



San Diego Feets

Vol. 36

No.8

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

August 2013

THURSDAY, AUGUST 1

6:00 am

SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION. Join **Edie** for a **moderate**-paced, 1-hour walk on mostly paved, level paths. We'll meet in the parking area at the south end of Womble St. near the river. From the south, take I-5 to the Pacific Hwy. exit, veer to the left onto Barnett Ave., turn left into Liberty Station, turn left at Womble St. From the north or east, take the Rosecrans St. exit, proceed several miles until you see Vons Market on your left – Womble St. is the next left turn. Optional breakfast follows. (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 lamppost and handrails, 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.

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

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.

6:00 pm

SAN DIEGO RIVER WALK. Join us for a 1-hour, **casual**, low difficulty walk along the San Diego River Trail, one of Mission Valley's hidden gems, with a beautiful paved path and the river flowing past. We will meet Thursdays at the Rio Vista Trolley stop. This walk is a combined project of Walkabout and the San Diego River Foundation. Dogs on leashes will be permitted on these walks. If you drive, there is limited on-street parking near the Rio Vista Trolley stop or lots of parking in the shopping center on the west side of Rio San Diego Dr. There are three different paths we can take from there leading to the San Diego River Garden or along the river. **Shelsea O.** (760) 470-8622.

FRIDAY, AUGUST 2

6:00 pm

MISSION HILLS MEANDER. Come see the great views and picturesque homes and gardens of this pleasant old neighborhood on a 1-hour, **casual** 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.



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

SATURDAY, AUGUST 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.

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 ABM 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: ABM 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.** (858) 483-0512.

SUNDAY, AUGUST 4

7:15 am

BREAKFAST SPECIAL ALONG THE HARBOR. Let's explore the harbor north or south with a flat **moderate** 1-hour walk to see what is new. We'll start from the lot next to the carousel in Seaport Village, where parking is free until 10:00 am. Optional breakfast follows. 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, AUGUST 5

6:00 am

SUNRISE SERIES: GOLDEN HILL/BALBOA PARK. Let's walk along a trail on the east side of Balboa Park with some really magnificent views, followed by a tour of the beautiful homes that front the park, with an optional shortcut through the golf course. Meet at 25th and B Sts. Optional breakfast at a nearby restaurant with a Mexican flavor after walking past a bakery that will test your willpower with heavenly smells. **Pat K.** (619) 469-6223.

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.

TUESDAY, AUGUST 6

10:00 am

TUESDAY WALKERS help University Heights celebrate its 125 years of history as we explore this eclectic neighborhood that was supposed to have a university in its midst some time after its start in 1888. Meet **Sharon N.** at Trolley Barn Park, Florida St. and Adams Ave., for a fairly flat, **moderate** walk for 1 to 1-1/2 hours. The #11 bus stops right at that corner. Rain cancels. (619) 298-4340.

6:30 pm

MISSION BAY SUNSETS. Walk leaves promptly at 6:30. Rain (not mist) cancels. Enjoy the cooler evening air and beautiful views of Mission Bay! Join us for a flat but fairly fast-paced **moderate to moderate-plus**, 1-hour-plus walk along the shores of Mission Bay. Take the I-5 and go west on Clairemont Dr. to meet at the former Visitors Information Center (see Thomas Guide 1248-D7). **Teri E.** (858) 483-0512 or **Jill F.** (858) 292-4231.

WEDNESDAY, AUGUST 7

Time: TBA

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 for updates. See August 3 listing for **IMPORTANT INFORMATION**. If you have any questions, please contact **Candy** at (619) 435-2894 or ccbeckwith146@yahoo.com.

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

11:00 am **NC**

PALACES/COASTAL PRESERVE/MARINE VIEWS – LA JOLLA FARMS. Enjoy a beautiful 180-degree ocean view from a 300-foot-high bluff at Scripps Coastal Preserve, observe palatial homes of the rich and famous, observe one stub of the original coastal road to Los Angeles, and walk through the area's first subdivision, which was reserved for UCSD professors to build their homes. This approximately 1.5-hour **casual** walk is mostly level terrain with one hill. There are no restrooms available along the way, but the UCSD Campus is a few blocks away from the start of the walk. By bus, take the #30 from the Downtown transit center, exit at La Jolla Shores Dr. and Torrey Pines Rd., walk 1 block south on La Jolla Shores Dr., turn right on La Jolla Farms Rd. about 1/4 mile until you see the opening to the Scripps Coastal preserve on the left (1-hour ride). By car, take the I-5, exit at La Jolla Village Dr., head west (it becomes Torrey Pines Rd. when you have to bear right at UCSD), turn left at La Jolla Shores Dr. and turn right after 1 block at La Jolla Farms Rd., where you will see the opening to the nature preserve on the left, but keep driving until you find street parking. We will meet at the entrance to the nature preserve. **Marty L.** (858) 337-6160 or lizzdoc@aol.com.

