



San Diego Feets

Vol. 38, No. 5

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

May 2015

WEEKLY REPEATING WALKS

These walks repeat every week this month at the same location, day, and time.

MONDAYS

10:00 am

CROWN POINT AREA BECKONS. Start out your week with beautiful scenic views of Mission Bay and nearby homes as a guest leader takes the group on a **moderate to moderate-plus** flat walk for about 2 hours with a pause for coffee or yogurt. Take I-5 to Grand Ave. and go west to Lamont St., turn left on Lamont St., then right on Crown Point Dr. to meet at the west end of the parking lot by the park's southern end restrooms. To use public transit, take the trolley to Old Town and board the #9 bus at 9:10, get off at La Cima Dr. and walk 3 blocks east to the parking lot. Rain cancels. **Kathy L.** (858) 484-0349.

TUESDAYS

6:30 pm ***NOTE NEW LOCATION***

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** 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. **Teri E.** (858) 560-0446 or **Jill F.** (858) 292-4231.

WEDNESDAYS

5:30 pm

WEDNESDAY WORKOUT. Meet at Costa Verde Shopping Center in front of Bookstar, west of the UTC Mall between La Jolla Village Dr. and Nobel Dr. We will walk for about 1½ hours at a **moderate-plus** pace, heading in a different direction each week, exploring canyon trails and hills. Rain cancels. Come and have some fun! **Barbara N.** (619) 226-3024.

THURSDAYS

10:00 am

MISSION BEACH NORTH & SOUTH. Walk the beach or the bay and stop for coffee near the end of this **moderate-plus** or **moderate** flat walk. Meet at the Belmont Park ticket booth off of Mission Blvd. To use public transit, ride the trolley to Old Town, and then take the #8 bus at 9:40 to Mission Blvd. arriving at 9:54, and walk across the street. Rain cancels. **Kathy L.** (858) 484-0349.

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 2.5 miles round trip; 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 afterward. Rain cancels. Join us - just for the health of it! **Sally R.** (619) 222-3800.

10:15 am

MORNING STROLL IN BALBOA PARK. Meet at the Senior Lounge across from the Museum of Photographic Arts to walk at a **casual** pace through beautiful Balboa Park for about 45 minutes. Terrain is flat and mostly paved. Stay after for optional coffee. For public transit, use the #7 bus. Rain cancels. **Mary T.** (619) 291-1349.

Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive 15 minutes prior to the start time.

Pace Yourself	miles per hour	minutes per mile
Casual	2.5	25
Moderate	3	20
Moderate-plus	3.5	17

WEEKLY REPEATING WALKS (cont.)

FRIDAYS

6:00 pm

MISSION HILLS MEANDER. Come see the great views and picturesque homes and gardens of this old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. Meet at the coffee shop at 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. Wear white at night. **Pat P.** (619) 291-6162.

SUNDAYS

8:15 am

MERRY GO-ROUND. Start from the carousel in Balboa Park and join us on one of the most scenic walks in San Diego. Our **moderate-plus** walk encompasses the harbor, downtown, Bankers Hill and bridges depending on size of group and mood. Allow 3 hours, which includes a coffee break. To use public transit, take the trolley to 3rd Ave. and C St. At 3rd Ave. and Broadway take the #7 bus at 7:42 or 7:48. Arrive at Zoo Pl. at 8:00 or 8:06. Meet **Rick** in the parking lot near the carousel at Park Blvd. and Zoo Pl. (858) 565-7212.

REQUIEM FOR A LONG-TIME WALKABOUT SATURDAY STANDARD

It has gone by many names, 'Saturday Nite Live' or 'Downtown Saturday Night,' but now it is simply gone. Started in 1991, this staple walk of our organization provided a place to go for scores of walkers seeking an early evening romp with fellow pedestrians. Walkers could show up, park their car in front of the County Administration Building on Harbor Drive (or the free city lot) a few minutes before 6 pm, have a tour on foot round downtown or the waterfront, dinner with fellow walkers and be home in time for 'Mannix,' or whatever appeared on Saturday night TV. In the early years Bruce Herms led the walk every Saturday night. You could count on it. It was one of the most popular walks around with sometimes thirty or forty folks showing up. Later, Sid took over and kept up the pace. Still later, Carol or Donna or Terri took turns leading the walk so that responsibility was not shouldered by one, but by a committee. When Donna could no longer participate, the remaining duo forged ahead. But the County Admin free parking went away due to construction of a new city park and the walk had to be located to Broadway and Pacific Hwy. (a difficult location to find). Most recently Donna & Jerry and Dan have divided responsibilities for the walk when they found it went fallow last summer. They even moved it to a much better starting point at the Balboa Theater at Horton Plaza so walkers could park for free and enjoy shopping and dinner before or after the walk. But their oversight ended in April because they spend summers and part of fall away from San Diego. Although they pleaded with walking regulars to take over and keep the dream alive, no one has come forward to take over. So it's over. It won't be revived by the trio in the fall, either.

