health Fair & Beach Walk TBA- Wilderness Hike 7:15 Late Birds 6:15 pm Sat Night Live
28 7:15 Breakfast Special –Pacific Beach 8:15 am Merry Go Round 9:15 am NC Sauntering Through Santa Luz-Cious	29 6:30 am Sunrise Series – Seaport Village 10 am Crown Point	30 10 am Tuesday Walkers – "Cruise" Coronado 6:30 pm Above The Bay				

UPCOMING WALKS, EVENTS & TRIPS FOR 2013

We are recruiting walk leaders for some of the following walks that don't list a leader. If interested, please call the office (619) 231-7463 . Receive help w/write-up, etc. And, please send in YOUR ideas!! (Note Newsletter deadline dates).

APRIL 2013

Anza Borrego Day TripWalter K.
 PB Library Health Fair See box on page 3
 Cabrillo Monument Ranger led Cabrillo trails... Ellen Q.
 Japanese Garden/Balboa Park/Cherry Blossoms
 Jackie B/Sally R.

MAY 2013 (Deadline for newsletter: April 3rd)

San Diego River Walk/Free Brunch/Lots Of Fun
 Activities on Mother's Day 5/12 Mark L.

JUNE 2013 (Deadline for newsletter: May 3rd.)

Annual Port of San Diego Harbor Boat Tour + BusTour
 of behind the scenesFREE (May/June)

WALK LEADERS NEEDED FOR THE FOLLOWING SUGGESTED WALKS/EVENTS

(Spring/Summer)

Spring and Fall Garden and Home Tours
 Memorial Day Walk
 Mainly Mozart Open Free Rehearsals
 Balboa Theater: June 13, 15 & 20th, followed by Walk
 County Fair- June/early July
 Del Mar Race Track- July/Aug
 Summer Pops

(Alphabetical Order)

Airport Terminal Opening Summer 2013
 Balboa Park w/Ranger Tour
 Coaster trip to Oceanside Pier/Cedros Shopping
 Free Tuesdays at Museums in Balboa Park
 Gemological Institute of America/Carlsbad Docent Led
 tour
 I Love A Clean San Diego - beach cleanup - Sept
 Jerry Schad Memorial Trail/Balboa Park
 La Mesa Oktoberfest- Sept
 Lambs Xmas Play-Dec
 Navy Fleet Week- Sept
 Neighborhood Holiday Light Viewing - Holidays
 Reuben Fleet/Star Gazing/Balboa Park - Ellen Q.
 Visit new San Diego Mayor's office in Tijuana

2013 TRIPS: (Tentative Schedule)

Please call office (619) 231-7463 to put your name on the interest list.

Charleston, SC & Savannah, GA..... Apr 2-9
 Washington DC.....May 14-21
 SwitzerlandJun 23-Jul 7
 Poland Spring Inn/Maine.....Aug 13-20
 Cape Cod/Boston.....Sep 3-9
 Biltmore Estate/Ashville, NCSep 10-17
 New York City.....Sep 24-30
 Julian Overnight 2nd Annual visitOct. 2-3
 Vermont Oct 1-8
 Boise, ID Oct 10-17
 Cuba.....Nov 5-12

Asilomar/Monterey BayNov 26-30
 Northern CA Coast/Hwy 1.....Dec 3-10
 San Francisco FALL
 New Orleans Late.Fall

2013 Day Trips (Tentative Schedule)

Please call office (619) 231-7463 to put your name on the interest list.

Disney Concert Hall-LA Philharmonic-Gustavo
 Dudamel -Performance – Mozart & Mendelssohn Los
 Angeles 5/26
 Mark Taper Forum – Play: "What The Butler Saw"-
 Comedy 10/20

In Planning Stage: Dates Unknown

Russian Ballet-Segerstrom Art Center/Costa Mesa
 Gene Autry Western Museum/LA Zoo-Griffith Park
 Elvis Presley Estate @ Graceland of the West/Palm
 Springs
 Los Angeles Art Museum and La Brea Tar Pits Tour
 Getty: Please choose one: Malibu Villa at waterfront
 or the Getty in the Mountains of Mulholland.

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 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, 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, 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.

6:30 pm

ABOVE THE BAY. See April 2.

WEDNESDAY, APRIL 17

Time: TBA

WILDERNESS HIKE. Today will be an e-mail hike. There is a chance that there will be no hike due to certain weather conditions. You can check the hikes at www.walkabout hikes.org for updates. See April 3 listing for **IMPORTANT INFORMATION.** If you have any questions, please contact **Stan** at (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com.

