



San Diego Feets

Vol. 35

No.9

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.

September 2013

SUNDAY, SEPTEMBER 1

7:15 am

BREAKFAST SPECIAL DOWNTOWN. Let's explore the harbor north or south with a flat, **moderate**, 1-hour walk to see what changes are going on downtown and along the harbor. We will start from Ruocco Park at the intersection of Harbor Dr. and Pacific Hwy. (across from former police station). Meters are **free** on Sundays. All trolleys go to Amtrak station and then a 15-minute walk 1 block east to Pacific Hwy. and 4 blocks south to Harbor Dr. gets you there. 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 **moderate to moderate-plus** 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, SEPTEMBER 2

6:00 am

SUNRISE SERIES: NORTH PARK. Take a flat 1-hour walk **at your own speed** along Balboa Park and enjoy the sights of homes built before the 1915 Exposition. Meet on Ohio St. (one block east of 30th St.) between University and Lincoln Aves. **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, SEPTEMBER 3

10:00 am

TUESDAY WALKERS EXPLORE UNIVERSITY HEIGHTS - PART 2. We'll visit this eclectic neighborhood that was supposed to have a university in its midst some time after its start in 1888 as the area celebrates its 125th birthday. 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, SEPTEMBER 4

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 **Candy** at (619) 435-2894 or cbeckwith146@yahoo.com.



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

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, 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.**

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, SEPTEMBER 5

6:00 am

SUNRISE SERIES: MISSION HILLS. Since we miss the walk that Jane and Barbara used to lead, so let's return to this area of beautiful homes and enjoy an optional breakfast after at a favorite place. Maybe we can even convince our two good friends to join us. Meet at Goldfinch St. and Fort Stockton Dr. for a 1-hour flat walk at **your own pace.** **Eddie** (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 hand-rails, where we will stretch for a few minutes. If you're late, drive down the island and join us along the way. Take the #28 bus and walk approximately 3 blocks to the Bali Hai where there is ample free parking. Optional eats afterward. Rain cancels. Join us - just for the health of it! 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.

6:00 pm

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



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

FRIDAY, SEPTEMBER 6

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.

SATURDAY, SEPTEMBER 7

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 September 4 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Bill** at (619) 264-1299 or wa4lrm@gmail.com.

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, SEPTEMBER 8

7:15 am

BREAKFAST SPECIAL IN BALBOA PARK. The park is beautiful any time of the year with many paths to explore on this flat walk **at your own pace.** Eating and chatting afterward (Greek?) is optional but great fun. Meet at the carousel on Park Blvd. at Zoo Pl. **Pat's Pals** (619) 469-6223.

8:15 am

MERRY GO-ROUND. See September 1.

MONDAY, SEPTEMBER 9

6:00 am

SUNRISE SERIES: SUNSET CLIFFS. Meet at Sunset Cliffs Blvd. and Point Loma Ave. for this 1-hour, flat walk **at your own pace.** Take I-5 south to Sunset Cliffs Blvd., turn left a few blocks to Point Loma Ave. and park on the street. Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.

10:00 am

CROWN POINT AREA BECKONS. See September 2.

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 a Self-addressed stamped envelope 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.

TUESDAY, SEPTEMBER 10

10:00 am

TUESDAY WALKERS EXPLORE HIDDEN TRAILS IN BALBOA PARK. Walk at **moderate** pace with some slight hills. We'll start at 6th Ave. and Upas St. and go over the freeway on a bridle path through a canyon to the north side of Balboa Park. Rain cancels. **Pat K.** (619) 469-6223.

6:30 pm

MISSION BAY SUNSETS. See September 3.

WEDNESDAY, SEPTEMBER 11

Time: NA

WILDERNESS HIKE. No hike today.

SAN DIEGO AIRPORT TARMAC TOUR

1 HOUR BY BUS OF THE ENTIRE AREA; 1-HOUR WALKING TOUR INSIDE
DATE: NOVEMBER 21, 2013
TIME: 1:00 PM – 3:00 PM

Call Walkabout Office (619) 231-7463 and give your LEGAL NAME (on your license) and your DATE OF BIRTH. The Airport requires this information. Be prepared for a 2-hour tour so please wear comfortable walking shoes. We only have 25 spots open for Walkabout. Please act fast, since it only requires you to call the office. Your leader will be Dan Haslam as well as a docent at the Airport. Parking and meeting details forthcoming. If you have questions please call Rita at (619) 266-2555.