Unless...someone else steps in and agrees to lead the walk. ('If you lead it, they will come...') The walk formula is a simple one. You don't need a flowery description. You leave from the same starting point at the same time on the same day. Creativity comes in when you find something interesting to see on Saturday night -- an art opening, a new sculpture, live music. You can set the pace, greet the guests and start date night with people you don't have to date. What could be easier? It's a shame to lose this Walkabout standard after 25 years. Shed a tear because you don't see it in this month's calendar of walks. Thanks for the memories.

HIKE WEDNESDAYS & SATURDAYS

Time: TBA

WILDERNESS HIKE. Details e-mailed a day or two before. **IMPORTANT HIKE INFO:** Park on the street in front of the Methodist Church, 2111 Camino del Rio South (west of Texas St.). Be prepared to drive yourself if there are no other carpoolers. Bring lunch, 2-3 quarts of water, sun and rain protection, and lug-soled shoes. **"First timers" must** call the leader. All participants **must** be in top condition, well prepared for trail conditions and will be accepted at the leader's discretion. Hikers **must** be able to keep pace with the group. Check <http://www.walkabout hikes.org> as weather or unusual conditions may cause the hike to be moved or canceled. If you have any questions, please contact the relevant hike leader as noted:

Date	Contact Information
May 2	Don: dpiller@cox.net or (760) 796-4007
May 6	Don: dpiller@cox.net or (760) 796-4007
May 9	Bill: (619) 206-5809 or wa4lrm@gmail.com
May 13	Ron: (619) 390-3033 or lucasronald@hotmail.com
May 16	Bill: (619) 206-5809 or wa4lrm@gmail.com
May 20	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
May 23	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
May 27	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
May 30	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com

NEWSLETTER DEADLINE NOTICE

All walks must be submitted by the **10th** of the month before the month of the walk. None will be accepted after that date. For example, the April newsletter is published in March, so walks must be submitted by March 10th. You must e-mail your walks to walks@walkabout-int.org. If you e-mail more than one walk, please leave extra space between each walk.



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

MORE GREAT WALKS THIS MONTH

SATURDAY, MAY 2

10:30 am

DOWNTOWN IN THE DAYTIME. Join us on a one-hour **casual** walk through the Gaslamp and East Village. The walk will include brief stops at a discount grocery store, an urban pocket park and the new central library, returning to Horton Plaza after an optional lunch. Meet at the Balboa Theater, 4th Ave. and E St. Free validated 3-hour parking available at Horton Plaza garage. **Stella** (619) 232-3756.

SUNDAY, MAY 3

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 west 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.

9:15 am

MAY THE FOURTH-MINUS-ONE BE WITH YOU. We will O-BE-WANDering amongst the breath-taking beauty of a secluded canyon along some out-of-this-world pathways as we DARTH inVADE, eRr, the "Meadows" area of Carmel Valley. Immerse yourself into a 3-hour **moderate-plus** meander over mixed up and down terrain in this inland empire overlooking the environs of The Grand Del Mar Resort in the remote Del Mar Mesa, rest-room empty community. **LUKE** for **Larry** under the SKY as you join other WALKERs by Carmel Country Rd. and Sagamore Way. From I-5 or I-15, connect to Route 56 and take Carmel Country Rd. Exit south for about 1/2 mile to Sagamore Way. BYO water; rainwater cancels. If YODA have questions, (858) 755-1751 (evenings/weekends).

MONDAY, MAY 4

6:00 am

SUNRISE SERIES: HARBOR ISLAND. We'll have a quiet walk for 1 hour at a **moderate** pace on flat terrain around this beautiful area so close to downtown. Take Harbor Dr. to Harbor Island Dr., turn west to the end and turn left to the parking next to Island Prime Restaurant. Bring money for optional breakfast afterward. **Gloria** (619) 482-7677.

Flashlights should be kept handy on evening or early morning walks. They help you not only to see, but to be seen. In case of emergency please carry ID and medical information.



THURSDAY, MAY 7

6:00 am

SUNRISE SERIES: EASTERN BALBOA PARK. Meet **Edie** at the merry go-round off Park Blvd. near the Zoo. We'll see roses and cacti galore, and much more on this **moderate** 1 hour walk. We'll stay on cement paths, cross a bridge and hope for a rose garden in full bloom. Plan for an optional breakfast afterward. Shall we try Greek? (619) 222-4396.

SATURDAY, MAY 9

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.

8:00 am

TRAIN TO SOLANA BEACH WALKING & SHOPPING. Enjoy inspiring beach views from the train before our **casual to moderate** 3-hour walk through this quaint beachside town and along its beautiful northern and southern beach loops. Travel on an Amtrak train to Solana Beach for the low Coaster price of \$5.50 adults or \$2.75 seniors. Meet at Old Town Transit Center (OTTC) in the middle of the station on track 3 to purchase tickets and then go to track 4 for Amtrak departure at 8:29 am. Free parking is available at OTTC or on the nearby cross streets. Optional lunch at the Brigantine and then visit Cedros Avenue Design District for shopping and entertainment. Return by train in the mid-afternoon (same ticket prices as above). For detailed information, phone and leave your email address. Rain Cancels. **Dan D.** (858) 722-3002.