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** 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, AUGUST 8

6:00 am

SUNRISE SERIES: OLD TOWN. It's been awhile since we visited San Diego's oldest neighborhood, so help us see if anything new has been added on this **casual to moderate** 1-hour walk on mostly flat terrain. We'll meet at the corner of Pacific Hwy. and Rosecrans Ave. in the restaurant parking lot. Bring money for optional breakfast after. **Frances** (619) 479-3962.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See August 1.

10:00 am

MISSION BEACH NORTH & SOUTH. See August 1.

10:15 am

MORNING STROLL IN BALBOA PARK. See August 1.

6:00 pm

SAN DIEGO RIVER WALK. See August 1.

PALM SPRINGS MOVIE STAR HOMES

Saturday, October 19, 2013, \$56.00

Join **Rita** and **Norm** in a 25-passenger bus to Palm Springs, where we'll board Celebrity Tours' air-conditioned 50-passenger bus to view the "Old Movie Colony," Las Palmas and Racquet Club Estates, as well as other locations with many movie and television stars' current and former homes. See the Big Mushroom, "House of Wax," an air-conditioned "Dog House," the Gum House, property guarded by "transformers" and much, much more. Enjoy the Coachella Valley's "Best Date Shake," compliments of Celebrity Tours, at the end of our nearly 2½-hour tour. We will arrive in Palm Springs at approximately 11:30 am, giving us enough time to go to Ruby's or several other restaurants on Palm Dr., the main street, for lunch on your own. There will be a casual walk prior to the tour. We hope to leave Palm Springs at 4:00 pm, and return to San Diego by 6:00-6:30 pm if all goes as planned.

Rain or shine, this trip is a go (there are contingency plans if the weather is bad). The trip includes the bus, driver tip and Celebrity Tours' own bus. Please mail your \$56.00 check and a self-addressed stamped business-size envelope for the itinerary to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007. Please indicate on your check your phone number and the pickup location: San Diego or North County. For security reasons, exact locations will be given to you when you sign up. If you have questions, please call Rita at (619) 266-2555. This is a first-time trip for us, and we hope it will fill fast. Norm and Rita would love to have you join us.

FRIDAY, AUGUST 9

6:00 pm

MISSION HILLS MEANDER. See August 2.

SATURDAY, AUGUST 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 August 3 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Bill** at (619) 264-1299.

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.

6:15 pm

SATURDAY NIGHT LIVE. See August 3.

PALM SPRINGS FOLLIES – THE LAST HURRAH

A Very Special Walkabout Performance
December 12, 2013 1:30 PM

Rita and Marilyn B. invite you to a very nostalgic performance of the Palm Springs Follies, on December 12 at 1:30 pm., a trip started by Walkabout's own Audrey Davis 22 years ago. Doors to the fabulous, historic Plaza Theatre will be closed for good, and Walkabout has been invited to join in the farewell festivities. The performance is like Las Vegas, with colorful costumes, tremendous dancing and features performer Susan Anton in her third visit. This will be our farewell to the Follies, and you really should not miss your chance to attend. IT'S NOW OR NEVER!

Rain or shine, this trip is a go. Walkabout has to guarantee the tickets and the bus by the August 30 deadline since there are other groups wanting to use the tickets. We have 34 tickets for a 35-passenger bus. If there is a waiting list, we will issue a refund if you need to cancel. The day trip includes the bus, driver tip, water, snacks and theater ticket. At \$105.00, we offer the most reasonable price of any travel group. We will arrive in Palm Springs in time for lunch on your own and a nice walk. Please mail your check and a self-addressed, stamped business-size envelope for the itinerary to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007. Indicate on your check your phone number and the pickup location: San Diego or North County. For security reasons, the exact location will be given to you after you sign up. If you have questions, please call Rita at (619) 266-2555. Marilyn and Rita hope you will be a part of the FINAL HURRAH.