10:00 am

CORONADO TIDELANDS STROLL. Join **Robert and Friends** for a 1-hour, flat, paved, **casual** stroll in Coronado's Tidelands Park. Optional brunch afterward. Drive over the beautiful blue bridge to Coronado, turn right after the former tollbooth onto Glorietta Blvd, then turn right again on Mullinix Dr. into Tidelands Park. To use public transport, take the #901 bus (Iris Trolley) from the 12th & Imperial Transit Center at 8:35; after crossing the bridge, get off at first stop, walk southeast on 3rd St. onto Mullinix Dr. and into the park. Meet at the restroom. Rain cancels. **Robert B.** (858) 414-6181.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See September 4.

THURSDAY, SEPTEMBER 12

6:00 am

SUNRISE SERIES: RIVERWALK. We'll meet at the restaurant on the corner of Pacific Hwy. and Rosecrans St. to walk along the river and hope that the landscape has been cut back and cleaned up since our last walk as we try to make it to Mission Valley. Terrain is flat and walk will be at a **moderate** pace for 1 hour. Bring money for optional breakfast afterward. **Frances** (619) 479-3962.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See September 5.

10:00 am

MISSION BEACH NORTH & SOUTH. See September 5.

10:15 am

MORNING STROLL IN BALBOA PARK. See September 5.



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

FRIDAY, SEPTEMBER 13

10:00 am

WALKABOUT BOARD MEETING. The monthly meeting will be held in the Pt. Loma Library meeting room, Udall St. and Poinsettia Dr. (1 block southwest of Chatsworth Blvd. and Voltaire St.). (619) 231-7463.

6:00 pm

MISSION HILLS MEANDER. See September 6.

SATURDAY, SEPTEMBER 14

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 September 4 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Stan** at (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com.

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 September 7.

SUNDAY, SEPTEMBER 15

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 September 1.

9:15 am **NC**

DEL MAR'S NIFTY NORTHERN NOOKS. Let's wander through the nifty "northern" reaches and beaches of Del Mar around delightful nooks and crannies including cozy canyons, secluded estuaries and the celebrated seacoast. Time to head 'em up, move 'em out, rawhide! Look for **Larry** at the northwest corner of Del Mar Heights Rd. and Durango Dr. – 6 blocks west of I-5's Del Mar Heights exit – for a **moderate-plus paced, 3-hour** spirited September sashay over mixed-up and -down terrain. Larry@walkabout-int.org or (858) 755-1751 (evenings/weekends).

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

September 2013 Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:15 Breakfast Special – Downtown 8:15 am Merry Go Round	2 6 am Sunrise Series – North Park 10 am Crown Point	3 10 am Tuesday Walkers Explore University Heights – Part 2 6:30 pm Mission Bay Sunsets	4 TBA-Wilderness Hike- Candy 6:15 pm Workout	5 6 am Sunrise Series – Mission Hills 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park 6 pm San Diego River	6 6 pm Mission Hills Meander	7 TBA- Wilderness Hike- Bill 6:15 pm Sat Night Live
8 7:15 Breakfast Special – Balboa Park 8:15 am Merry Go Round	9 6 am Sunrise Series – Sunset Cliffs. 10 am Crown Point	10 10 am Tuesday Walkers explore hidden trails in Balboa Park. 6:30 pm Mission Bay Sunsets	11 Wilderness Hike – <u>No</u> walk today 10 am Coronado Tidelands Stroll 6:15 pm Workout	12 6 am Sunrise Series – San Diego River 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	13 6 pm Mission Hills Meander	14 TBA-Wilderness Hike- Stan 7:15 Late Birds PB 6:15 pm Sat Night Live
15 7:15 Breakfast Special -East Mission Bay 8:15 am Merry Go Round 9:15 am NC Del Mar's Nifty Northern Nooks.	16 6 am Sunrise Series – Lake Murray 10 am Crown Point	17 3 pm Point Loma Hidden Paths, Parks 6:30 pm Mission Bay Sunsets	18 TBA- Wilderness Hike- Bill 10 am Boatless River Excursion 6:15 pm Workout	19 6 am Sunrise Series – How Neighborhoods Change 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	20 6 pm Mission Hills Meander	21 TBA- Wilderness Hike- Candy 6:15 pm Sat Night Live
22 7:15 Breakfast Special – Pacific Beach 8:15 am Merry Go Round	23 6 am Sunrise Series – Liberty Station 10 am Crown Point	24 10 am Tuesday Walkers Meet Old McDonald?! 6:30 pm Mission Bay Sunsets	25 TBA- Wilderness Hike- Don 6:15 pm Workout	26 6 am Sunrise Series – Tecolote Canyon. 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park 6 pm San Diego River	27 6 pm Mission Hills Meander	28 TBA-Wilderness Hike- Stan 7:15 Late Birds – Shelter Island 6:15 pm Sat Night Live
29 7:15 Breakfast Special – Mission Hills 8:15 am Merry Go Round	30 6 am Sunrise Series – La Mesa 10 am Crown Point					

