



San Diego Feets

Vol. 39, No. 1

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

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.

January 2016

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

ABOVE THE BAY. Join us for some exercise and fabulous views of the lights around Mission Bay. Meet by Carl's Jr. at Clairemont Dr. and Burgener Blvd. for a hilly, 1-hour plus, **moderate to moderate-plus** walk (see Thomas Guide 1248-F6). Rain, but not mist, cancels. Flashlight recommended. Please call **Teri E.** (858) 560-0446 or **Jill F.** (858) 292-4231 to make sure walk is "on" for the week.

WEDNESDAYS

3:00 pm

WEDNESDAY WORKOUT. Join us at Pioneer Park in Mission Hills next to Grant School at Washington Pl. and Randolph St. for a 1½ hour **moderate-plus** walk. We head in a different direction each week to explore Old Town, Hillcrest, Bankers Hill, or Mission 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.

FRIDAYS

4:00 pm ****Except New Year's Day****

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. **Stan F.** (619) 222-3447.

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.

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 below.

Date	Contact Information
Jan 1	New Year's Day Don: dpiller@cox.net or (760) 796-4007
Jan 2	TBA
Jan 6	Mike L. (858) 455-0738
Jan 9	Bill: (619) 206-5809 or wa4lrm@gmail.com
Jan 13	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Jan 16	Bill: (619) 206-5809 or wa4lrm@gmail.com
Jan 20	Don: dpiller@cox.net or (760) 796-4007
Jan 23	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Jan 27	Rita C: (619) 482-0052
Jan 30	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com

MORE GREAT WALKS THIS MONTH

FRIDAY, JANUARY 1

11:00 am

CORONADO "CRUISE" Kick off a healthy New Year with a **moderate** 1-1/2 to 2-hour flat walk (1 small hill) in beautiful Coronado with an optional lunch break a little more than halfway through. We'll take the road less traveled to explore Coronado's non-touristy south end while enjoying sea breezes, city views, and a unique view of the bridge. For those wanting to drop out early, there are several short cuts back or catch the bus along Orange Ave. Take the I-5 over the Coronado Bridge, continue to Orange Ave., turn right until the street ends at First Ave., turn right a few blocks to the Ferry Landing shopping center on the left. Allow a few extra minutes to find parking, which is free **ONLY** in the lot on the north side (by the American flag) or park on the street (meters are free that day). Meet at the center's entrance near the flag pole. Rain cancels. **Fran W.** (619) 271-7107.

SUNDAY, JANUARY 3

7:15 am

BREAKFAST SPECIAL EXPLORING LA JOLLA. Join us on a **moderate** early morning walk in beautiful La Jolla. We'll start out walking through the downtown and then back along the ocean followed by optional breakfast in a historic café. Meet at Girard Ave. and Pearl St. Rain cancels. **Pat K.** (619) 469-6223.

MONDAY, JANUARY 4

6:30 am

SUNRISE SERIES: ALLIED GARDENS. We'll begin our 1-hour **casual** mostly flat walk along Waring Rd. and then venture onto the pleasant side streets beginning at the bank parking lot at the intersection of Waring Rd. and Zion. Take the Waring Rd. exit off of I-8. Bring money for an optional breakfast afterward. **Betty** (858) 248-3782.

TUESDAY, JANUARY 5

10:00 am

BALBOA PARK GARDENS AND MUSEUMS. After a 1-hour **casual** walk through the Sculpture, Alcazar, Rose, and Desert Gardens we'll have the option to explore the Natural History Museum and the Reuben H. Fleet Science Center (free today for San Diego County residents). Meet **Stella** at one of the tables in front of the Art Museum. (619) 232-3756.

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.

WEDNESDAY, JANUARY 6

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, JANUARY 7

6:30 am

SUNRISE SERIES: MISSION HILLS. We'll discover what's new in one of San Diego's oldest neighborhoods on this **moderate** 1-hour walk on flat terrain. Meet at Goldfinch St. and Fort Stockton Dr., which is 1 block north of West Washington St. Optional breakfast afterward. **Connie** (619) 477-8628.