SUNDAY, AUGUST 11

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 August 4.

MONDAY, AUGUST 12

6:00 am

SUNRISE SERIES: NORTH PARK. Enjoy the many changes in this neighborhood that only add to its unique nature as we view the lovely homes and changing businesses on this **casual to moderate** 1-hour, flat walk. Meet at the parking lot on the south side El Cajon Blvd. and Hamilton St. **Sandra S.** (619) 582-6550.

10:00 am

CROWN POINT AREA BECKONS. See August 5.

TUESDAY, AUGUST 13

3:00 pm

POINT LOMA GARDENS. Come find the site of what was once the world-famous Rosecroft Begonia Gardens as we stroll down tree-canopied streets past spectacular mansions and gardens and up a hidden path. Meet at the corner of Catalina Blvd. and Rosecroft Ln. for a **moderate**, 1-1/2 hour walk with some hills. Bus #84 stops at Catalina Blvd. and Garden Ln. **Evelyn K.** (619) 461-6095.

6:30 pm

ABOVE THE BAY. See August 6.

WEDNESDAY, AUGUST 14

Time: TBA

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 for updates. See August 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

CORONADO BEACHING. Join **Robert and Friends** for approximately 1-hour on a beautiful, architecturally diverse **casual** stroll past dream homes. Refuel at a Coronado eatery afterwards if you like. Meet at the corner of Ocean Blvd. and Marina Ave. To use public transport, take the #901 bus ("Iris Trolley") from the 12th & Imperial Transit Center at 8:35. Exit at Orange Ave. and Park Pl.; walk 0.7 mile west to Ocean Blvd. and Marina Ave. Rain cancels. **Robert B.** (858) 414-6181.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See August 7.

THURSDAY, AUGUST 15

6:00 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. Watch for waves, sun on the water, runners and people watchers. Bring \$\$ for optional breakfast afterward. **Verna** (619) 276-3055.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See August 1.

10:00 am

MISSION BEACH NORTH & SOUTH. See August 1.

10:15 am

MORNING STROLL IN BALBOA PARK. See August 1.

6:00 pm

SAN DIEGO RIVER WALK. See August 1.

August 2013 Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6 am Sunrise Series 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park 6 pm San Diego River	2 6:00 pm Mission Hills	3 TBA-Hike 6:15 pm Sat Night Live
4 7:15 Breakfast Special 8:15 am Merry Go Round	5 6:00 am Sunrise Series 10:00 am Crown Point	6 10:00 am Tuesday Walkers 6:30 pm Mission Bay Sunsets	7 TBA-Hike 11am NC "Palaces" /Coastal Preserve 6:15 pm Wednesday Night Workout	8 6 am Sunrise Series 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park 6 pm San Diego River	9 10:00 am Walkabout Board Meeting 6:00 pm Mission Hills	10 TBA-Hike 7:15 am Late Birds 6:15 pm Sat Night Live
11 7:15 am Breakfast Special 8:15 am Merry Go Round	12 6:00 am Sunrise Series 10:00 am Crown Point	13 3:00 pm Point Loma Gardens 6:30 pm Above the Bay	14 TBA-Hike 10:00 am Coronado Beaching 6:15 pm Wednesday Night Workout	15 6 am Sunrise Series 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park 6 pm San Diego River	16 6:00 pm Mission Hills	17 TBA-Hike 6:15 pm Sat Night Live
18 7:15 am Breakfast Special 8:15 am Merry Go Round	19 6:00 am Sunrise Series 10:00 am Crown Point 6:15 pm Silent Movie - Organ Pavilion	20 10:00 am Tuesday Walkers 6:30 pm Above the Bay	21 TBA-Hike 6:15 pm Wednesday Night Workout	22 6 am Sunrise Series 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park 6 pm San Diego River 7 pm La Jolla Ice Cream Social Amble	23 6:00 pm Mission Hills	24 TBA-Hike 7:15 am Late Birds 9:15 am NC Solana Beach to Torrey Pines State Beach 6:15 pm Sat Night
25 7:15 Breakfast Special 8:15 am Merry Go Round	26 6:00 am Sunrise Series 10:00 am Crown Point	27 10:00 am Tuesday Walkers 6:30 pm Above the Bay	28 TBA-Hike 10:00 am Balboa Park Nutty Squirrel 6:15 pm Wednesday Night Workout	29 6 am Sunrise Series 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park 6 pm San Diego River	30 6:00 pm Mission Hills	31 TBA-Hike 4 pm Mission Bay - Walking, Talking, Eating, Bonfire 6:15 pm Sat Night Live