UPCOMING WALKS, EVENTS & TRIPS FOR 2013-2014

(Alphabetical Order) - Details in future newsletters
 Airport Terminal Opening-Oct..... Bob B.
 Annual Clairemont Holiday Light Viewing/ Potluck.....
(Dec.) Norm V.
 Annual Picnic/Auction/Potluck-Oct. 26..... Dan/Marilyn
 Hotel Del Coronado Decorations/Holiday Tree and
 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.
 2014 New Year's Day Walk..... Bob B/Enid F/Fran W.

We are recruiting walk leaders for some of the following walks. 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..... ?
 Gem Institute of America/Carlsbad/ Docent tour ?
 I Love A Clean San Diego - beach cleanup - Sept ?
 Navy Fleet Week- Sept ?
 Thanksgiving Dinner at Restaurant..... ?
 New Year's Eve Walk ?

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 visit Oct. 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.

Getty Malibu VillaSept 21
 Palm Springs/Movie Star HomesOct 19
 Palm Springs/Follies Last PerformanceDec 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
 Millionaire Mansions Tour/Pasadena/Spring 2014 ?



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



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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.

MONDAY, SEPTEMBER 16

6:00 am

SUNRISE SERIES: LAKE MURRAY. Walk at your own pace for 1 hour on a mostly flat path around the lake. Drive through the main entrance to Lake Murray at the end of Kiowa Dr. off Lake Murray Blvd. Meet in the main parking lot on the left as you approach the lake. An optional breakfast follows. **Betty** (858) 248-3782.

10:00 am

CROWN POINT AREA BECKONS. See September 2.

TUESDAY, SEPTEMBER 17

3:00 pm

HIDDEN PATHS AND PARKS OF POINT LOMA. We'll discover 6 or 7 hidden paths and 2 secret parks on the northeast side of Point Loma during our moderate 1-1/2 hour walk up and down hills and stairways and along some unpaved paths – you might want to bring your walking sticks. Meet at the corner of Talbot and Evergreen Sts. behind Cabrillo Elementary School. Bus #28 stops at Rosecrans St. and Shelter Island Dr. **Evelyn K.** (619) 461-6095.

6:30 pm

MISSION BAY SUNSETS. See September 3.

WEDNESDAY, SEPTEMBER 18

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 September 4 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Bill** at (619) 264-1299 or wa4lrm@gmail.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 afterward. 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) 414-6181.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See September 4.



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

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!

THURSDAY, SEPTEMBER 19

6:00 am

SUNRISE SERIES: HOW NEIGHBORHOODS CHANGE. Meet at Clairemont Dr. and Rappahannock Ave. by the CCSA Building as we explore the area almost finished with new structures, landscaping, etc. As usual there will be 2 groups, **casual** and **medium** paced for 1 hour. Watch the weather and dress accordingly. Bring money for optional breakfast afterward. **Verna** (619) 276-3055.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See September 5.

10:00 am

MISSION BEACH NORTH & SOUTH. See September 5.

10:15 am

MORNING STROLL IN BALBOA PARK. See September 5.

FRIDAY, SEPTEMBER 20

6:00 pm

MISSION HILLS MEANDER. See September 6.

WALKABOUT'S 4TH ANNUAL RIVERSIDE MISSION INN

SATURDAY, DECEMBER 21, 2013
COST \$55.00 (NO TOUR) \$70.00 (WITH TOUR)

Join Bev & Walter for a day trip to a national historic landmark, the Riverside Mission Inn. There will be a 75-minute, docent-led tour of the Inn for those who paid the extra \$15.00. This four-story, 238 – room inn, which opened in 1903 as a roadside motel, occupies a city block in the heart of downtown Riverside. Numerous 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. Please note that you are responsible for your own food. Departure and arrival times are forthcoming. Mail your check for \$55 which includes a 24-passenger bus, without tour of Mission Inn, or \$70 which includes the docent-led tour of the Mission Inn, to Walkabout Int'l 2650 Truxtun Rd., Suite 110, San Diego, CA 92106 and indicate your preference of San Diego or North County pick-up. Please include your phone number or email and enclose a self-addressed, stamped business-size envelope for the itinerary. This is a trip for your "bucket list," one you will not want to miss. Call Bev B. with any questions at 858-268-8088.