FRIDAY, JANUARY 8

10:00 am

DAN'S FIRST WALK OF NEW YEAR DOWNTOWN. Join us for a **casual** downtown walk to start off the new year. We'll meet at the Balboa Theater at 4th and E St. for a 90-minute gander through downtown to wish merchants and fellow walkers a prosperous year. Afterward, we'll enjoy an optional lunch at a local eatery. Take public transit to Horton Plaza, or park after 9:30 am for 3 hours free with validation. Rain cancels. NY Baby **Dan** (619) 249-9813.

SATURDAY, JANUARY 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.



Did you know?

This month marks 35 years that Pat Keller has been leading walks.



SATURDAY, JANUARY 9 (cont.)

9:45 am

NEW YEAR'S RESOLUTION WALKS SERIES START. Due to flooded conditions at the Mexican border, **Dan Dobbs** will begin his series of 21 beach/coastal walks from the Mexican Border to San Clemente, CA with a 3.9 mile **casual to moderate** walk on flat beaches and pavement from Hotel Del Coronado to downtown San Diego. Meet at the main sidewalk area of track 1 at the Old Town Transit Center (OTTC) to purchase a one day pass for \$5 that will cover most transportation for the day. If you have a Compass Card, bring it and charge it - if not, buy it there for \$2. We will take the Green Line Trolley at 10:08 and will travel by trolley and bus 901 to the Hotel Del for a visit followed by a short beach walk to a restaurant on Glorietta Bay for an optional lunch. Afterward, we will walk along Glorietta Bay to the Coronado Ferry Landing for 3 miles to return on the ferry (\$4.75) to downtown and then on the trolley to OTTC. Allow about 4 hours time for full exploration. Email Dan D. at ddobbs48@gmail.com and he will reply with details. Heavy rain cancels. (858) 722-3002.

SUNDAY, JANUARY 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, JANUARY 11

6:30 am

SUNRISE SERIES: LEMON GROVE MURALS. Have you been reading about the beautiful murals in Lemon Grove by Home Depot? Well, let's go look at them today as well as the historical murals and the crazy trolley station mirrors. We will take a **casual to moderate** walk followed by an optional breakfast. Meet at the NW corner of Buena Vista and Broadway parking lot. From East Hwy 94, turn on Lemon Grove Ave. (stay in the right lane) and immediately turn off onto North Ave. Drive to signal at Buena Vista and turn left (south) to Broadway. **Pat K.** (619) 469-6223.

TUESDAY, JANUARY 12

3:00 pm

SOUTH PARK STROLL. Come see the beautifully restored historic homes of South Park and discover a hidden stairway. Meet **Evelyn K.** at the southeast corner of Juniper and 30th Sts. (where it becomes Fern St.) for a **casual to moderate** 1-1/2 hour flat walk. Bus #2 stops at 30th and Juniper Sts. Rain cancels. (619) 461-6095.

THURSDAY JANUARY 14

6:30 am

SUNRISE SERIES: SHELTER ISLAND. Let's take a **casual to moderate** walk along 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. **John & Marilyn** (619) 840-5544.

FRIDAY, JANUARY 15

11:00 am

DOWNTOWN DRAMA. Did you know that downtown San Diego was once a mecca for the performing arts, with a multitude of theaters? Let's find out where they were and learn a few tricks of the trade on this 90-minute, **casual** walk downtown. Appropriately, we'll start at the Balboa Theater at 4th and E St. and take it from there. Park at Horton Plaza garage after 9:30 am for 3 hours free with validation, or take public transit. Optional lunch follows. Rain cancels. Drama **Dan** (619) 249-9813.

SATURDAY, JANUARY 16

9:45 am

DOWNTOWN SAN DIEGO TO SHELTER ISLAND. New Year's resolution series continues, leading to San Clemente by summer. Meet at the center of track 1 at the Old Town Transit Center (OTTC) to buy a trolley ticket to downtown (\$2.50 adult, \$1.25 senior). This **casual to moderate** flat walk of 4.9 miles will start in the heart of downtown San Diego in front of Broadway Pier, located at the west end of Broadway. We will follow a path from here along the pristine waters of San Diego Bay and the Embarcadero to Shelter Island, where we will enjoy an optional lunch. Along the way, we will pass by hundreds of yachts at anchor and in the slips of numerous marinas, the Maritime Museum of San Diego, San Diego's International Airport, the inspiring Cancer Survivor's Park, and the many stores and restaurants in the community of Liberty Station before arriving at Shelter Island, where we will take Bus 28 back to OTTC. Bring \$ for the trolley and lunch. Email **Dan D.** at ddobbs48@gmail.com and he will reply with details. Heavy rain cancels. (858) 722-3002.



