



# San Diego Feets

Vol. 38, No. 6

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

## June 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

**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.



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

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

## 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 3<sup>rd</sup> Ave. and C St. At 3<sup>rd</sup> Ave. and Broadway take the #7 bus at 7:42 or 7:48. Arrive at Zoo Pl. at 8:00 or 8:06. Meet **Rick** in the parking lot near the carousel at Park Blvd. and Zoo Pl. (858) 565-7212.



**FAMOSA SLOUGH NATURE WALK**



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.

## 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
Jun 3	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Jun 6	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Jun 10	<b>No Hike today; Idyllwild trip</b>
Jun 13	<b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007
Jun 17	<b>Rita C:</b> (619) 482-0052
Jun 20	<b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007
Jun 24	<b>Candy:</b> (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a>
Jun 27	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>



### 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](mailto:walks@walkabout-int.org). If you e-mail more than one walk, please leave extra space between each walk.



You can e-mail your newsletter comments and suggestions to [publisher@walkabout-int.org](mailto:publisher@walkabout-int.org)



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

## MONDAY, JUNE 1

6:00 am

**SUNRISE SERIES: SOUTH SHORE.** Meet at the South Shores Boat Launch just east of Sea World on Mission Bay. Hopefully we'll see some rabbits and the great sea birds there. Take I-5 to Sea World Dr. and go west to the South Shores Boat Launch Ramp area. Watch for the sign, it is not very prominent. We'll meet at the restrooms at the boat launch. Optional breakfast follows this **moderate**, flat 1-hour walk. **Connie** (619) 477-8628.

## WEDNESDAY, JUNE 3

10:00 am

**CORONADO - BAY AND OCEAN.** Robert and Friends will do a **casual**, 1 to 1-1/2 hour flat walk to view the bay and the remodeled civic buildings of Coronado, then cross over to the ocean side and walk past the high-rise condominiums south of the Hotel Del. We will meet in front of the Boat House Restaurant on Strand Way. Take Orange Ave. south past the Hotel Del and the Boat House restaurant to the first traffic light, turn left, then left again onto Strand Way. There is free parking in the Boat House parking lot or on Strand Way. For public transit, take or transfer to the #901 bus ("Iris Trolley") from the 12th and Imperial Transit Center and get off just past the Hotel Del before 9:45 am, proceed across Orange Ave. and down the hill to the Boat House Restaurant meeting place. Optional eats afterward. Rain cancels. **Robert B.** (858) 414-6181.

## THURSDAY, JUNE 4

6:00 am

**SUNRISE SERIES: BY THE BAY.** Today we'll hope for sunny skies, lots of birds and that any clouds are the fluffy kind for a more beautiful sunrise. Meet at the former Visitor Information Center just west of the I-5 at the Clairemont Dr. exit. We usually have two groups, **moderate** and **casual**, on this 1 hour flat walk. Bring money for an optional breakfast afterward at one of our favorite places. **Pat K.** (619) 469-6223.



38 is Great for Walkabout in March

## THURSDAY, JUNE 4

10:30 am

**GEMOLOGICAL INSTITUTE OF AMERICA.** Join us for a free 1-1/2 hour walking tour followed by an optional lunch at Green Dragon Tavern and Museum. **June 1 deadline:** you must contact Ann at schrammmom@gmail.com to sign up with your legal name. For security purposes, photo ID is required by GIA to take the tour. Please plan to arrive at GIA (located at 5345 Armada Dr. in Carlsbad) no earlier than 10:15 as you may be turned away at the gate. From San Diego, take I-5 North, exit at Palomar Airport Rd. and turn right. Turn left onto Armada Dr. and GIA will be on your left. Pull into the security area to check in and obtain a parking pass (driver must have a valid DL). Meet Ann and Karen by the entrance with your photo ID. For public transit, take Amtrak 567 to Carlsbad - Poinsettia Coaster Station arriving at approximately 9:11 am and then take FLEX 373 (make reservation 3 days ahead 858.844.1454; ask to take you to Costco at Palomar Airport Rd.), Karen P. will meet you at Starbucks (you must be there by 10:10) and transport you to GIA. **Ann S.** (760) 390-5489.

## SUNDAY, JUNE 7

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

**DO YOU NEED SOME "ALP"?** Amid the incandescence of June "gloom", let's "alp" those people who are feeling down by getting their feet back on the ground and soar to the heights of La Jolla's favorite alp: Mount Soledad. March from sea level to the 822-foot peak along secluded streets and pulchritudinous pathways past majestic monuments -- in LJ, these are called "homes" -- on a breathtaking 3-hour **moderate-plus** prance. Expect exceedingly hilly terrain -- surprise! Look for **Larry** by the northernmost restrooms in the free (but often crowded) parking lot of La Jolla Shores Park, one block west of El Paseo Grande and Camino Del Oro. BYO H2O. Rain cancels. (858) 755-1751 (evenings/weekends).