UPCOMING WALKS, EVENTS & TRIPS FOR 2013-2014

(Alphabetical Order) - Details in future newsletters
 Airport Terminal Opening-Oct..... Bob B.
 Annual Meeting/Auction/Picnic.....Oct
 Annual Clairemont Holiday Light Viewing/ Potluck.....
 Norm V.
 Annual Picnic/Auction/Potluck-10/26 Dan/Marilyn
 Hotel Del Coronado Decorations/Holiday Tree. .Bob B.
 Lamb's Xmas Play-Dec 1st Bob B.,Rita
 Jerry Schad Memorial Trail/Balboa Park..... Larry
 La Mesa Oktoberfest- Sept Pat K.
 Reuben Fleet/Star Gazing/Balboa Park Ellen Q.
 Spring/Fall Garden and Home Tours.....Bev B.

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).

- Balboa Park w/Ranger Tour ?
- Coaster trip to Oceanside Pier/Cedros Shopping ?
- Docent Led Tour of New Central Library - Oct ?
- Free Tuesdays at Museums in Balboa Park ?
- Gemological Institute of America/Carlsbad Docent Led tour..... ?
- I Love A Clean San Diego - beach cleanup - Sept..... ?
- Navy Fleet Week- Sept ?
- Thanksgiving Dinner at Restaurant..... ?
- Visit new San Diego Mayor's office in Tijuana ?

2013 Overnight Trips:

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

- Cape Cod/Boston.....Sep 3-9
- New York City.....Sep 24-30
- Julian Overnight 2nd Annual visitOct. 2-3
- Boise, ID Oct 10-17
- Asilomar/Monterey Bay (Wait List Only).....Nov 26-30
- Northern CA Coast/Hwy 1.....Dec 3-10
- San Francisco (tentative)Dec
- Cuba..... 2014

2013 Day Trips

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

- Endeavour Shuttle/Imax MovieAug /31
- Getty Malibu VillaSept 21
- Palm Springs/Movie Star HomesOct 19
- Palm Springs/Follies Last PerformaceDec 12
- Mission Inn/Riverside/Holiday Lights w/Bev B ...Dec 21

THE FOLLOWING TRIPS WILL BE PLANNED IF THERE IS SUFFICIENT INTEREST. Please call the office (619) 231-7463 to be put on the interest list.

- Los Angeles Art Museum/La Brea Tar Pits Tour.....
- Spring 2014..... Rita/Marilyn
- Temecula/Old Town..... Dan H

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.

WALKABOUT BOARD MEETING.

August 9 at 10:00 am

The monthly meeting will be held at the Point Loma Library Meeting Room, 3701 Voltaire St. (619) 231-7463.

2013-2014 Board Members

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

1st Vice President
 Vacant

2nd Vice President
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danhaslam@walkabout-int.org

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Norman Vigeant..... ngfrenchy@hotmail.com

Bruce Herms..... Emeritus

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NEWSLETTER STAFF: Diane Altona, 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, Beverly Stebbins, Judy Vandruff.

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.

In Memoriam
Carol Ann Marino
 March 28, 1943- July 4, 2013

FRIDAY, AUGUST 16

6:00 pm
MISSION HILLS MEANDER. See August 2.

SATURDAY, AUGUST 17

Time: TBA
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 for updates. See August 3 listing for IMPORTANT INFORMATION. If you have any questions, contact **Bill** at (619) 264-1299.

6:15 pm
SATURDAY NIGHT LIVE. See August 3.

SUNDAY, AUGUST 18

7:15 am
BREAKFAST SPECIAL ALONG EAST MISSION BAY. Let's take a flat walk **at your own pace** to see the birds, boats and views. Optional breakfast and chatting follow. Meet at the former Visitors Information Center. From the 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 August 4.

MONDAY, AUGUST 19

6:00 am
SUNRISE SERIES: LAKE MURRAY. You can 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., where we'll meet in the main parking lot on the left as you approach the lake. An optional breakfast follows. **Betty** (858) 248-3782.

10:00 am
CROWN POINT AREA BECKONS. See August 5.