SUNDAY, JANUARY 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. If the road/parking lot is closed for an event, we will meet in the restaurant parking lot at Pacific Hwy. and Rosecrans St. to walk along the river or Old Town. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

MONDAY, JANUARY 18

6:30 am

SUNRISE SERIES: LIBERTY STATION/SPANISH LANDING. Meet in the parking lot at Womble and Truxtun Rds. on Liberty Station. We will walk for 1 hour on flat/paved terrain, at a **casual to moderate** pace with faster walkers going at their own pace. We'll head through Liberty Station and over to Spanish Landing to check out the sites. If you haven't taken this walk before, it is delightful and, yes, the airplanes do depart San Diego's Lindbergh Field at exactly 6:30 am! Bring money for optional breakfast afterward. **Edie** (619) 222-4396.

10:30 am

WALK & ROLL DOWNTOWN. Let's meet at the Balboa Theater at 4th & E St. for a one-hour **casual** downtown stroll before heading to the start of the 36th season of the Athenaeum Jacobs Mini-Concerts at the Lyceum Theater. The concert begins at noon and you can take a brown bag lunch inside so long as you munch quietly. Concert donations gratefully received. Take public transit to Horton Plaza or park after 9:30 am (but don't validate until you visit Lyceum, which gives you more free parking time). Rain does not cancel. Concert **Dan** (619) 249-9813.

TUESDAY, JANUARY 19

10:00 am

BALBOA PARK GARDENS AND MUSEUMS. After a 1-hour **casual** walk through the Sculpture, Alcazar, Rose, and Desert Gardens we'll have the option to explore the Japanese Friendship Garden as well as the Mingei and Art Museums (free today for San Diego County residents). Meet **Stella** at one of the tables in front of the Art Museum. (619) 232-3756.

3:00 pm

A SPY CAME IN FROM THE COLD. If you like mysteries, this walk is for you! We'll meet at the Balboa Theater at 4th and E St. for 90 minutes of **casual** paced frolic and intrigue. You'll be led to a secret attic where a spy was housed in downtown San Diego during WWI. You'll hear about his escapades and how he was captured and deported, but not before he broke a few hearts (and laws). Rain cancels. Spy Man **Dan** (619) 249-9813.

WEDNESDAY, JANUARY 20

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 Mullinex Dr. into Tidelands Park. To use public transit, take the #901 bus (Iris Trolley) from the 12th & Imperial Transit Center at 8:35; after crossing the bridge, get off at stop on Mullinex Dr. at Glorietta Pl. at approx. 9:41, turn right on Glorietta Pl., bear right on 3rd St. onto Mullinex Dr. and into the park. Meet at the restroom. Rain cancels. **Robert B.** (858) 414-6181.

THURSDAY, JANUARY 21

6:30 am

SUNRISE SERIES: NORTH PARK. Meet **Frances** at the restaurant at 3949 Ohio St. just north of University Ave., where there is plenty of parking, for this **casual to moderate** 1-hour walk on flat terrain. This neighborhood is a walker's paradise, where daily errands do not require a car. From I-805, exit at University Ave. and head west to Ohio St. Optional breakfast afterward. (619) 479-3962.