9:00 am

SAN DIEGO RIVER PARK TRAIL. Join us in Mission Valley for a **moderate** walk by the river along the north trail from the mall to Camino Del Este and returning via portions of the south and north trail for about 4 miles round-trip. All walk surfaces are paved and mostly flat with some inclines. Green trolley line and multiple bus routes stop at the Fashion Valley Transit Center or park in the lot for free at the transit center (specified trolley parking areas only). Meet at the north entrance of the pedestrian bridge that crosses the river to a hotel. Rain cancels. **John N.** (619) 772-8855.

SUNDAY, MAY 10

7:15 am

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

MONDAY, MAY 11

6:00 am

SUNRISE SERIES: SDSU. Here's our chance to get educated on what is happening at San Diego State University as we take a mostly flat walk for about 1 hour at a **moderate** pace exploring the old and the new. Afterward, we'll have an optional breakfast at a nearby restaurant. Meet in the church parking lot on Montezuma Rd. between College Ave., and Campanile Dr. **Pat K.** (619) 469-6223.

TUESDAY, MAY 12

3:00 pm

GARDENS ALONG PARK BLVD. We'll continue to celebrate the 1915 Exposition Centennial with a 1-1/2 hour, **casual to moderate**, flat walk through the beautiful gardens along Park Blvd. We'll stroll through the spectacular Rose Garden, the Dessert Garden, the lesser-known Veterans Memorial Garden and the Garden Court, featuring colonnades and a pool. Meet at the flagpole in front of the Veterans Memorial Center and Museum (not War Memorial Building). The building was once the chapel that served The Balboa Naval Hospital. Today the Veterans Museum is free to San Diego residents, so bring your ID and come 30 to 45 minutes early to enjoy the displays. Park in one of the large public lots in front of or to the south of the Veterans Museum, or take the #7 bus to Presidents Way. Rain cancels. **Evelyn K.** (619) 461-6095.

THURSDAY, MAY 14

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.

SUNDAY, MAY 17

7:15 am

BREAKFAST SPECIAL ALONG EAST MISSION BAY. Let's take a flat walk **at your own speed** to see the birds, boats, and views. Optional breakfast and chatting follow. Meet on Mission Bay Dr. by the restrooms just south of Clairemont Dr. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

4:30 pm

BALBOA PARK. Join us at the corner of 6th Ave. and Upas St. for a late afternoon **casual** stroll (parking usually opens up just inside the park at this time). We'll start at the Marston House formal garden and walk over to the Sculpture Garden and the Alcazar Garden. We may see a rabbit or two as well as squirrels along the way. **Stella** (619) 232-3756.

MONDAY, MAY 18

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. Optional breakfast follows. **Betty** (858) 248-3782.

THURSDAY, MAY 21

6:00 am

SUNRISE SERIES: SHELTER ISLAND. We'll walk this beautiful mostly-flat area by the bay where there are many beautiful homes. There will be a choice of going up a hill for those who feel they would like to climb to where the view is very scenic. To meet the group, from I-5, drive west on Rosecrans St. to Shelter Island Dr., turn left and go about two blocks to Anchorage Dr. to the large parking lot (park where there are no meters). Bring money for optional breakfast afterward. **Marilyn & John** (619) 840-5544.

9:30 am

OCEANSIDE PIER AND HARBOR. Join us for a **casual** walk in Oceanside. Meet at the Pier View Market (218 North Cleveland St). We'll visit the Farmer's Market where we can taste some samples. Then we'll walk to the Succulent Cafe where we can take some photos of the plants on the wall. We'll walk to the harbor to enjoy watching the boats, fisherman, and seals during an optional lunch of fish and chips or at The Broiler for happy hour (\$4 dishes). For public transit, take Amtrak 567 from the Santa Fe Depot at 8:24 am and arriving in Oceanside at 9:25 am. After departing the train, walk one block north past the parking structure to the Pier View Market where Ann and Karen will wait for you. After an optional lunch, we'll walk back to the train station for the Coaster 654 at 2:32 pm to arrive back at Santa Fe Depot at 3:36 pm. **Ann S.** (760) 390-5489.

GEMOLOGICAL INSTITUTE OF AMERICA

GIA is a nonprofit institute dedicated to research and education in the field of gemology and the jewelry arts. Plan to join us on June 4th for a free one-hour tour beginning at 10:30 am. Optional lunch follows.

The deadline to reserve your spot is June 1. Contact Ann at (760) 390-5489 or schrammmom@gmail.com and provide your legal name. For security purposes, ID is required by GIA to take the tour.

SUNDAY, MAY 24

7:15 am

BREAKFAST SPECIAL IN PACIFIC BEACH. Before the crowds arrive, walking in Pacific Beach can be delightful. We'll walk along the ocean admiring the waves on a flat walk **at your own speed** and then return by the same route. Meet at the west end of Garnet Ave. by Crystal Pier. From Old Town Transit Center, take the #8 bus at 6:30. Rain cancels or postpones. Optional breakfast follows, perhaps overlooking the ocean. **Pat's Pals** (619) 469-6223.