6:15 pm
SILENT MOVIES AT THE ORGAN PAVILION. Join us on our walk around Balboa Park before the annual silent movie starring heartthrob Rudolph Valentino. If the walk doesn't get your heart throbbing, the movie will. We meet at the EAST entrance to the Organ Pavilion (Japanese Garden side), where we'll claim our seating before a **casual** flat walk and then return for the 7:30 pm concert. Bring a snack or buy one there. Rain cancels. **Pat K.** (619) 469-6223.

WALKABOUT PRESENTS THE SPACE SHUTTLE ENDEAVOUR

SATURDAY, AUGUST 31, 2013
50 PASSENGER BUS/WITH RESTROOM
\$49.00

After a harrowing ride through the streets of Los Angeles, the space shuttle Endeavour is now on display in the California Science Center Space Pavilion. We shall leave San Diego at 8:30 am and arrive approximately 11:30 am for lunch at Rose Garden Café in which you are on your own for the meal. At 1:00 pm we shall meet at the IMAX to check in and get our tickets for the 1:30 pm showing of Blue Planet film which features footage taken by crews during five space missions. You will see a view of your global home that is as close to being in orbit with the astronauts as one can possibly get. Watch as a breathtaking earthrise fills the giant screen and a shimmering blue planet sparkles in the majestic blackness of space.

Following the IMAX film our tour continues with ENDEAVOUR at 2:30 pm. After viewing several dramatic video programs you will go to the Space Pavilion to the Endeavour. Afterwards you will have free time to visit other Center exhibits and walk around.

Please mail \$49.00 to Walkabout Int'l at 2650 Truxtun Rd., Suite 110, San Diego, CA 92106 and mark on the check "Space Shuttle" and your phone number. We cannot tell you where the pickup location is until you sign up. This is for security reasons. There will be San Diego pickup and North County pickup. Mark which one you are interested in. The North County location will be just off the I-15 corridor. If you have any questions please call Rita at 619-266-2555. This will be a fast fill since we have never done it before. You must enclose a self-addressed stamped envelope for us to mail the Itinerary.

TUESDAY, AUGUST 20

10:00 am
TUESDAY WALKERS will need to keep an eye out for wild animals (well, several feral cat colonies, assorted squirrels and graceful herons anyway) as we take a cool 1 to 1-1/2 hour, flat walk at a **moderate** pace just 10 minutes south of Downtown at Marina View Park in Chula Vista. Take the I-5 south to the J Street exit, turn right and go straight onto Marina Pkwy., continue past the Yacht Club and meet **Fran W.** in the parking lot just past South Bay Fish & Grill. Optional lunch follows. Rain cancels. (619) 271-7107.

6:30 pm
ABOVE THE BAY. See August 6.

Remember to wear comfortable, supportive shoes with good soles for your soles' sake.

4TH ANNUAL RIVERSIDE MISSION INN TRIP

SATURDAY, DECEMBER 21, 2013

Join **Bev** and **Walter** for a day trip to a national historic landmark, Riverside Mission Inn, which includes a 75-minute docent-led tour. This 4-story, 238-room inn, which opened in 1903 as a roadside motel, occupies an entire city block in the heart of downtown Riverside. Numerous American presidents and Hollywood stars have frequented the Inn.

At dusk, you will experience millions of holiday sparkling lights that transform the Inn into an enchanting fairy-tale setting. Departure and arrival times will be announced at a later date. Mail your check for \$70.00, which includes a 24-passenger bus, the docent tour and services of the leader and co-leader, to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007. Indicate your preference for a San Diego or North County pick-up. Please include your phone number or email address, and enclose a self-addressed, stamped business-size envelope for the itinerary to be sent to you. This is a trip for your "bucket list," one you do not want to miss! Call Bev B. with any questions at (858) 268-8088.

WEDNESDAY, AUGUST 21

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 for updates. See August 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 August 7.

THURSDAY, AUGUST 22

6:00 am

SUNRISE SERIES: MISSION BAY. Let's enjoy summer by the bay on this **moderate**-paced 1-hour, flat walk where we can watch for a beautiful sunrise and check out the different birds. Meet at the former Visitors Information Center. From the I-5, take the Clairemont Dr. exit and go west. Optional breakfast follows. **Winnie** (858) 278-4003.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See August 1.

10:00 am

MISSION BEACH NORTH & SOUTH. See August 1.

10:15 am

MORNING STROLL IN BALBOA PARK. See August 1.

6:00 pm

SAN DIEGO RIVER WALK. See August 1.