SATURDAY, JANUARY 23

1:30 pm

SHELTER ISLAND TO POINT LOMA NAZARENE UNIVERSITY. New Year's resolution series continues, leading to San Clemente by summer. This somewhat hilly (mostly down) **casual to moderate** walk of 3.4 miles will delight you. Meet at the far end of Anchorage Lane at its intersection with Talbot St. Take Rosecrans St. towards Shelter Island and turn left onto Talbot St. and go 2 blocks to park at the intersection with Anchorage Lane, or take Bus 28 from Old Town Transit Center (OTTC) to its last stop on Anchorage Lane. The actual start of this Walkabout (to which we will carpool) is straight uphill from here, at Point Loma Nazarene University. We will walk across the narrow part of Point Loma and emerge at the top of Lucinda St., where the views of Shelter Island with thousands of boats and the city's skyline beyond will inspire you. From here, we'll descend dramatically downhill into the quiet neighborhood of La Playa before reaching a lovely concluding flat beach walk along a sandy bayside trail, known as the "La Playa Trail". We will return to our meeting place on Anchorage Lane. Stay for an optional happy hour and appetizers afterward. Email **Dan D.** at ddobbs48@gmail.com and he will reply with details. Heavy rain cancels. (858) 722-3002.

SUNDAY, JANUARY 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.

MONDAY, JANUARY 25

6:30 am

SUNRISE SERIES: SHELTER ISLAND. Let's take a **casual to moderate** walk along 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.

THURSDAY, JANUARY 28

6:30 am

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

SUNDAY, JANUARY 31

7:15 am

BREAKFAST SPECIAL IN SOUTH PARK. Join us to explore this historical neighborhood with a **casual to moderate** walk to find out what makes it so special - Balboa Park golf course and historical homes. We'll meet at 28th and Date Sts. (take 28th St. north off of Hwy 94). Optional breakfast follows. **Pat K.** (619) 469-6223.

9:15 am

JANUARY JAUNT BEYOND CARMEL VALLEY. While Carmel Valley and nearby environs still harbor pockets of serenity, enjoy a **moderate-plus**, 3-hour prance over mixed-up and up and down trails and pathways in the hidden reaches of this burgeoning community. Look for **Larry** in front of Trader Joe's entrance (inside new shopping center The Village at Pacific Highlands Ranch), near the corner of Carmel Valley and Del Mar Heights Rds. Take the Carmel Valley Rd. exit off of Route 56/Ted Williams Fwy. going north about 1/2 mile. BYO water; rainwater cancels. (858) 755-1751 (evenings/weekends).



REMEMBERING DICK HIATT



Richard "Dick" Hiatt, long time producer of Walkabout's monthly SDFeets newsletter, died December 1 after a long illness. For more than two decades Dick compiled and formatted SDFeets. He never wanted the moniker "publisher" because he insisted he did not do this; according to him he only moved around copy written by others. Dick was a long-time Walkabout supporter and participated in nearly every phase of our operations, including many years as a board member, while also working on our early website. He opened his home at the elegant Hyatt "Vi" in La Jolla for home tours, parties, and receptions. He frequented many walks while physically able, including Saturday Night Live. He participated in holiday celebrations, walking tours, and trips. His wife, Helen, from whom he was widowed was also an avid Walkabout supporter. At his retirement "roast" at the Vi two years ago, Dick was asked how he would like Walkabout to honor him for his devoted service. He thought a moment and in his characteristically simple manner, replied that he would like the title "board member emeritus" as had been done for former board member Bruce Herms. Walkabout has lost an important link to our past, and to our success. He will be missed.



FEATURED TRIPS

2016 WALKABOUT TRAVEL PLANS

Pack your bags; you know you want to! On December 18 Walkabout's Board met to discuss and approve some of the trip offerings for 2016. There may be additional trips

offered during 2016; watch SDFeets for details. The following trips will be led by Dan Haslam and typically will be 12-passenger van trips, with a maximum load of 10 travelers plus driver. Trip price includes round trip air from SAN, hotel accommodations for 7 nights, all van travel, two meals per day, select admissions and the services of your tour leader and co-leader.

St. Augustine, Florida: tentative March 29-April 5. With a flight likely to Jacksonville airport, our week long stay in St. A. will take in the Lightner Museum and the tail end of the 450th anniversary celebration of North America's oldest European settlement. There are azaleas, lighthouses, forts, and state parks aplenty as we venture as far south as Daytona Beach and points in between. There are some historic settlements north of Jacksonville, and the inland lakes, waterways and parks each offer wonderful natural opportunities. Walking difficulty: easy. Anticipated price range: \$1100-1200 per person, double occupancy.