8:00 am

TRAIN TO ENCINITAS FOR BEACH WALKING & MEDITATION GARDENS. Enjoy inspiring beach views from the train before our **casual to moderate** 3-hour walk along beautiful beaches and to the Meditation Gardens of the Self-Realization Fellowship Retreat. Travel on an Amtrak train to Encinitas for the low Coaster price of \$5.50 adults or \$2.75 seniors. Meet at Old Town Transit Center (OTTC) in the middle of the station on track 3 to purchase Coaster tickets and then go to track 4 for the Amtrak departure at 8:29 am. Free parking is available at OTTC or on the nearby cross streets. Optional lunch and then return on the train in the mid-afternoon for the same low prices. For detailed information, phone and leave your email address. Rain Cancels. **Dan D.** (858) 722-3002.

MONDAY, MAY 25

6:00 am

SUNRISE SERIES: SHELTER ISLAND. We'll walk this beautiful mostly-flat area by the bay where there are many beautiful homes. There will be a choice of going up a hill for those who feel they would like to climb to where the view is very scenic. To meet the group, from I-5, drive west on Rosecrans St. to Shelter Island Dr., turn left and go about two blocks to Anchorage Dr. to the large parking lot (park where there are no meters). Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.

10:00 am

MEMORIAL DAY AT MOUNT HOPE. Let's take a **moderate** walk around one of San Diego's earliest cemeteries. We'll walk over lawns and knolls noting burial sites of famous men and women of San Diego: Horton, Marston, Sessions, etc. Perhaps we will see a memorial ceremony by Sons of Civil War veterans to remember the 620,000 people who died in that conflict. Enter the cemetery at 3751 Market St. east of I-15. Meet at the Visitor Center. Rain cancels. **Pat K.** (619) 469-6223.



WEDNESDAY, MAY 27

11:00 am

PARADISE VILLAGE TOUR. Join **Robert** for a tour of Bernie Freund's new home at the Paradise Village Retirement Community. We'll see Bernie's apartment, facility accommodations, and amenities. A no-cost lunch will be included for all and there will also be a short **casual** walk around the grounds of this resort-style facility. Meet in the lobby at 11:00 am. There is free visitor parking near the lobby. Paradise Village is located at 2700 East 4th Street, National City. From San Diego, take 805 South, exit at Palm Ave, continue south on Palm to E. 4th St, turn right on E. 4th and proceed to Paradise Village, a large building complex just east of the Paradise Valley Hospital. For public transit, take the Blue Line Trolley south to the 8th St. Trolley Station, to arrive at 10:31 am. Those wishing to be picked up by the Paradise Village bus at the 8th St. Trolley Station must contact Bernie to reserve a seat. The bus will also return you to the 8th St. Trolley Station after the tour and walk are finished. **Bernie** (619) 212-0027.

THURSDAY, MAY 28

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 season has to offer on this **casual to moderate** 1-hour walk. 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. Bring money for an optional breakfast afterward. **Winnie** (858) 278-4003.

FRIDAY, MAY 29

11:00 am

CELEBRATE NATIONAL SALSA MONTH! The food, that is, not the dance as we follow up a 1 to 1-1/2 hour flat **moderate** walk to savor all the beautiful sights of Kensington with an optional lunch stop at the neighborhood's favorite Mexican eatery. Since May is also National Get Caught Reading Month (no kidding!), we'll meet in front of the library on Adams Ave. between Marlborough Dr. and Kensington Dr. (just east of the I-15 Adams Ave. exit). Allow a few extra minutes to find street parking. Rain cancels. **Fran W.** (619) 271-7107.

SUNDAY, MAY 31

7:15 am

BREAKFAST SPECIAL ON SHELTER ISLAND. Ships and seagulls will delight us as we take a flat walk as far around Shelter Island as we wish and at our **own speed**. Time out to pet cute dogs. Meet at Shelter Island Dr. and Anchorage Ln. Optional breakfast and chatting follows. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

FEATURED TRIPS
HUNTINGTON LIBRARY &
BOTANICAL GARDENS
SATURDAY, MAY 16

Enjoy a very special place near Pasadena known as the Huntington Library & Botanical Gardens, renovated into larger gardens, displays, new gift shop and an enlarged new eatery. Join Rita and Marilyn B. on this trip to view the original "Blue Boy" by Gainsborough and "Pinkie" by Thomas Lawrence in the Thornton Portrait Gallery. Stroll through 12 beautiful theme gardens on your own, which include the renovated Japanese Gardens, the breathtaking Rose Gardens, which will be in full bloom, and Desert Landscaping. There will be a temporary display, which you can learn about at: www.huntington.org and choosing "Future Exhibits." You can do as much or as little walking as you wish over the several miles of flat terrain. The Huntington has added a new larger restaurant by the original entrance called "The Café" (cafeteria style) with a huge assortment of choices and view of the gardens, or let us know if you want a reservation in the famous Tea Room, which is still available (\$38 for complete buffet). Lunch is on your own, and the Huntington has asked us not to bring any food onto the premises. We will leave San Diego at 8:30 am in a comfortable 35-passenger bus with bathroom and pick up North County people at La Costa off the I-5 by 9:00 am, then drive directly to the Huntington non-stop in order to arrive by 11:00 am. We will head home at 4:00 pm in order to return to San Diego by 7:00 pm (the return trip takes longer).