## MONDAY, JUNE 8

6:00 am

**SUNRISE SERIES: OLD TOWN.** We'll visit Old Town to check out what's new. Meet at the corner of Pacific Hwy. and Rosecrans St. for this flat, **casual to moderate** 1-hour walk. Bring money for optional breakfast afterward. **Frances** (619) 479-3962.

8:00 am

**1<sup>ST</sup> OF FOUR GREAT BEACH WALKS OF LA JOLLA.** Dano, The Explorer, will offer four of his favorite beach walks over this month and next. This first walk covers Crystal Pier to Windansea Beach. Meet under Crystal Pier for a **casual to moderate** 3.9 mile beach and sidewall adventure that will include visits to Tourmaline Beach, Sun Gold Point and Big Rock Reef. Be sure to bring a camera to preserve the awesome views. Brunch on your nickel at the midpoint. Travel to Old Town Transit Center (OTTC) and take the northbound Bus 30 to Crystal Pier in Pacific Beach or drive a car and park on side streets near Felspar, north of Garnet Ave. We'll return from Windansea Beach on Bus 30 southbound after about 3 hours, including the brunch break. For detailed information, phone and leave your email address. Rain cancels. **Dan D.** (858) 722-3002.

## TUESDAY, JUNE 9

11:00 am

**CORONADO CAPER.** It's National Rose Month so let's celebrate by viewing some of Coronado's prize-winning gardens on this 1-1/4 to 1-1/2 hour **moderate** flat walk (1 small incline) followed by an optional Taco Tuesday lunch stop (it's also National Ice Tea Month if you feel like ordering a tall one). Meet **Fran W.** at the library on Orange Ave. between 6th and 7th Sts. Rain cancels. (619) 271-7107.

## WEDNESDAY, JUNE 10

8:00 am

**TRAIN TO SOLANA BEACH FOR WALKING & SHOPPING.** Enjoy inspiring beach views from the train before our **casual to moderate** 3-hour walk through this quaint beach-side 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 at track 3 to purchase tickets and then go to track 4 for Amtrak departure at 8:22 am. Free parking is available at OTTC or on nearby cross streets. Optional lunch at the Brigantine and then a visit to Cedros Avenue Design District for shopping and entertainment. Return on the Coaster at either 11:29 am or 2:54 pm (same ticket prices as above). For detailed information, phone and leave your email address. Rain cancels. **Dan D.** (858) 722-3002.

## WEDNESDAY, JUNE 10

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 transit, 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.

## THURSDAY, JUNE 11

6:00 am

**SUNRISE SERIES: PACIFIC BEACH BOARDWALK.** Let's take a **moderate** 1-hour walk on flat terrain and enjoy the fresh air, early morning breeze and beautiful sunrise where we can look forward to good company, chatting and an optional breakfast afterward. Meet at the Crystal Pier at the west end of Garnet Ave. Bring money for optional breakfast. **Verna** (619) 276-3055.

## SATURDAY, JUNE 13

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.

## SUNDAY, JUNE 14

7:15 am

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

## MONDAY, JUNE 15

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. **Margo** (619) 287-7722.



## TUESDAY, JUNE 16

3:00 pm

**BANKERS HILL.** See magnificent mansions, secret cul-de-sacs, and historic bridges in this proud older neighborhood. Meet at Quince St. and 2<sup>nd</sup> Ave. for a **casual to moderate**, flat, 1-1/2 hour walk. Bus #11 stops at First and Quince (northbound) and First and Redwood (southbound). Rain cancels. **Evelyn K.** (619) 461-6095.

## THURSDAY, JUNE 18

6:00 am

**SUNRISE SERIES: THE BRIDGES OF BANKER'S HILL.** Meet at the southeast corner of Juniper St. and First Ave. We will see if we can cross at least 3 of the bridges of Banker's Hill. We can definitely make the suspension bridge on Spruce St. for an early morning sway. So put on your walking shoes and join **Edie** for a **moderate** 1-hour walk to work up an appetite for an optional breakfast. (619) 222-4396.

## SUNDAY, JUNE 21

7:15 am

**BREAKFAST SPECIAL ALONG EAST MISSION BAY.** Let's take a flat walk **at your own speed** to see the birds, boats, and views. Optional breakfast and chatting follow. Meet 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

**LONGEST DAY OF THE YEAR.** And on Father's Day too, let's take the time to revisit the Trees for Health Garden in Balboa Park. Today we'll identify trees offering cures for anything from headaches and ulcers to fungal infections (harvesting of plants not allowed in Balboa Park, but these trees grow in many other locations.) The 60-90 minute **casual to moderate** walk includes the Sculpture and Alcazar Gardens and a brief stop to view the new tables and chairs in the center of the park. Meet **Stella** at the corner of 6th Ave. and Upas St. (619) 232-3756.