Northwest New Mexico: tentative April 12 - April 19. Years ago Walkabout offered a van tour "In the Footsteps of Tony Hillerman" and toured various towns and sites associated with this western author's adventure novels. This van trip will reprise many of those sites and add much more. Fly with us to ABQ and head west toward Native American mesas, pueblos, and national monuments. We'll visit El Morro NM, a Native American cultural center and head into AZ for a trip to Canyon de Chelly NM and its assorted ruins. We'll head up toward the 4 Corners and visit Shiprock and Farmington and Aztec civilization sites. We'll visit Santa Fe and take in the scenic Turquoise Trail, too. If you like nature, rocks, and clear spring skies, this is the trip for you. Walking difficulty: moderate (many outdoor trails and hills). Anticipated price range: \$900-1000 pp/do.

Summer Camp in Maine: tentative August 16-23 or 23-30. If you've not been to Walkabout's favorite resort in Poland Spring, ME, you've not lived! This all-adult hotel includes an outdoor Olympic pool and an 18-hole golf course set amidst historic museums, trails, and outbuildings. Two home-cooked buffet meals are included each day while at the resort, and day trips from the hotel include the last living Shaker Village, shops and sights in Portland, a nature center, lake region, and a national camping outfitter. Happy hours and evening entertainment await you! Walking difficulty: easy. Anticipated price range: \$1100-1200 pp/do.

North Carolina and the Biltmore: tentative October 4 - 11. Fall is a delightful time to visit the Blue Ridge Mountains and go hiking along the Appalachian Trail in TN. We haven't determined our flight destination yet and the trip may include time in Atlanta or Raleigh-Durham, but this trip includes a full day at the elegant Biltmore mansion as well as several days in the area, including Black Mountain and many of the surrounding arts centers. The scenery is terrific, and we might get a taste of an early fall. Walking difficulty: moderate (trails and hills). Anticipated price range: \$1200-1300 pp/do.

If you're interested in a particular trip, you should do two things: 1) call the office (619) 231-7463 and get on the interest list for that trip. Leave your legal name (as it would appear on a plane ticket), your email address (borrow a neighbor's if you don't have one), your date of birth, and phone number. We must have this information for airline security purposes, and we don't divulge birthdates (or any other information). Being on the interest list gives you a priority for the trip, although the trips sell out quickly, and it's first come, first served. 2) send the same information to the trip leader at danielbhaslam111@yahoo.com. When the trip is ready to book, you'll receive a notice to send in a \$300 deposit which is refundable only if there are too few travelers for the trip to go forward. Once the trip is a "go", your deposit will then be used toward the purchase of nonrefundable airline tickets, hotel reservations, and other trip goodies. Once you are notified that you are accepted onto a particular trip, then that's the time for you to purchase travel insurance for the full amount of the trip price. If you need to cancel the trip for any reason, you must look to your trip insurance for a refund.

We continue to follow developments for travel in Cuba, so be on the watch for that trip announcement as well!



TWELVE TRIPPERS TRAIPSED THROUGHOUT TUCSON

Shortly before Thanksgiving, 12 Walkabouts headed off on a van trip to Tucson, AZ and vicinity for a 5-night adventure. The drive across the Sonoran Desert provided scenic views with Saguaro cacti dotting the landscape. The group stayed at a downtown hotel, which provided a great location for early bird walks each morning after sunrise and before a full breakfast buffet. The group enjoyed half a day at the renowned Desert Museum and the Saguaro West National Monument. Another day involved a road trip to Tombstone and Bisbee, where the group went 1,500 feet into the Queen Mine on rail cars to learn how copper mining was done. Afterward, we enjoyed lunch in the former stock exchange, now a saloon. The group toured the deGrazia art studios in Tucson's foothills and enjoyed a tram ride at Sabino Canyon park, with most walking at least part way down the route to the visitors' center. We surveyed the city from Sentinel Peak and took in 2 concerts at the University of Arizona, which we also toured on foot on an early bird walk. We also walked throughout downtown Tucson, including along the Santa Cruz River, and visited the Tucson Museum of Art for a craft festival. Some of the highlights of the tour included being at the start of the Tour de Tucson bicycle race and lunch at the Tubac Country Club, including a visit to this artistic town. Walkers who participated on the Tucson trip were Dan Haslam (leader) Donna Farris (co-leader), Jerry Farris, Charlotte Sedgwick, Beverly Stebbins, Art & Phyllis Cottee, Don Gold, Arlene Special, Jack Heine, Margot Linback and Marianne Goldberg.