10:00 am

GLORIETTA BLVD. MANSIONS. Join **Robert and Friends** for a 1-hour "Mansion Row" **moderate** stroll in Coronado. Optional snacks afterwards. The walk this month is special in that it is scheduled shortly after completion of the Home Front Judging, so we can see some of the blue, red, yellow, and white ribboned front yard gardens in the area. From San Diego, soar over the beautiful blue bridge to Coronado, turn left on Orange Ave, turn left again on 5th St, then go right on Glorietta Blvd to the 6th St. and Glorietta Blvd. meeting place. To use public transport, take the 901 bus marked "Iris Trolley" at 8:35 (check schedule to confirm) from the 12th & Imperial Transit Center. Exit at first Coronado stop, walk southwest to 6th St. and Glorietta Blvd. Rain cancels. **Robert B.** (858) 414-6181.

10:00 am

GOLDEN HILL MANSIONS. We'll hear some local history on this **casual** jaunt for about 1+ hour with some slight hills. Golden Hill's location was perfect for wealthy businessmen in the late 1800s, and its closeness to downtown is still very appealing to today's young professionals. Join **Lorraine** at the corner of 25th and A streets. Optional lunch follows plus our usual visit to a Mexican bakery and maybe the fire station. (619) 583-7644.

1:00 pm

BAT OUT OF HELL. Old bats, grumpy bats, bring your bat jokes to the National Bat Appreciation Day walk, **casually**-paced through some bat caves in Balboa Park. Meet at the Carousel off of Park Blvd. near the Zoo (#7 bus line) and bring bat remedies. Rain cancels. "**Upside-down Dan**" (619) 249-2446.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See April 3.



NEWSLETTER STAFF: Diane Altona, Verna Bain, Rita Balliot, Dick Hiatt, Stan Follis, Lorraine Marshall, Kim Mills, Marilyn Ralph, Fran Whiteman.

MAILING CREW: Pat Peterson (Captain), Alice Berwert, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Fusa Shimizu, Judy Vandruff.

RIVER DAYS – WALKABOUT WALK

ON MAY 12, 2013

Walkabout Int'l and the San Diego River Park Foundation will be presenting a fun day at Rio Vista Trolley Station in Mission Valley for a **FREE CONTINENTAL BRUNCH** and walk. Come join us for a beautiful, scenic walk along the river. There will be 2 walks leaving at 11:00 a.m. One walk is for the slower walkers and kids lasting ½ hour and one walk will be a **MODERATE** walk lasting 1 hour. The fitness program and brunch will be starting at approximately 9:00 am. Please wear comfortable walking shoes, sunscreen, sunglasses, hat and water. Please note that the slower walkers will be on a **CASUAL WALK.** Look for Mark Levy, Chairman at Rio Vista in charge of the Walks. If you have any questions please contact Walkabout (619)231-7463 or Mark Levy (619) 964-3097.

THURSDAY, APRIL 18

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 afterwards. Meet at the Crystal Pier at the west end of Garnet Ave. Bring money for optional breakfast. **Winnie** (858) 278-4003.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See April 4.

10:00 am

MISSION BEACH NORTH & SOUTH. See April 4.

10:15 am

MORNING STROLL IN BALBOA PARK. See April 4.

FRIDAY, APRIL 19

1:00 pm

NATIONAL HANGING OUT DAY. It's also National Day of Silence (which we will not observe), but Dan will give you the histories on this last **casually**-paced walk before his Cape Cod hiatus. Meet at the big rainbow flag in Hillcrest on Normal St, just north of University Ave. (#1, 7, 11 buses nearby). We'll check out the LGBT Center and hang out following the walk for optional refreshments. Rain cancels. "**Hangin' Dan**" (619) 249-2446.

6:00 pm

MISSION HILLS MEANDER. See April 5.



Even when not mentioned, flashlights should be kept handy on evening or early morning walks. They help you not only to see, but to be seen.

Marvelous Monterey Bay – A Thanksgiving Treat in the Serenity of Asilomar

November 26 - 30, 2013

Cannery Row, Pacific Grove, Pebble Beach and the Monterey Bay Aquarium. Enjoy 5 days / 4 nights accommodations with all the delectable meals of 4 breakfasts, 5 lunches



and 5 dinners (including a superb, mouthwatering Thanksgiving Day extravaganza) during our sojourn in the bucolic environs of Asilomar Conference Grounds. Stroll with Rita and Diane. Or, stretch your legs with Larry and Walter. The choices abound for how you can enjoy the Thanksgiving week with the Walkabout family. Our comfortable chartered coach sweeps us up to and back from our Northern California hideaway. Estimated all-inclusive price: \$985 (double-occupancy); \$325 (single-supplement).