## MONDAY, JUNE 22

6:00 am

**SUNRISE SERIES: SUNSET CLIFFS.** We'll take a 1 hour, flat walk **at your own pace.** Take I-8 West toward the beach. Turn left onto Sunset Cliffs Blvd, then slight right to stay on Sunset Cliffs Blvd for 1.7 miles to Point Loma Avenue, turn left and park on the street. Meeting place is Sunset Cliffs Blvd. and Point Loma Ave. Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.

8:00 am

### 2<sup>ND</sup> OF FOUR GREAT BEACH WALKS OF LA

**JOLLA.** Meet at Windansea Beach at the foot of Palomar Ave. for this **casual to moderate** 3.2 mile beach and sidewalk adventure will include Marine Beach, Boomer's Beach, Wipe-Out Beach, La Jolla Cove, Goldfish Point and La Jolla Cave Store. Enjoy breathtaking ocean and beach views from the low tide perspective behind the Whale View Point Cottage. Brunch on your nickel at one of two reasonably priced restaurants on Prospect St. From Old Town Transit Center (OTTC), take the northbound Bus 30 to Palomar Ave, .7 mile after the 5 turnabouts on La Jolla Blvd. or drive a car and park on side streets near Palomar Ave. We'll return from Windansea Beach on Bus 30 southbound after about 3 hours, including brunch break. For more info, phone and leave your email address. Rain cancels. **Dan D.** (858) 722-3002.

## WEDNESDAY, JUNE 24

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 Meditations 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 8:22 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.

## THURSDAY, JUNE 25

6:00 am

**SUNRISE SERIES: BY THE BAY.** Today we'll hope for sunny skies, lots of birds and that any clouds are the fluffy kind for a more beautiful sunrise. Meet at the former Visitor Information Center just west of the I-5 at the Clairemont Dr. exit. We usually have two groups, **moderate** and **casual**, on this 1 hour flat walk. Bring money for an optional breakfast afterward at one of our favorite places. **Winnie** (858) 278-4003.

## SUNDAY, JUNE 28

7:15 am

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

## MONDAY, JUNE 29

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.



## FEATURED TRIPS

### 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](mailto: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**

**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!



## **WALKABOUT CELEBRATES "HONEST ABE" IN WASHINGTON, DC**

Thirteen Walkabouters journeyed to our nation's capital in early May for a week-long walking tour to learn more about the life of Abe Lincoln in DC. On the first morning of the tour our group visited the White House in a rare opportunity for a tour of the interior rooms of the mansion. Only one in ten tour requests received by congressional representatives is granted, so when U. S. Rep. Susan Davis's office called and informed the Walkabout office that the tour was scheduled, it was a big bonus for our group. Our group visited Ford's Theater for a visit to the museum about the plotting of the assassination, saw a one-act play about the events of Lincoln's last night at Ford's, and toured the Peterson house where he died and the now-adjacent museum. After a luncheon in Chinatown, our group saw Surratt's boarding house where the assassination plot was hatched. Since walking was on the tour menu, we visited many Smithsonian museums on foot, including American History, Natural History, National Portrait Gallery, the Building Museum, African Art, National Gallery of Art, Museum of the American Indian and many more. Our group used public transportation exclusively in DC, and we visited historic Georgetown for a delicious brunch after walking the C&O canal, with additional walking in Foggy Bottom to DuPont Circle.

We experienced hot and humid spring weather on the trip so we made use of early walks during the cool of the day. The trip coincided with the 70th anniversary of Victory in Europe Day, so there was a fly-over of vintage military aircraft at the Mall. Our walkers hit most of the major memorials in one morning, including the Vietnam Veterans' Memorial, WWII, Lincoln, Korean, FDR and Jefferson Memorials. Although our Walkabout group was tourists, we experienced many activities enjoyed by locals, such as a fried fish lunch on the DC Waterfront, shopping excursions and riding public buses and subways. Our group also visited the Capitol, Library of Congress, Summer Lincoln White House and the Kennedy Center for tours or concerts. The trip was led by Dan Haslam and Walter Konopka, and participants included Cielo and Kevin Foth, Donna & Jerry Farris, Margo Castagna, Carol Carr, Regina Bartolini, Toni Grandgirard, Roberta Carroll, Louise Rosenstein and Marlene Garrich.