Fashionable lunch at Otero Ranch in Tubac, Arizona



THE 4 CULTURES OF SWITZERLAND ADVENTURES JULY 14 - 26, 2015

Walkabout's remarkable odyssey through the four distinctive cultures of Switzerland — German, French, Italian and elusive Romansch — was literally a tour-de-force of memorable meanders and exquisite experiences which are best captured in the following categories:

Feets: Walks, of course. In the environs of Neuchatel, rambling on top of the ramparts of a fortification in a cobble-stoned, lakeside village dating back to the 6th century; walking along a narrow gorge with the refreshing, cascading river by our side as we crossed footbridge after footbridge, which included an ancient arched artifact of stone; sauntering through the alpine splendor surrounding St. Moritz with its sparkling lakes all aglow; following a tucked-away path leading to a breath-taking secret waterfall outside a secluded village in a remote valley of Ticino; hiking in pastures with the celebrated Swiss cowbells bellowing all around; traipsing in Saas Fee on top of glaciers with glittering views of the highest alps in Switzerland while snow glistens under our feet...ah, walking in Switzerland is quite a feet.

Treats: Being spontaneously serenaded by a piano virtuoso in his wine store; dipping into a newly opened chocolatier's cozy shop with ample tasting of exquisite forms of this famous Swiss delicacy; visiting a wine cellar and tempting fate by tasting a rich bouquet of beverages

including one by the Bouvier family (as in Jacqueline Bouvier Kennedy) until we literally spun ourselves away amid uproarious laughter; savoring a personally guided tour of perhaps Switzerland's most famous hotel, the Badrutt Palace, with a visit to its penthouse that costs a "suite" \$25,000 a night — with a 10 night minimum; visiting the gardens of a 5-star Swiss-Italian resort; participating in an alpine village's folkloric celebration of dancing, singing and wine tasting; being the star performers in an evening of alphorn playing; and overall being treated like celebrities by local innkeepers and tourist office directors who were happily surprised to see us in their home communities that are unaccustomed to having American visitors.

Eats and Sheets: With all breakfasts and dinners included at our 3- and 4-star hotels, we enjoyed bountiful breakfast buffets and savored relaxed dining of delectable entrees offering samples of the local specialties accompanied by an assortment of fabulous Swiss desserts including several a la flambé.

Seats: Our Swiss Travel Passes allowed us unlimited use of the scenic and efficient trains, boats, buses, and mountain conveyances for which Switzerland is so famous. These included several train routes designated as famous UNESCO World Heritage Sites as well as using cable cars, funiculars, cog-wheel trains and even lofty chairlifts. In fact, our last fabulous adventure had to do with a gondola ride down an alp. We had reached the station after an all-day hike on a glacier and alas AFTER the last ride had gone down the alp! However, three workers were at the station and about to travel down on the gondola themselves. So, we did what any enterprising Americans might do. We attempted to bribe the chief operator to take us down. How about for \$100, we beseeched him. In typical, pristine Swiss fashion, he refused to even slightly bend the rules. Oh no! This would mean another three hours on the trail by the time we would reach our hotel. But, upon seeing the eyes of our entire motley crew of already rather exhausted walkers and then spying our leader, Larry, coincidentally adorning a bright Swiss flag on his backpack, the operator surprisingly relented and without charge invited us to ride down the steep mountain in the cozy cabin of his gondola. Later we were told by our innkeepers that we experienced a miracle...when a mountain ride closes, no one is EVER allowed to ride down until it opens the next day. Thus, we see how in amazing ways Walkabout continues to open up new horizons for those we meet and join on foot! Until the start of our next Walkabout journey to Switzerland, we wish everyone the traditional Swiss greetings of Grüezi, Bonjour, Buongiorno and Allegra!



Annual holiday season downtown walk with Pat K.