SATURDAY, SEPTEMBER 21

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 September 4 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or ccbeckwith146@yahoo.com.

6:15 pm

SATURDAY NIGHT LIVE. See September 7.

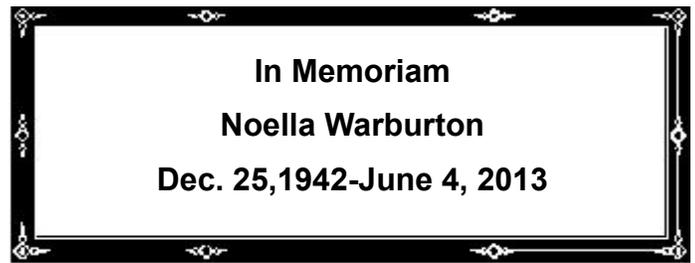
SUNDAY, SEPTEMBER 22

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 September 1.



MONDAY, SEPTEMBER 23

6:00 am

SUNRISE SERIES: LIBERTY STATION. Meet **Connie** at Womble St. and Truxtun Rd. for a 1-hour, **casual to moderate** walk on flat, paved terrain. We'll walk the arcades to see what new businesses and attractions are being added to this historic location. Once home to Naval Training Center (NTC) San Diego, you can see such diverse attractions as High Tech High and Middle School, Rock Church and Academy, Historic North Chapel, our own Walkabout International office and numerous art galleries and dance studios. Bring money for an optional breakfast afterward. (619) 477-8628.

10:00 am

CROWN POINT AREA BECKONS. See September 2.

TUESDAY, SEPTEMBER 24

10:00 am

TUESDAY WALKERS MEET OLD McDONALD?! Not exactly, but join **Fran W.** to roam around her favorite very eclectic neighborhood, including 1 yard with an adorable flock of multi-colored chickens right in the heart of South Park on this **moderate** 90-minute, occasionally hilly walk with some truly unique homes and gardens. South Park ranges from historical to hippie with everything in between. Meet at the corner of 30th and Grape Sts. (don't be alarmed when 30th St. turns into Fern St. and back - just watch for directional signs; the streets are only a block apart). Allow a little extra time to find street parking. Optional lunch follows at a unique local favorite. Rain cancels. (619) 271-7107.

6:30 pm

MISSION BAY SUNSETS. See September 3.

WEDNESDAY, SEPTEMBER 25

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 September 4 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 September 4.

THURSDAY, SEPTEMBER 26

6:00 am

SUNRISE SERIES: TECOLOTE CANYON.

Let's walk in beautiful Tecolote Canyon on a flat comfortable dirt road as we see what the summer season has to offer on this **casual to moderate** 1-hour walk. An optional breakfast follows. Take I-5 to Tecolote Rd. exit, go east on Tecolote Rd. all the way into the canyon to the parking lot and visitor center at the end of the road. **Winnie** (858) 278-4003.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See September 5.

10:00 am

MISSION BEACH NORTH & SOUTH. See September 5.

10:15 am

MORNING STROLL IN BALBOA PARK. See September 5.

6:00 pm

SAN DIEGO RIVER WALK. See September 5.

FRIDAY, SEPTEMBER 27

6:00 pm

MISSION HILLS MEANDER. See September 6.

SATURDAY, SEPTEMBER 28

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 September 4 listing for IMPORTANT INFORMATION. If you have any questions, please **Stan** at (619) 448-1668 before 6:00 pm or shunt92071@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.

6:15 pm

SATURDAY NIGHT LIVE. See September 7.

SUNDAY, SEPTEMBER 29

7:15 am

BREAKFAST SPECIAL IN MISSION HILLS. This neighborhood is where the finest families once lived. Their homes remain and the area is still beautiful. Let's take a **moderate**, flat walk to admire the homes, parks, and views. Meet at Goldfinch St. and Ft. Stockton Dr., one block north of Washington St. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

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.

8:15 am

MERRY GO-ROUND. See September 1.