**WALKABOUTERS ENJOY WASHINGTON, DC DURING MAY TRIP**



**Walkabouters visit the White House for rare opportunity to tour interior rooms**



**Walkabouters take a much needed break during 6-mile Monuments Walk**



**Walkabouters at Lincoln Memorial**



**Walkabouters at Jefferson Memorial**

## JUNE 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
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	6 am Sunrise: South Shore  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  10 am Coronado Bay & Ocean  <b>5:30 pm</b> Wednesday Workout	6 am Sunrise: By the Bay  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park  10:30 am GIA Tour (must sign up by June 1)	<b>6 pm</b> Mission Hills Meander	TBA Hike
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
7:15 am Breakfast Spcl: Downtown  <b>8:15 am</b> Merry Go-Round  9:15 Do you need some 'Alp'	6 am Sunrise: Old Town  8 am 1 <sup>st</sup> Beach Walk La Jolla  <b>10 am</b> Crown Point Area Beckons	11 am Coronado Caper  <b>6:30 pm</b> Mission Bay Sunsets	No Hike Today  8 am Train to Solana Beach, Walk & Shop  10 am Boatless River Excursion  <b>5:30 pm</b> Wednesday Workout	6 am Sunrise: PB Boardwalk  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6 pm</b> Mission Hills Meander	TBA Hike  7:15 am Late Birds
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
7:15 am Breakfast Spcl: Balboa Park  <b>8:15 am</b> Merry Go- Round	6 am Sunrise: SDSU  <b>10 am</b> Crown Point Area Beckons	3 pm Bankers Hill Mansions  <b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  <b>5:30 pm</b> Wednesday Workout	6 am Sunrise: Bridges of Bankers Hill  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6 pm</b> Mission Hills Meander	TBA Hike
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
7:15 am Breakfast Spcl: E. Mission Bay  <b>8:15 am</b> Merry Go Round  4:30 Longest Day in Balboa	6 am Sunrise: Sunset Cliffs  8 am 2 <sup>nd</sup> Beach Walk La Jolla  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  8 am Train to Encinitas, Beach Walk & Meditation  <b>5:30 pm</b> Wednesday Workout	6 am Sunrise: By the Bay  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6 pm</b> Mission Hills Meander	TBA Hike
<b>28</b>	<b>29</b>	<b>30</b>				
7:15 am Breakfast Spcl: Pacific Beach  <b>8:15 am</b> Merry Go- Round	6 am Sunrise: Lake Murray  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Mission Bay Sunsets				

## UPCOMING WALKS, EVENTS & TRIPS

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

### Day Trips

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
- Gem Institute of America/Carlsbad/ docent tour
- I Love A Clean San Diego beach cleanup

### BOARD SEEKS YOUR HELP

We need office volunteers and new board members.

If you are interested in any of our volunteer opportunities, please call the office (619) 231-7463.



## WALKABOUT BOARD MEETING

Friday, June 19 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

<b>President</b>	(858) 571-7733
Robert Buehler	President@walkabout-int.org
<b>1st Vice President</b>	(619) 249-9813
Dan Haslam	danhaslam@walkabout-int.org
<b>2nd Vice President</b>	Vacant
<b>3rd Vice President</b>	(619) 222-3447
Stan Follis	Stanley@walkabout-int.org
<b>Recording Secretary</b>	(619) 231-7463
Donna Farris	secretary@walkabout-int.org
<b>Treasurer</b>	(619) 266-2555
Rita Balliot	treasurer@walkabout-int.org
<b>Directors</b>	
Marilyn Buckley	(619) 231-7463 prwalkabout@yahoo.com
Larry Forman	(858) 755-1751 larry@walkabout-int.org
Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms	Emeritus
Dick Hiatt	Emeritus

## JOIN US ON MEETUP!

[www.meetup.com/Walkabout-International](http://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

NAME \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP+4 \_\_\_\_\_ - \_\_\_\_\_

PRIMARY PHONE ( ) \_\_\_\_\_ OTHER PHONE ( ) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

PDF ALSO (available only if support greater than Basic Level)

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:

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP+4 \_\_\_\_\_ - \_\_\_\_\_

PRIMARY PHONE ( ) \_\_\_\_\_ OTHER PHONE ( ) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_  PDF ONLY



2650 Truxtun Rd., Suite 110  
San Diego, CA 92106-6007  
(619) 231-7463  
<http://www.walkabout-int.org>  
RETURN SERVICE REQUESTED

Nonprofit Org  
U. S. Postage  
PAID  
San Diego, CA  
Permit # 1946

---

### **LABEL CODE REMINDER**

Please check the expiration date on your label to renew beforehand. We don't want you to miss an issue!

---



**Walkabout group enjoys Reflecting Pool on Monuments Walk in DC**