Cost of the trip includes the bus, driver tip, entrance fee and snacks with water. Please mail your \$65.00 check per person payable to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007, indicating a San Diego or North County pickup location, and your phone number. Enclose a self-addressed stamped envelope for us to mail your itinerary. Since we will have paid for the bus and Huntington tickets in advance, we will not be able to offer any refunds unless there is a waiting list. The first people to respond get the best seating. If you have any questions, please call Rita at (619) 266-2555. We look forward to a beautiful day in San Marino with you.



THE 4 CULTURES OF SWITZERLAND
JULY 14 – 26

Once again, Walkabout heads to the land overflowing with the most spectacular scenery accessible by foot – Switzerland. This time we immerse ourselves into the four distinctive cultures and flavors of Switzerland: German, French, Italian and the little-known Romansch. Savor sauntering along cobblestone streets of medieval lakeside villages with French flair and dating back to the 6th century as well as through the remote reaches of the untamed Neuchâtel mountains; tucked away in the quiet

corners of the elusive Romansch culture, view the stunning and scintillating alpine panoramas around glamorous St. Moritz; prance through the heart of the festive Italian Riviera region along the gentle shores of Lago Maggiore with the nearby – yet secluded – lush valleys adorned with velvet green meadows and streams; and surrounded by the highest and most dramatic panoply of peaks in all of Switzerland, venture amid the glaciers through the area known as "The Pearl of the Alps" in the car-free village of Saas-Fee with its distinctively German flavor and just around the corner from the mesmerizing Matterhorn.

Alluring lakes. Alpine splendor. Pastoral pathways. Tantalizing cuisine. Experience 13 days / 12 nights of ecstasy for the walking enthusiast with 12 bountiful breakfasts and 12 sumptuous dinners in three- and four-star accommodations with three nights each in Neuchâtel, Celerina, Locarno and Saas-Fee; a Swiss Pass for virtually unlimited daily transport in Switzerland on the comfortable, convenient and efficient Swiss transportation network of scenic trains, busses, boats and mountain conveyances; free admission to hundreds of museums; and a wealth of walks conducted by Walkabout's own leader, Larry, who has guided over a dozen walking tours of Switzerland and has been praised for his personal, in-depth, behind-the-scenes approach to touring by celebrated travel gurus, Arthur Frommer and Rick Steves.

The land-only price is \$3,250 per person for double-occupancy with a limited number of single rooms available for the supplement of \$480, based on a group size of at least 12 plus leaders.

Questions? Call Larry at 858.755.1751 (only evenings and weekends, please!)

LAKE ARROWHEAD VILLAGE
& NARRATED CRUISE
SATURDAY, JULY 18

Join Rita & Marilyn B. as we travel to the refreshing tranquility and clean air of beautiful Lake Arrowhead Village, an Olde English-style village nestled among the pines of the San Bernardino Mountains. Spectacular views are abundant along the well-known Rim-Of-The-World Highway as we make our way up to the alpine wonderland. Lake Arrowhead has long been a favorite mountain hideaway for Hollywood celebrities and has been the backdrop for many motion pictures. On this popular summertime getaway you'll experience a delightful 60-minute narrated lake cruise aboard the 65-passenger Arrowhead Queen, where we will learn of the area's rich history while savoring the scenic views from an offshore vantage point. In the morning we shall walk at lake-side with your knowledgeable leader who had a family cottage in the magical town of Blue Jay (minutes from the lake) and see special places that are no longer there, such as the ice skating rink where a very famous ice skater practiced years ago. After our walk, enjoy

lunch on your own in the village and there's time to wander around in the village before we board the Arrowhead Queen at 1:00 pm. Your leader recommends Woody's, a lovely lakeside restaurant. Don't miss this popular alpine treat.

Cost of the trip includes a 29-passenger bus with bathroom, driver tip, boat ride and water with snacks. Please mail your \$76.00 (much less than our competition) per person payable to Walkabout Int'l to 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007. Please indicate a San Diego office pickup or North County pickup at Mercy Rd. off Hwy 15. Enclose a self-addressed stamped envelope for us to mail your itinerary. Since we will have paid for the bus and the boat ride in advance, we will not be able to offer any refunds unless there is a waiting list. First come first served. You will be given your choice of any seat on the bus. Walking requirements are definitely "MODERATE". If you have any questions, please call Rita at home (619) 266-2555. We have not done this trip in over 12 years and we expect a full bus load. We look forward to a very memorable day in Lake Arrowhead with you.



NEW ENGLAND FALL FOLIAGE TRIP FEATURES BOSTON, VT AND CAPE COD!

