



San Diego Feets

Vol. 40, 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 am to 2 pm, Monday, Wednesday, 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 at least 10 minutes prior to the start time.

May 2017

40th Anniversary Year!

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 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 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.

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.

THURSDAYS

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. Join Sandra, Sally and Friends for 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 sea lions. Meet new friends 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. Ample free parking. 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, Optional eats afterward. Heavy 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.

5:30 pm

THURSDAY TROMP. Meet in front of Bookstar in Costa Verde Shopping Center at 8650 Genesee Ave. for a friendly walk'n'talk for about 1½ hours at a **moderate-plus** pace through neighborhoods, parks, and canyon trails all around UTC and UCSD areas. Rain cancels. **Kathy T.** (858) 539-6888 or **Barbara S.** (858) 452-8832.

FRIDAYS

6:00 pm

MISSION HILLS MEANDER. Join us for great views and picturesque homes of this old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. We will enjoy the late afternoon views. Meet at 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west about a mile 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 lot near 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.walkaboutthikes.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 3	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
May 6	Bob R: (760) 728-8232
May 10	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
May 13	Bill: (619) 206-5809 or wa4lrm@gmail.com
May 17	TBA
May 20	Bill: (619) 206-5809 or wa4lrm@gmail.com
May 24	Mike L. (858) 455-0738
May 27	Bob R: (760) 728-8232
May 31	Eva: (619) 283-1872 or evajudo@aol.com

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.

MORE GREAT WALKS THIS MONTH

MONDAY, MAY 1

6:30 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 4

6:30 am

SUNRISE SERIES: EASTERN BALBOA PARK. Meet 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. John & Marilyn (619) 840-5544.

FRIDAY, MAY 5

10:00 am

BALBOA SOUTHEAST LOOP. Meet near the corner of Park Blvd. and Presidents Way for a **casual** walk mostly on sidewalks, with time to explore the sights. We will see the Veterans Museum, Inspiration Point, the Balboa Park Activity Center, and other landmarks. Optional lunch afterward. Rain cancels. **Roger** (619) 299-0489.

SUNDAY, MAY 7

7:15 am

BREAKFAST SPECIAL ON SHELTER ISLAND. Ships and seagulls will delight us as we walk as far around Shelter Island as we wish **at our own speed.** Time out to pet cute dogs. The walk is mostly flat, but we might go along the shore and some might go up the hill for the views. Optional breakfast follows to eat and chat. Meet at Shelter Island Dr. and Anchorage Ln. This intersection is served by the 6:45 #28 bus. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

9:15 am

MAY THE FOURTH-PLUS-THREE BE WITH THEE. We will O-BE-WANdering amongst flat and out-of-this-world pathways on a **moderate-plus** 3-hour serene saunter in this inland empire along the environs of the Palacio Del Mar community in a remote region of tranquility and calm in Carmel Valley. LUKE for **Larry** under the SKY as we join other WALKERS at the northwest corner of Carmel Creek Rd. and Valley Center Dr. (just outside the Piazza Carmel Shopping Center where ample free parking abounds). Take the Carmel Creek Rd. exit off of Highway 56. Rain cancels. If YODA have any questions: (858) 755-1751 (evenings/weekends).

MONDAY, MAY 8

6:30 am

SUNRISE SERIES: MISSION VALLEY. Let's take a flat walk **at your own speed** along the San Diego River. We'll look for birds, new tree growth and new commercial development. Linger afterwards for optional breakfast. Meet at parking lot at Mission Center Rd. and Camino de la Reina (look for Jared's sign). **Pat K.** (619) 469-6223.

THURSDAY, MAY 11

6:30 am

SUNRISE SERIES: MARINA VILLAGE. This is a very flat 1 hour walk at a **moderate** pace with beautiful views where many sport fishing boats are moored. Take the I-8 to the west end, left onto Sunset Cliffs Blvd., right at the light (W. Point Loma Blvd.), then right at Bacon St. (stop sign) to the parking lot by the restrooms at Robb Field. Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.

SATURDAY, MAY 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.

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 Fashion Valley Mall to Camino Del Este and returning via the south 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 at the transit center (specified trolley parking areas only). Meet at north entrance of the pedestrian bridge (across from trolley stop) that crosses the river to the hotel. **John N.** (619) 772-8855.

SUNDAY, MAY 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, MAY 15

6:30 am

SUNRISE SERIES: RIVERWALK. We'll meet at the restaurant on the corner of Pacific Hwy. and Rosecrans St. to walk along the river 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.

TUESDAY, MAY 16

2:00 pm

BIRD ROCK IN THE SPRING. Discover the church that once was a railroad station as we meander along an unpaved nature path in the Bird Rock area. We will also explore some of the residential streets with lovely homes and gardens. Meet at the corner of Camino de la Costa and La Jolla Blvd, one block north of Bird Rock Ave., for a 90 minute **casual-to-moderate**, mostly flat walk. Bus #30 stops at La Jolla Blvd. and Camino de la Costa. **Evelyn K.** (619) 461-6095.

THURSDAY, MAY 18

6:30 am

SUNRISE SERIES: SOUTH SHORE. Meet at the South Shores Boat Launch just east of Sea World on Mission Bay. Maybe we'll see some rabbits and great sea birds. 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. Optional breakfast follows this **moderate**, flat 1-hour walk. **Edie** (619) 222-4396.