MONDAY, SEPTEMBER 30

6:00 am

SUNRISE SERIES: LA MESA. We'll walk along University Ave. in La Mesa, just 1 block from San Diego, at a **casual to moderate** pace on paved, flat sidewalks for 1 hour – faster walkers may reach La Mesa Blvd. Park in the parking lot of the restaurant at 7118 University Ave. Bring money for optional breakfast afterward. **Gloria** (619) 482-7677.

10:00 am

CROWN POINT AREA BECKONS. See September 2.



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.

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.

SENSATIONAL SWITZERLAND HIGHLIGHTS

Walkabout's June 23 – July 7 adventures afoot in Switzerland "feet"ured a bevy of bountiful excursions such as: a special demonstration in Gruyère of traditional cheese-making in a 1685 farmhouse; after winetasting with the vintner, wandering through her private estate overlooking Lake Geneva (Lac Léman); a personally guided tour of Liechtenstein by the wife of the recently retired butler for the royal family of this notable principality; rambling along the famous river Rhein on our way into Austria; a mountain ride leading to an amble through alpine splendor under the glow of the triumvirate of majestic mountains -- the Eiger, the Mönch and the Jungfrau -- in the waterfall-resplendent Lauterbrunnen Valley; walking in the footsteps of Pablo Picasso, Mark Twain and Hannibal along a secluded mountain pass in the region of the Matterhorn; soaking in the serene, steaming waters of the highest hot springs resort in Europe; with every walk inspired and fueled by sumptuous dining feasts! This is just a peek at some of the peak experiences 19 of us enjoyed in Sensational Switzerland!

In the words of one traveler's letter dated July 9th to Walkabout:

Dear Walkabout Board,
I just returned from Larry's 2013 version of his Sensational Switzerland trip, and just want to say that the trip was PERFECT IN EVERY WAY!
Larry was an absolute magician the way he selected unique cities, accommodations, people-2-people experiences including his daily travel bon mots and the Journal, walks of uncommon interest and beauty and tied them all together with so many PERFECTLY CHOREOGRAPHED bus, train and boat connections WHEW!

I can honestly say I wish I had the whole trip to do over again!
Sincerely,

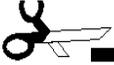
Walkabout Member for over 3 decades but only 2nd Walkabout traveler.

After winetasting, overlooking Lake Geneva amid the Lauvax vineyards, a UNESCO World Heritage Site.



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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News from Cape Cod

Just after President Obama and his family vacated Martha's Vineyard from their annual vacation, a group of Walkabout enthusiasts set sail for the Cape Cod island for a day of touring by boat, bus and foot. On August 22 the group, a partnership of Hyannis Federated Church and Walkabout International Cape Cod, were scheduled to leave the Hyannis Harbor for a day-long adventure in Edgartown, Martha's Vineyard. Approximately 30 people were set to take a bus tour of the island after an hour-long boat ride to get there, and then the heartiest would join Dan Haslam for a Walkabout to the "Top Ten Tourist Attractions of Edgartown." This town is so tiny, coming up with 10 attractions was a stretch. But walk bys of Capt. Ahab's house from "Moby Dick", the oldest pagoda tree in N. America, the Methodist church's Louis Comfort Tiffany stained glass windows were all on the docket. And, what would an island tour be without a visit to the local lighthouse, so that was on the agenda, too. For braver souls a side ferry trip to Chappaquiddick Island was planned, to see where the nefarious episode involving Ted Kennedy decades ago still draws whispers.



Hyannis Pops

The Walkabout group will try to take it all in. Although the boat will dock at Oak Bluffs, time may not permit the group to visit the historic outdoor tabernacle there, or the 200 gingerbread houses, which surround it. But if there is time, this will be a side trip.

In the meantime, several Walkabouts attended the 28th annual "Pops by the Sea" concert on Sunday, August 11. This social-event-of-the-season concert included local talent as well as nationally-acclaimed movie, stage and television actress Blythe Danner (known for her roles on the "Meet the Fockers" films, or "Will and Grace"). Unfortunately, when she hopped up on stage to conduct the Boston Pops orchestra she forgot her baton and was set to use a drum stick until a proper wand could be located. The concert and pre-show lasted six hours, and 15,000 attended from all over Cape Cod. A special train was run from Boston, and it was truly walking weather, sunny and 75 degrees.

Walkabout continues to offer about three walks per week through September, and then the seasonal operation will go "on ice" until spring rolls around again.