7:00 pm

RETURN OF THE FAMOUS LA JOLLA ICE CREAM SOCIAL AMBLE. Back in the day, Walkabout was famous for conducting a special series of walks during "America's Finest City Week." Now, we are about to revive one of our most popular walks of that week (and, again, it will be on Thursday night like in olden times). Savor sauntering on a 1.5-ish hour, **casually**-paced promenade over flat terrain as we comfortably amble to every ice cream and frozen yogurt parlor within the village area of La Jolla. Eating and/or licking is optional, but having fun is not – in fact, it's guaranteed! Look for **Larry** and **Joel** (who sacrificed many hours to "research" this walk) in front of that classic ice creamery – Baskin Robbins – near the southwest corner of (7470) La Jolla Blvd. by Pearl St. Free street parking around the various corners. BYO appetite! Larry@walkabout-int.org or (858) 755-1751 (evenings and weekends).

FRIDAY, AUGUST 23

6:00 pm

MISSION HILLS MEANDER. See August 2.

SATURDAY, AUGUST 24

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 for updates. See August 3 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Moira** at moiraberman@gmail.com or (619) 293-7622. She will be leading her annual walk from Sunset Cliffs to the lighthouse and back.

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.

9:15 am **NC**

BEACHY KEEN – SOLANA BEACH TO TORREY PINES STATE BEACH. If the heat's got you beat, then here's a cool treat: Let's cool off by sauntering along the sand from Solana Beach through Del Mar to Torrey Pines State Beach . . . and back, of course, on a 3-hour, **moderate-plus** paced prance over mostly flat terrain as the waves caress the shore in an area that we adore. Want some more? Look for **Larry** in Solana Beach at the far western end of Via De La Valle by South Sierra Ave. (where free street parking abounds). Larry@walkabout-int.org or (858) 755-1751 (evenings and weekends).

6:15 pm

SATURDAY NIGHT LIVE. See August 3.

SUNDAY, AUGUST 25

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 pace** 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 August 4.

MONDAY, AUGUST 26

6:00 am

SUNRISE SERIES: LAKE MURRAY. This 1-hour walk is **at your own pace** on flat paths. We'll meet at the parking lot on the Kiowa Dr. side as you turn left at Kiowa Dr. off Lake Murray Blvd. and go through the park entrance to the parking lot near the water (Thomas Guide 1270-F1). Bring money for optional breakfast after. **Gloria** (619) 482-7677.

10:00 am

CROWN POINT AREA BECKONS. See August 5.

TUESDAY, AUGUST 27

10:00 am

TUESDAY WALKERS head on a mostly flat, 90-minute, **moderate** walk on the east side of Balboa Park with beautiful old homes, trees and some wonderful views. Hopefully, the birds will serenade us. Claire used to lead this walk, but this one will be slower than hers were. Optional lunch follows. Meet at 25th and B Sts. Rain cancels. **Pat K.** (619) 469-6223.

6:30 pm

ABOVE THE BAY. See August 6.

WEDNESDAY, AUGUST 28

Time: TBA

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 for updates. See August 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.



Please remember that Walkabout International is a non-smoking experience. There is no smoking at the meeting place before the walk or during the walk.

2- DAY MOUNTAIN GETAWAY TO JULIAN

OCTOBER 2-3, 2013

Join **Walter** and **Rita** on Wednesday, October 2, for a trip to Julian with an overnight stay at the beautiful Julian Lodge B & B, fully a/c and private bathrooms in the heart of town. You will enjoy a hearty continental breakfast the following morning. Julian, founded more than 100 years ago, still maintains its unique quality of life, where time seems to stand still, free from the hustle-bustle of urban life. We have wonderful activities planned for both days. This is our 2nd anniversary in Julian, and the fall foliage in the month of October is very beautiful. Walter will lead a walk in town following the Observatory visit on Wednesday. The next day, before dining at the hotel, you may want to join Walter for a casual walk and later wander around Julian to enjoy the town. We are able to take only 12 people in a 15-passenger van since we will need space for SMALL LUGGAGE. The price of the trip includes the van, lodging, entrance fees for the observatory, a train ride and gold mine, Menghini Winery and the camel ranch. Price is based on double occupancy at \$169.00. For single occupancy, add \$35.00. The continental breakfast includes hot and cold cereals, juices, Danish rolls, breads, bagels and yogurt.