SUNDAY, MAY 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. If the road/parking lot is closed for an event, 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, MAY 22

6:30 am

SUNRISE SERIES: BALBOA PARK. Meet **Connie** at 5th Ave. and Spruce St. to start our exploration of Balboa Park from the west side where we'll plan to see two of San Diego's historic treasures, the Marston House, a classic 1805 Arts and Crafts style museum home designed by renowned local architects William Hubbard and Irving Gill, and then continue over historic Cabrillo Bridge to Plaza de Panama and into Balboa Park as far as we can go in 1 hour on flat and paved terrain at **your own pace.** Bring money for optional breakfast afterward. (619) 477-8628.

THURSDAY, MAY 25

6:30 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.

SUNDAY, MAY 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, MAY 29 (HOLIDAY)

6:30 am

SUNRISE SERIES: MISSION BAY BACKWARDS. Let's start on the path near Sea World Dr. to enjoy the playground and the sights we've missed on this **moderate** 1-hour walk on flat, mostly paved terrain. Take Sea World Dr. exit west off I-5, turn right at the first light, pass the entrance to Fiesta Island, cross the bridge and park at the first small parking area on your left (2nd entrance). Optional breakfast afterward. **Connie** (619) 477-8628.

CALIFORNIA GOLD RUSH TRIP IN APRIL

Eleven Walkabouts traveled by van to Sacramento and California Gold Rush country in early April to ride along Route 49 and visit gold sites. The group learned about mining methods and spent a couple of days in Lake Tahoe, nearly getting snowed in. They escaped in their van by climbing the Donner Pass, only to find out that their newly purchased snow chains were too small, so new ones were purchased and installed on the spot. They toured Sutter's Fort in Sacramento and Sutter's Mill along the American River where gold was discovered. They took a train ride at Railtown in Jamestown, and ate twice at Mel's Diner because it was so good. There were cocktail and pizza parties, and in Auburn the group posed for a picture mimicking a Native American on the hunt. On the last full day of the tour our group was scheduled to spend the day at Yosemite National Park, avoiding a landslide due to heavy snows this year. Our group spent an afternoon at Columbia State Park touring old mining-era buildings and some enjoyed a stagecoach ride. Travelers were: Dan Haslam (leader), Jim Miller (co-leader), Ginger Thaler, Bev Stebbins, Charlotte Sedgwick, Marianne Goldberg, Regina Bartolini, Margot and Walter Linback, and newbies Jimmy and Fariba Talebi.



MAY 2017 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	3	4	5	6
	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons	6:30 pm Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: E. Balboa Park 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa 5:30 pm Tromp	10 am Balboa Southeast Loop 6 pm Mission Hills Meander	TBA Hike
7	8	9	10	11	12	13
7:15 am Breakfast Spcl: Shelter Island 8:15 am Merry Go- Round 9:15 am May the Fourth + 3 be with thee	6:30 am Sunrise: Mission Valley 10 am Crown Point Area Beckons	6:30 pm Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: Marina Village 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa 5:30 pm Tromp	6 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 9 am San Diego River Park Trail
14	15	16	17	18	19	20
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go- Round	6:30 am Sunrise: Riverwalk 10 am Crown Point Area Beckons	2 pm Bird Rock in the spring 6:30 pm Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: South Shore 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa 5:30 pm Tromp	6 pm Mission Hills Meander	TBA Hike
21	22	23	24	25	26	27
7:15 am Breakfast Spcl: E. Mission Bay 8:15 am Merry Go- Round	6:30 am Sunrise: Balboa Park 10 am Crown Point Area Beckons	6:30 pm Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: Tecolote Canyon 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa 5:30 pm Tromp	6 pm Mission Hills Meander	TBA Hike
28	HOLIDAY 29	30	31			
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go- Round	6:30 am Sunrise: Mission Bay Backwards 10 am Crown Point Area Beckons	6:30 pm Mission Bay Sunsets	TBA Hike			

UPCOMING WALKS, EVENTS & TRIPS

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

Overnight Trips (all dates are tentative)

Bermuda Cruise from Boston	5/11 – 5/19
Montreal & Quebec	Early June
Resplendent Rambles in the Alluring Swiss Alps	June 25 - July 9, 2017
Louisiana	Late September
SE New Mexico	Late October
San Antonio Riverwalk	Early December

Events/Walks

40 th Anniversary Boat Tour	November
40 th Anniversary Trip Reunion	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, May 12 at 11:00 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
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Bruce Herms	Emeritus

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



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Elaine Berger, Robert Buehler, Donna Farris, Marilyn Buckley, Eileen Frame, Grace Greenalch, Dan Haslam, Charlotte Sedgwick

NEWSLETTER STAFF

Dan Haslam, Kim Mills, Fran Whiteman

MAILING CREW

Charlotte Sedgwick & Beverly Stebbins (Captains), Alice Berwert, Stan Follis, Grace Greenalch, Peggy Gruncican, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, Fusa Shimizu, Diane Souza

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 ALSO (available only if support greater than Basic Level)
 PDF ONLY (fully tax deductible, eco-friendly, and helps us keep costs down)
 Subscribe to the email list for Wilderness Hikes

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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RESPLENDENT RAMBLES IN THE ALLURING SWISS ALPS

June 25 - July 9, 2017

\$3,895 (single supplement \$425) includes everything except lunches and airfare. The trip is full, but a waiting list is open. To join the waiting list, please send a fully refundable \$200 check (note "Switzerland" in the memo) to Walkabout International, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007 Questions? Larry@walkabout-int.org or call 858.755.1751 (evenings/weekends)



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At the annual Walk Leaders' luncheon on 3/31, Pat Keller (right) was the third recipient of the Volunteer Extraordinaire award for her decades of service to Walkabout. She received the award from board member Marilyn Buckley (left).