MONDAY, 9/28 - MONDAY, 10/5 (7 nights, 8 days)

**\$1349 per person (double occ.); single suppl. is
about \$200 addl.**

San Diego's Walkabout group will join its sister Cape Cod organization for a New England tour of the beautiful fall foliage. You'll fly to Boston without a tour leader but be greeted by one when you arrive, and we'll spend our first night in a Boston hotel which allows for an evening on the town and an early bird walk the next morning. Then we'll join up with the Cape Cod gang en route via van to the Northeast Kingdom of Vermont. We travel through the hills of New Hampshire to begin six days of touring small towns taking turns hosting "leaf peepers" in daily celebrations of the season. There are hay rides, hymn sings, hillside hikes, artisans and craft fairs, museums, bus tours and much more to delight you in seeing rural VT at its finest. We'll visit a chapel for dogs, Ben & Jerry's and the countryside for the best leaves and sights. We'll stay in simple, heated cottages overlooking Joe's Pond, enjoy home cooked breakfasts and picnic lunches and then gorge ourselves at community suppers sponsored by the towns. Your last night will be spent on Cape Cod, with a day long tour of the land as it beds down in slow season for the winter ahead. You'll take a comfortable, direct bus back to the airport in Boston for the flight home.

Trip price includes round trip air, hotel transfers in Boston, accommodations in Boston, VT, and Cape Cod, ground transportation via van or other vehicle, all meals in VT and Cape Cod, bus from Cape Cod to Boston and the services of your tour leader/co-leader. Trip is open only to a very limited number of travelers from San Diego, so

act early! Send \$300 deposit to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106 Mark "NE Fall Foliage" on check. Include legal name for airline ticket, month, day, year of birth (TSA requirement) and email address. Email questions to danielbhaslam111@yahoo.com.



BEAUTIFUL BOISE & TRAILING OF THE SHEEP FESTIVAL

OCTOBER 8 - 15

Join Stan Follis and his faithful co-leader, Walter Konopka Jr., for an 8-day exploration of southwestern Idaho. This trip will be much like our previous travels in 2003, '07, '11, and '13, but we will find new attractions and revisit the best of previous trips. We will fly into Boise and visit the Sun Valley area for a few days in a mountain paradise; very popular in the winter, but we will see it in the fall for the Trailing of the Sheep Festival. Our accommodations may be at the Christophe Condominiums in Ketchum, ID. We'll visit the Sawtooth Mountains and perhaps the Craters of the Moon National Monument. In Boise, we will explore this charming city with a walk along the river and through graceful old Victorian neighborhoods, and visit the grand state capitol building.

For those of you who knew Kathy Follis, we will visit with her sister and family. Other possible attractions will be announced in upcoming months, perhaps a piano recital, the Seibel family band, and the rich Basque heritage in Boise. Walks will be at a casual pace and optional except for getting around town. You will be expected to manage your own luggage. If you require more than minimal assistance, you should travel with a companion. Travelers must be current Walkabout newsletter subscribers.

Cost is estimated to be \$1,199 for double occupancy and a single supplement of \$375. This will include airfare, coach, lodging, scheduled attractions, breakfasts, and a farewell dinner. The price is based on 20 participants and travel using a coach and local public transit.

To reserve a spot, please send a \$400 deposit check which is fully refundable until we purchase the airline tickets in July or August 2015. This can be done on our website or send a check to the office. We will notify you before we purchase the airline tickets and urge you to obtain travel insurance in case you need to cancel. Please enclose a SASE if we do not have your email address on file. Call Stanley at (619) 222-3447 if you have any questions.



BACK TO TUCSON (REVISED)

5 nights, 6 days, November 18 - 23

\$799 per person (double occupancy)

We've revised our fall trip to Tucson, including departure and return dates (you're back in plenty of time to cook the Thanksgiving turkey). We've added a hotel night and more time on the ground to explore -- for the same price! Instead of flying to Tucson (which you could do at an added cost), we're taking a van from San Diego and crossing the desert for the 6-hour drive. Our reformatted trip is a Walkabout-only trip (no commercial trip partner). Some of the trip highlights include a visit to the 18th Century Mission del Bac aka "Dove of the Desert," the University of Arizona, 4th Avenue entertainment venue, renowned Desert Museum, Sabino Canyon tram in the Coronado Natl. Forest, Saguaro National Monument, the Ted deGrazia art gallery & studio, Bisbee, Tombstone, Tubac and so much more. Our downtown hotel location provides a perfect setting for informative early bird walks, and our van tour gives us travel flexibility throughout the trip. You can do as much walking on this trip as you like or are able, and it's intended for all skill levels.

Trip includes roundtrip van transportation (air travel is available for about \$150 more), double occupancy hotel accommodations (single supplement available at \$175), at least two meals a day (breakfast each day and usually lunch), attractions admissions (above), and the services of your tour leader and co-leader. Trip insurance is recommended but not provided. Reservations are first-come, first-served, with a maximum of 13 guests on this tour. Refunds are available only if your seat is resold. To reserve send \$300 deposit to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106. Mark "Tucson" on your payment, and for further info or if you want plane reservations contact trip leader Dan at danielbhaslam111@yahoo.com. It's been 21 years since a major Tucson trip -- let's do it up, cowboy/girl!