Send \$169.00 to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007 for double occupancy; add \$35.00 more for a private room. Enclose an envelope stamped and addressed to you for an itinerary. NO REFUNDS unless there is a waiting list with someone to take your place. Please designate the pickup location: San Diego or North County. You will be given exact pickup locations at a later date for security reasons. We will leave San Diego by 9:00 am in order to arrive in North County (off Hwy 15) by 9:30 am. We hope to return by 5:00 pm on Thursday. If you have questions, please call Rita at (619) 266-2555. Let Walter and Rita show you Julian as you have never seen it before.

10:00 am

BALBOA PARK NUTTY SQUIRREL WALK. Join **Robert and Friends** for a 1-hour, half city, half park, **casual** stroll. All you bring is a smile, some cash if you eat afterwards and maybe a few peanuts for you and the squirrels. Optional eating afterwards. Meet at 6th Ave. and Nutmeg St. There is free parking on Balboa Dr., which you enter at 6th Ave. and Upas St. Note: Do not park on the Park side of 6th Ave. as no parking is allowed there on Wednesdays. To use public transport, take the #3 bus north on 5th Ave. or south on 4th Ave., exit at Nutmeg St. at approximately 9:15, walk east to 6th & Nutmeg. Rain cancels. **Robert B.** (858) 414-6181.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See August 7.

ANNUAL MEETING/AUCTION/PICNIC

SATURDAY 10/26/13 11am to 2pm

Mark your calendars now for Walkabout International's annual meeting, auction, and potluck picnic to be held on Saturday, October 26 from 11am to 2pm at the East Mission Bay Park (same location as last year). We need each person to bring three things: 1) Contributions for the auction; 2) Food to share for the potluck; 3) your checkbook or cash to pay for someone else's former treasure at the auction!

You should also consider a folding chair and a light jacket as the park can get breezy on a cool day. The park is located just west of I-5 near the former visitors center at Clairemont Drive. We will be in a covered shelter, south of the visitor center, north of the Hilton Hotel; watch for our bright blue banners or signs. Walkabout will provide beverages, ice, cutlery, napkins, cups, and plates, and we usually get a crowd of around 40 or so. You're welcome to bring your friends and neighbors; all are welcome (just bring plenty of food to share). We'll have our annual meeting, which consists of reports about Walkabout's operations, and if you have any questions to ask, we will try to answer those, too. Auction favorites for bidding include plants, baked goods, gift certificates (your favorite restaurant, hairdresser, movie tickets), books, gifts that you want to "re-gift," things that can be consumed (rather than stored on a shelf); gift baskets of fancy food, wine. Things to avoid bringing to the auction: artwork, clothing, electronics (unless working). As usual, our cheerful auctioneer will be Dan Haslam, and other volunteers are always welcome to come a bit early to help put out signs, set up and stay afterwards to take down and clean up. There will be a walk around the park before the meeting and potluck lunch, and restrooms are close by. **Come on down for an entertaining afternoon, good food, and great company.**

THURSDAY, AUGUST 29

6:00 am

SUNRISE SERIES: MISSION HILLS. We'll discover what's new in one of San Diego's oldest neighborhood on this **moderate** 1-hour, flat walk. Optional breakfast after. Meet **Marilyn** at Goldfinch St. and Fort Stockton Dr., which is 1 block north of West Washington St. Optional breakfast after. (619) 294-8308.

10:00 am

MISSION BEACH NORTH & SOUTH. See August 1.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See August 1.

10:15 am

MORNING STROLL IN BALBOA PARK. See August 1.

CENTRAL LIBRARY DOCENT-LED TOUR

Walkabout is working on getting a docent-led Tour of the new Central Library after the Grand Opening of 9/28/13, probably in October. We will need a head count of how many are interested. Please call the office at 619-231-7463 to put your name on the Interest List. More details in the September and October Walkabout newsletters.

6:00 pm

SAN DIEGO RIVER WALK. See August 1.

FRIDAY, AUGUST 30

6:00 pm

MISSION HILLS MEANDER. See August 2.

SATURDAY, AUGUST 31

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 for updates. See August 3 listing for IMPORTANT INFORMATION. The leader to be determined. If you have any questions, please contact **Don** at dpiller@cox.net or (760) 796-4007.