To officially reserve a spot, send your nonrefundable deposit -- \$500 for double-occupancy or \$600 for single-occupancy -- to Walkabout accompanied by your name, address, phone number, email address and notation: Marvelous Monterey Bay. If you already are one of the 35+ who have tentatively reserved with a fully refundable \$100 deposit, please send the remainder of your deposit payment of either \$400 (double) or \$500 (single). For more info, contact Larry at Larry@walkabout-int.org or (858) 755-1751 (evenings or weekends)

SATURDAY, APRIL 20

9:00 am

WEDNESDAY WILDERNESS GROUP SPRING

POTLUCK HIKE. Today's hike will be through parts of Tecolote Canyon as **Margot** leads us on a 6-8 mile loop before we return to her beautiful home at 2122 February Ct., San Diego 92110 (Thomas Guide 1268-G1) for our annual Spring Potluck.

Refrigeration and warming will be available, so bring your favorite dish to share and a beverage as plates, cups and utensils will be supplied. This is always a winner with an interesting hike and great food in a beautiful San Diego backyard surrounded by great friends. The hike will leave Margot's promptly at 9:00 am. There will not be a carpool. See April 3 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Don** at dpiller@cox.net or (760) 796-4007.

6:15 pm

SATURDAY NIGHT LIVE. See April 6.

SUNDAY, APRIL 21

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 April 7.

MONDAY, APRIL 22

6:30 am

SUNRISE SERIES: BALBOA PARK. Meet **Connie** at 5th Ave. and Spruce St. to start our exploration of Balboa Park from the west side where we'll plan to see two of San Diego's historic treasures, the Marston House, a classic 1805 Arts and Crafts style museum home designed by renowned local architects William Hebbard and Irving Gill, and then continue over historic Cabrillo Bridge to Plaza de Panama and into Balboa Park as far as we can go in 1 hour on flat and paved terrain at **your own pace**. Bring money for optional breakfast afterwards. (619) 477-8628.

10:00 am

CABRILLO NATIONAL MONUMENT PARK

RANGER-LED WALK.

Ranger Debbie Sherman will give us an overview of the park's highlights including the Cabrillo Monument, the Old Lighthouse and the Bayside trail (a scenic 2-mile trail with a 400' gradual decline in elevation). The tour includes endangered coastal vegetation, wildflowers, up-close views of San Diego Harbor, and park history including remnants of WWII bunkers. The return walk is uphill at your own pace. Bring water and use the restrooms before the walk, as these facilities are not available on the trail. Meet outside the Visitors Center (restrooms are nearby). Free admission to the park today! Carpooling is recommended. Bus route 84. Bring a brown bag lunch if you want to stay to have lunch at the Whale Overlook. Rain cancels. Ellen Q. (619) 276-3074.

10:00 am

CROWN POINT AREA BECKONS. See April 1.

TUESDAY, APRIL 23

3:00 pm

TALMADGE TRAIPISE. Wander the charming winding streets of Talmadge and see the miracle tree, a dinosaur and a totem pole. Meet **Evelyn K.** at the corner of Euclid and Madison avenues. (2 blocks north of El Cajon Blvd.) for a **moderate**, mostly flat 1-1/2 hour walk. Bus #1 stops at El Cajon Blvd. and Estrella Ave. (east-bound) or El Cajon Blvd. and 48th St. (west-bound). Rain cancels. (619) 461-6095.

6:30 pm

ABOVE THE BAY. See April 2.

WEDNESDAY, APRIL 24

Time: TBA

WILDERNESS HIKE. Today will be an e-mail hike. There is a chance that there will be no hike due to certain weather conditions. You can check the hikes at www.walkabout hikes.org for updates. See April 3 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or ccbeckwith146@yahoo.com.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See April 3.

THURSDAY, APRIL 25

6:30 am

SUNRISE SERIES: OLD TOWN OR RIVER WALK.

We'll take the river walk to check out the birds, ducks and flora, but, if it's dark, we'll walk around Old Town. Terrain is flat and the walk will be **casual** to **moderate** pace for 1 hour. Meet at the west corner of Pacific Highway and Rosecrans Aveto. Bring money for optional breakfast afterwards. **Frances** (619) 479-3962.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See April 4.

10:00 am

MISSION BEACH NORTH & SOUTH. See April 4.

10:15 am

MORNING STROLL IN BALBOA PARK. See April 4.

FRIDAY, APRIL 26

6:00 pm

MISSION HILLS MEANDER. See April 5.

SATURDAY, APRIL 27

Time: TBA

WILDERNESS HIKE. Today will be an e-mail hike. There is a chance that there will be no hike due to certain weather conditions. You can check the hikes at www.walkabout hikes.org for updates. See April 3 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or ccbeckwith146@yahoo.com.

7:15 am

LATE BIRDS. For those of us who can't get up in time for the Sunrise Series, **Fusa and Friends** will lead a flat 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.