WALKING "FOOLS" TRIP UP LAS VEGAS

Fourteen Walkabouts spent April Fool's Day (and five others) touring 'Everything But Las Vegas' recently on a van trip to the glitzy desert city. The group stayed at a downtown hotel (once owned by Bugsy Siegal) just outside the umbrella of the Fremont Street Light Show Experience and across the street from the new Container Park, which is guarded by a giant metal creature that shoots blasts of fire to draw in customers. True to the trip's theme, the group did not spend their walking hours in casinos but instead visited Valley of the Fire State Park for canyon and trail hikes, Red Rocks National Conservation Area for a breakfast picnic, 13-mile scenic drive and trail hiking, a visit to the Hoover Dam overlook, Lake Mead, and Boulder City.

On the drive to Las Vegas, the group stopped for a picnic lunch at the archaeological Early Man Site, near Calico Ghost town, with a short lecture by a docent on work in this area. Walkers ate at casino buffets around town, and the highlight of the tour had to be a visit to Zappo's

downtown headquarters, the hottest tour ticket in town where guests enjoy refreshments, a video describing the company's mail order business and an extensive tour of the working (and playing) areas of the company now housed in the former city hall. Early bird walks covered downtown Las Vegas sites when few others were present, and evening walks hit the north, central and south casino Strip. Most of the group attended an optional Tribute to Michael Jackson performance on opening night at the Stratosphere, and all visited the Clark County Museum, which included historical homes moved from downtown to preserve a bit of the past.

The group also toured the relatively new, comprehensive Mob Museum now located in the former downtown post office, where gangster hearings were actually held by the feds. Tour leader Dan Haslam had some April 1 fun with the group by telling them to have \$2 and their drivers licenses in hand to pass through the Native American gate into the state park, and then the group retaliated by hiding part of the picnic lunch packed for them. Travelers included Haslam and co-leader Walter Konopka, Naida Hindert, Sharon Nelson, Carolyn Eckhart, Cielo and Kevin Foth, Judy Kaplan, Barbara Miller, Robert Carroll, Valerie Sanfilippo, Ginger Thaler, Pat Peterson, and Jack Heine. Other Walkabouts in Las Vegas participating with the group were Eileen Frame and Carol Carr.



WALKABOUTERS AT THE WYNN LAS VEGAS



OLAF WIEGHORST MUSEUM IN EL CAJON

MAY 2015 WALKS AT A GLANCE

Bold walk start times are those that repeat every week at the same location, day, and time.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					6 pm Mission Hills Meander	TBA Hike 10:30 am Downtown in the Daytime
3	4	5	6	7	8	9
7:15 am Breakfast Spcl: Downtown 8:15 am Merry Go-Round 9:15 am May the 4 th -1 b With You	6 am Sunrise: Harbor Island 10 am Crown Point Area Beckons	6:30 pm Mission Bay Sunsets	TBA Hike 5:30 pm Wednesday Workout	6 am Sunrise: E. Balboa Park 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	6 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 8 am Train to Solana Beach 9 am SD River Park Trail
10	11	12	13	14	15	16
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go- Round	6 am Sunrise: SDSU 10 am Crown Point Area Beckons	3 pm Gardens Along Park Blvd 6:30 pm Mission Bay Sunsets	TBA Hike 5:30 pm Wednesday Workout	6 am Sunrise: Riverwalk 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	6 pm Mission Hills Meander	TBA Hike
17	18	19	20	21	22	23
7:15 am Breakfast Spcl: E. Mission Bay 8:15 am Merry Go Round 4:30 Balboa Park	6 am Sunrise: Lake Murray 10 am Crown Point Area Beckons	6:30 pm Mission Bay Sunsets	TBA Hike 5:30 pm Wednesday Workout	6 am Sunrise: Shelter Island 9:30 am Oceanside Pier & Harbor 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	6 pm Mission Hills Meander	TBA Hike
24	25	26	27	28	29	30
7:15 am Breakfast Spcl: Pacific Beach 8 am Train to Encinitas Beach 8:15 am Merry Go- Round	6 am Sunrise: Shelter Island 10 am Crown Point Area Beckons 10 am Memorial Day Mount Hope	6:30 pm Mission Bay Sunsets	TBA Hike 11 am Paradise Village Tour 5:30 pm Wednesday Workout	6 am Sunrise: Tecolote Cyn 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	11 am Celebrate Nat'l Salsa Mo. 6 pm Mission Hills Meander	TBA Hike
31						
7:15 am Breakfast Spcl: Shelter Island 8:15 am Merry Go-Round						

UPCOMING WALKS, EVENTS & TRIPS

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

Day Trips

Huntington Library & Gardens	May 16
Lake Arrowhead	July 18
Broad Museum	November TBD
Joshua Tree National Park	TBD

Overnight Trips

Switzerland (waiting list)	July 14 – 26
New England Fall Foliage	Sept 28 – October 5
Beautiful Boise	October 8 -15
Tucson & Southeast Arizona	November 18 - 23

Events/Walks

Gemological Institute of America	June 4
Fireworks from Pt. Loma	July
Ice Cream Social Walk	August
Tall Ships Parade & Picnic	September
Annual Meeting Potluck & Auction	October 24
Thanksgiving Restaurant Dinner	November 26
Holiday Decorations at Hotel Del	December
Lamb's Theatre Christmas Play	December
Christmas Brunch & Gift Exchange	December 25



VOLUNTEER!