Sunday walkers visit Balboa Park Christmas Tree

JANUARY 2016 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
					TBA Hike 11 am Coronado Cruise	TBA Hike
3	4	5	6	7	8	9
7:15 am Breakfast Spcl: La Jolla 8:15 am Merry Go- Round	6:30 am Sunrise: Allied Gardens 10 am Crown Point Area Beckons	10 am Balboa Park Gardens & Museums 6:30 pm Mission Bay Sunsets	TBA Hike 10 am Boatless River Excursion 3 pm Wednesday Workout	6:30 am Sunrise: Mission Hills 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am Dan's 1 st walk of New Year downtown 4 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 9:45 am New Year's Resolution Walks Series Start
10	11	12	13	14	15	16
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go- Round	6:30 am Sunrise: Lemon Grove Murals 10 am Crown Point Area Beckons	3 pm South Park Stroll 6:30 pm Mission Bay Sunsets	TBA Hike 3 pm Wednesday Workout	6:30 am Sunrise: Shelter Island 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	11 am Downtown Drama 4 pm Mission Hills Meander	TBA Hike 9:45 Downtown to Shelter Island
17	18	19	20	21	22	23
7:15 am Breakfast Spcl: E. Mission Bay 8:15 am Merry Go- Round	6:30 am Sunrise: Liberty Station 10 am Crown Point Area Beckons 10:30 am Walk & Roll Downtown	10 am Balboa Park Gardens & Museums 3 pm Spy Came In From Cold 6:30 pm Mission Bay Sunsets	TBA Hike 10 am Coronado Tidelands Stroll 3 pm Wednesday Workout	6:30 am Sunrise: North Park 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	4 pm Mission Hills Meander	TBA Hike 1:30 pm Shelter Island to Pt. Loma Nazarene U.
24	25	26	27	28	29	30
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go- Round	6:30 am Sunrise: Shelter Island 10 am Crown Point Area Beckons	6:30 pm Mission Bay Sunsets	TBA Hike 3 pm Wednesday Workout	6:30 am Sunrise: Mission Bay 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	4 pm Mission Hills Meander	TBA Hike
31						
7:15 am Breakfast Spcl: South Park 8:15 am Merry Go- Round 9:15 am Jaunt Carmel Valley						

UPCOMING WALKS, EVENTS & TRIPS

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

Overnight Trips (all dates are tentative)

St. Augustine, FL	March 29 - April 5
Northwest New Mexico	April 12 - 19
Summer Camp in Maine	August 16-23 or August 23-30
North Carolina and the Biltmore	October 4 - 11

Events/Walks

New Year's Day Walk	January 1
Annual Walk Leader's Appreciation Luncheon	January
Walkabout's Anniversary	March
Chinese New Year Walk/Dinner	March
Ice Cream Social Walk	August
Annual Meeting Potluck & Auction	October
Thanksgiving Restaurant Dinner	November
Christmas Brunch; Gift Exchange	December

VOLUNTEER!

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

WALK LEADERS NEEDED

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

- Balboa Park with ranger tour
- Free Tuesdays at museums in Balboa Park

BOARD SEEKS YOUR HELP

We need office volunteers and new board members.

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.

You can e-mail your newsletter comments and suggestions to 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.

WALKABOUT BOARD MEETING

Friday, January 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

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Bruce Herms	Emeritus
Dick Hiatt	Emeritus

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



OFFICE STAFF

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

NEWSLETTER STAFF

Stan Follis, Dan Haslam, Kim Mills, Fran Whiteman

MAILING CREW

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

NOTABLE WALKING EVENTS (NOT SPONSORED BY WALKABOUT)

Walk & Talk La Mesa

Meets 2nd and 3rd Tuesday from 9 – 10:30 am

For more information call (619) 667-1333 or (619) 667-1300 or email: recreation@ci.la-mesa.ca.us

Walking Wednesdays

Discover La Mesa's current and future urban trails!

For more information contact Misty Thompson at (619) 667-1319 or email: SRTS@ci.la-mesa.ca.us

LABEL CODE REMINDER

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



Heroic hike on top of glaciers in Saas Fee, Switzerland