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

Beautiful Boise, ID and Trailing of the Sheep Festival

October 10th to 17th, 2013, Air and Coach Travel

Join Stan Follis and my co-leader, Walter Konopka Jr. for an 8-day exploration of southwestern Idaho. This will be much like our trips in 2003, '07 and '11 but we will find new



attractions and revisit the best of the previous trip. We will fly to Boise and coach to the Sun Valley area for a few days in this mountain paradise, usually visited in the winter, but we will see it in the fall and the "Trailing of the Sheep" festival. Our accommodations will be at the Christophe Condominiums in Ketchum, ID. We will see the Sawtooth Mountains and Craters of the Moon National monument. In Boise we will stay downtown at the Owyhee Plaza Hotel and walk along the Boise River. We will walk in graceful old Victorian neighborhoods, walk through the grand state capitol building and explore this charming city. For those of you who knew Kathy Follis, we will visit with her sister and family. Other possible attractions will be announced in coming months such as a piano recital, the Seibel family band and the rich Basque heritage in Boise.

Cost is estimated to be \$1,099 for double occupancy and single supplement of \$300. This will include: Southwest airfare, lodging, coach, scheduled attractions, breakfasts and farewell dinner. The price is based on 20 participants, if we have significantly fewer travelers, we will use a van.

We are requesting a \$300 deposit now and it will be refundable until I book the airline tickets in a month or two.

Please send your \$300 deposit to the office now because your delay may cause us to cancel the trip. Please enclose a SASE if we do not have your email address. Call Stanley at 619.222.3447 if you have any questions.

10:00 am

PACIFIC BEACH TAYLOR LIBRARY SENIOR HEALTH FAIR/BEACH WALK. See box on page 3. Wear your sand shoes!

6:15 pm

SATURDAY NIGHT LIVE. See April 6.

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

- NC** = NC = North County - North past La Jolla
- EC** = East County - East of La Mesa
- SB** = South Bay - National City or South

SUNDAY, APRIL 28

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 April 7.

9:15 am **NC**

SAUNTERING THROUGH SANTA LUZ-CIOUS. Just beyond the outskirts of Fairbanks Ranch lies some open countryside with remote trails offering tantalizingly serene vistas. The glistening realm of Santa Luz beckons! Enjoy a 3-hour, **moderate-plus** prance over very mixed up and downright hilly terrain. Look for **Larry** by the restrooms of the South Village Neighborhood Park (next to the Willow Grove Elementary School) on Via Azul just off of Camino Del Sur. Take route 56 (Ted Williams Pkwy.) to exit #6 at Camino Del Sur; go north on Camino Del Sur for about 3.5 miles until Via Azul, where you turn left for about 1/10 mile to the parking lot on the right at South Village Neighborhood Park. BYO H₂O (H₂O from the sky cancels). Larry@walkabout-int.org or (858) 755-1751 (evenings and weekends).

MONDAY, APRIL 29

6:30 am

SUNRISE SERIES: SEAPORT VILLAGE. Meet Gloria at the south end of Pacific Highway at Seaport Village where you can park next to the Merry-Go-Round for free until 10 am. The walk is mostly **moderate**, but you may walk at your own pace for 1 hour walk on flat and paved terrain. We should be able to reach the pedestrian bridge over Harbor Dr. near Petco Park and see the new Central Library (in progress). Bring money for optional breakfast afterwards. **Gloria** (619) 482-7677.

10:00 am

CROWN POINT AREA BECKONS. See April 1.

TUESDAY, APRIL 30

10:00 am

TUESDAY WALKERS "CRUISE" CORONADO. Join us for a **moderate**, flat 90-minute walk to explore Coronado's south shoreline. We'll visit a beautiful resort, large park with whimsical décor, view the bridge from a very unique angle and wend our way back through beautiful residential streets for an optional lunch. Meet at the entrance to the Ferry Landing pier. Take the Coronado Bridge to Orange Ave., turn right to the end, turn right about 1 block to the Ferry Landing parking lot on the left. Rain cancels. **Fran W.** (619) 271-7107.

6:30 pm

ABOVE THE BAY. See April 2.



CHINESE NEW YEAR WALK

About Walkabout, San Diego's Premier Social Network Afoot

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

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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.

SENSATIONAL SWITZERLAND IS FULL, WAIT-LIST ONLY

June 23 - July 7, 2013

\$3195 (double-occupancy) / \$3690 (single occupancy)



15 days / 14 nights in three-star hotels -- Montreux (3 nights), Liechtenstein (4 nights), Interlaken (4 nights) and Leukerbad (3 nights) -- with 14 breakfasts and 14 dinners. 15-day

Swiss Pass and the services of Walkabout's own leader, Larry, who personally has conducted over a dozen walking tours of Switzerland. To get on the WAIT-LIST, contact Larry at Larry@walkabout-int.org or 858.755.1751 (evenings or weekends).



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