Please call the office if you would like to help organize one of the walks or events listed above.

WALK LEADERS NEEDED

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

- Balboa Park w/ranger tour
- Coaster trip to Oceanside Pier/Cedros shopping
- Free Tuesdays at museums in Balboa Park
- I Love A Clean San Diego beach cleanup

BROAD MUSEUM HERE WE COME

Join us in November to see the \$140 million art museum in downtown L.A. which opens September 20, 2015 and will feature an extensive contemporary art collection, including 2,000 pieces from the Broads' personal collection, as well as rotating special exhibits on loan from galleries throughout the world.

To reserve a spot, please phone Walkabout Int'l and leave your name and phone number so we can call back with the details. We shall be moderately priced.

WALKABOUT BOARD MEETING

Friday, May 15 at 11:30 am

The monthly meeting will be held at Serra Mesa-Kearny Mesa Branch Library, Sudberry Room, 9005 Aero Drive, San Diego, CA 92123



BOARD MEMBERS

President	(858) 571-7733
Robert Buehler	President@walkabout-int.org
1st Vice President	
Vacant	
2nd Vice President	(619)249-9813
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Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms	Emeritus
Dick Hiatt	Emeritus

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



OFFICE STAFF

Donna Farris, Marilyn Buckley, Eileen Frame, Susan Goodrich, Grace Greenalch, Pat Peterson, Charlotte Sedgwick

NEWSLETTER STAFF

Rita Balliot, Stan Follis, Dan Haslam, Ann Leever, Lorraine Marshall, Kim Mills, Fran Whiteman

MAILING CREW

Pat Peterson (Captain), Alice Berwert, Stan Follis, Grace Greenalch, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, Fusa Shimizu, Beverly Stebbins, Judy Vandruff

ABOUT WALKABOUT, SAN DIEGO'S PREMIER SOCIAL NETWORK AFOOT

Walkabout is an all volunteer San Diego-based non-profit organization offering more than 1,000 free local walks each year along with parties, picnics, potlucks, holiday celebrations and other activities including national and international travel, all with a walking component. Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places.

Walkabout Newsletter Subscription/Supporter Form

You are the heart and "soles" of an all-volunteer, nonprofit organization that raises walking far above a pedestrian pursuit. WALKABOUT depends in large part on your generous spirit to fund our yearly operating costs through your thoughtful, tax deductible donations. If you appreciate the value you receive from WALKABOUT, please contribute. All levels of support include a one-year subscription to our monthly newsletter.

Basic Level \$20 Tenderfoot \$25 Footprint \$100 Arch Supporter \$500
 Twinkle Toes \$50 Kindred Sole \$250 Big Foot \$1000 Other Contribution Amount \$ _____

Circle RENEW or NEW Subscriber/Supporter...How did you hear about us? _____

Please mail completed form (we do not share information): 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007

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PDF ONLY (fully tax deductible, eco-friendly, and helps us keep costs down)

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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A BIG THANK YOU TO OUR DOOR PRIZE DONORS FOR WALKABOUT'S 38TH ANNIVERSARY BUS TRIP

- Bully's East Restaurant: Gift Certificate for 2 - Winner: Jackie B.
Mission Valley - www.bullyseastsd.com
- Carrows Restaurant: Gift Card for 2 - Winner: Pat R.
Multiple locations - www.carrows.com - (Senior menu all day)
- Coco's Restaurant & Bakery: Gift Card for 2 - Winner: Eugene O.
Multiple locations - www.cocosbakery.com - (Senior menu all day)
- Fiesta de Reyes Restaurant: Fiesta Dinner for 2 - Winner: Margo C.
Old Town - www.fiestadereyes.com
- Jimbo's.....Naturally: 3 Gift Cards - Winners: Eileen F., Patrick S., Don G.
Horton Plaza - www.jimbos.com - (5% Senior discount)
- Panda Restaurant: Gift Certificate for Dinner for 2 - Winner: Vern B.
Clairemont Mesa - www.yelp.com/PandaCountry
- San Diego Magazine: 1 Year Subscription - Winner: Kevin F.
www.sandiegomagazine.com
- San Diego Museum of Man: 2 VIP Admissions - Winner: Valerie S.
Balboa Park - www.museumofman.org
- Solare Restaurant: Gift Certificate lunch for 2
Liberty Station - www.solarelounge.com (Award Winning Chef)
- USS Midway: 2 Sets of 2 Passes - Winners: Lou P., Stan F.
Downtown - www.midway.org