4:00 pm

WALKING, TALKING, EATING AND FUN AROUND A BONFIRE. Join **Bev B.** for a **casual**, 1-hour flat walk along Mission Bay Park beaches as we walk through Paradise Point Resort, around the Model Yacht Pond and along the perimeter of this "isle." We'll then enjoy an optional potluck and BBQ, and sit around a bonfire. Bring sunscreen, hat, beach chair, food to share/BBQ, beverage. Table service (plates, forks, etc) provided. From the I-8 west (others refer to Thomas Guide pg.1268), exit W. Mission Bay Dr., turn right at the traffic light onto Ingraham St., stay 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. (858) 268-8088, call (619) 886-8086.

6:15 pm

SATURDAY NIGHT LIVE. See August 3.



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

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 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: \$

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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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GETTY VILLA – MALIBU

Saturday, September 21, 2013

\$50.00

Come enjoy the Getty Home and Museum in Malibu (not to be confused with the Getty Center), with its new mission statement, a dedication to the arts and cultures of ancient Greece, Rome and Etruria, as well as an educational center. You will view European paintings, drawings, manuscripts, sculpture and decorative arts and European and American photographs. The modern architecture and gardens are a must to see. There are 23 galleries with an additional five devoted to changing exhibits and one gallery of gods and goddesses said to be like no other in the country. Your trip will be by comfortable bus, with restroom stops in both directions. The Villa is not nearly as large as the Getty Center, so there will not be as much walking required. You are on your own for lunch at the Villa, at your choice of a very beautiful café or an inexpensive stand. Also, feel free to bring something to eat and keep it in a small ice chest. Please mail your \$50.00 check payable to Walkabout Int'l to 2650 Truxtun Rd., Suite 110, San Diego 92106-6007 and indicate pickup location: San Diego or North County. Please **enclose a self-addressed, stamped envelope** so that we can mail you the itinerary. For any questions, please call Rita (619) 266-2555. No reservations will be taken by phone – you must mail your money to be on the trip. Rita and Marilyn B. hope to see you on this adventure!



2650 Truxtun Rd., Suite 110
San Diego, CA 92106-6007
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WICC OFFERS WALKS, CONCERTS, LECTURES & MORE THIS SUMMER

Walkabout International's eastern operation, Walkabout International Cape Cod (WICC), is in the middle of a busy summer season on Cape Cod, with multiple walks each week and an extraordinary variety. Most of the walks on Cape Cod incorporate some other activity, such as a town band concert, a lecture or a seaside concert. Most walk events encourage bringing a picnic supper, too. For example, Monday nights include historic walking tours of the tiny town of Barnstable, which dates back to the mid-1600s. The walk takes in the 17th century "jaol" or jail, which was moved to save it, and other historical buildings such as a church, an ancient burial ground, the old school house, library and a contemplative church garden. Walkers can bring a picnic supper to enjoy after the walk and then take in an interesting lecture in an 18th century courthouse on a topic related to Cape Cod. One week it's the photography of cranberry bogs, and another a lecture on the history of Cape Cod's 170-year old college baseball league. On our first July walk in Barnstable, two of the children who joined us were awed at the 17th Century graves in the churchyard, and were scheduled to return to do a grave marker rubbing.



On Wednesday evenings, the Barnstable Town Band performs at the band shell in the downtown park in the township's largest village, Hyannis. Walkers gather an hour before and take one of three downtown walks before returning to the band shell for a picnic and a concert. On other days of the week, there are concerts overlooking the Hyannis Harbor, and these, too, are preceded by downtown walks. Again, picnic suppers are encouraged. The Cape Cod walks are, for now, standardized walks, and include a walking tour of downtown Hyannis, called "Then and Now," which includes some photos of buildings or sites as they appeared 100 years ago and what they look like now. Another downtown walk takes in the oldest downtown cemetery, art galleries and the waterfront. Another walk is patterned after the Kennedy Legacy Trail, where walkers can follow painted, stencilled ships on the sidewalk and visit sites related to the JFK family legacy in the area. There is another walk, "leader's choice" which is based upon the whim of the walk leader that day. All walks are casually paced and take about an hour. For those looking for a chance to stretch it out for a longer period of time, "Sea to Shining Sea" is a 3-mile jaunt that visits three of Hyannis' beaches and overlooks the Kennedy Compound, with walk-bys of some classic old captains' homes and even a lighthouse!

WICC uses a Meet Up social website to advertise its walks, and summer walk brochures are handed out at the lectures and concerts and posted in libraries. As new walk leaders are located and trained, additional walks will be added, and may continue beyond the spring/summer/fall season.