



San Diego Feets

Vol. 40, No. 8

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.

August 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

7:00 am *****NEW WEEKLY WALK!*****

SAN DIEGO RIVER PARK TRAIL. In partnership with the SD River Park Foundation "Park Watch" Program, join us in Mission Valley for a **moderate** walk by the river along the north/south paved trails from Fashion Valley Road to Camino Del Este or Qualcomm Way for 4-5 miles round-trip. During the walk we will be reporting any encampments, trash, debris, graffiti or lights out to City and SDRPF. Meet at north entrance of the pedestrian bridge (across from Fashion Valley trolley stop). Rain Cancels. **John N.** (619) 772-8855.

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.

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.

THURSDAYS (CONTINUED)

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. Bring lunch, water, sun/rain protection, and lug-soled shoes. **"First timers" must** call the leader. All participants **must** be well prepared for trail conditions and able to keep pace with the group. Check <http://www.walkaboutthikes.org> as unusual conditions may cause the hike to be moved or canceled. Please contact the relevant hike leader as noted with questions.

Date	Contact Information
Aug 2	Mike L: lewis@san.rr.com or (858) 455-0738
Aug 5	Bob R: (760) 728-8232 or care4bob@sbcglobal.net
Aug 9	Don: dpiller@cox.net or (760) 796-4007
Aug 12	Bill: (619) 206-5809 or wa4lrm@gmail.com
Aug 16	Stan H: (619) 448-1668 before 6 pm or shunt92071@gmail.com
Aug 19	Bill: (619) 206-5809 or wa4lrm@gmail.com
Aug 23	Bob W: gwarrickster@gmail.com or (760) 730-2349
Aug 26	TBA
Aug 30	Jessica N: gossamer666@gmail.com

MORE GREAT WALKS THIS MONTH

THURSDAY, AUGUST 3

6:30 am

SUNRISE SERIES: SOUTH BAY. Meet **Frances** in the parking lot on the corner of National City Blvd. and 2nd St. as we visit Heritage Square, where the "Railroad Homes" and Kimball House are located, and the National City Library, which has a custom designed William Hubbell stained glass window. We'll cut through Kimball Park, visiting the ARTS center on this **casual to moderate** 1 hour walk on flat terrain. From the north, take the I-5 south to Main St., make a left turn onto National City Blvd., go under the I-5 freeway and bear right at the arrow. Parking lot is about two blocks on your right. Bring money for optional breakfast afterward. (619) 479-3962.

FRIDAY, AUGUST 4

10:00 am

BALBOA PARK MARSTON POINT GATEWAY. Meet at Sixth Ave. and Elm St. for a **casual** 1.5 hour walk on sidewalks to explore the southwest side of Balboa Park. We will visit sites in the park and some side streets. Optional lunch afterward. Rain Cancels. **Roger L.** (619) 299-0489.

SUNDAY, AUGUST 6

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.

MONDAY, AUGUST 7

6:30 am

SUNRISE SERIES: EASTERN BALBOA PARK. Meet **Mark** at the merry go-round off Park Blvd. near the Zoo. We'll see roses and cacti galore, and much more on this **moderate** 1 hour walk. We'll stay on cement paths, cross a bridge and hope for a rose garden in full bloom. Plan for an optional breakfast afterward. Shall we try Greek? (619) 964-3097.

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.

TUESDAY, AUGUST 8

2:00 pm

PT. LOMA NAZARENE. Escape the heat by strolling through the beautiful oceanfront campus of Pt. Loma Nazarene University. See the first Greek theater built in the U.S., plus several buildings constructed for the Theosophical Society at the turn of the century. Drive south on Catalina Blvd. (or take bus #84) and turn right on Lomaland Dr. Parking is free. Meet at Mieras Hall, the first building on the right after the Welcome Center booth, for a **casual-to-moderate** 1.5 hour walk with a few hills. **Evelyn K.** (619) 461-6095.

THURSDAY, AUGUST 10

6:30 am

SUNRISE SERIES: KENSINGTON. Gardens are in bloom in this charming area at this time of year as we take a **moderate** flat 1-hour walk to view gardens and homes followed by an optional breakfast. Meet at the library at Kensington St. and Adams Ave. **Pat K.** (619) 469-6223.

SATURDAY, AUGUST 12

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.

7:15 am

DONUT DAY AT DEL MAR. Join us on our annual trek to the race track for a quick tour of the stands followed by free donuts, coffee, and OJ. We'll watch the horses practice going through the starting gate and linger afterwards to watch the workouts and/or listen to the speakers about horse racing. FREE admission and parking. Meet at the parking lot entrance to the race track off of Jimmy Durante Blvd. **Pat K's** cell for that day (619) 540-9031. Otherwise (619) 469-6223. Rain cancels.

SUNDAY, AUGUST 13

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, AUGUST 14

6:30 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 and an optional breakfast afterward. Meet at the Crystal Pier at the west end of Garnet Ave. **John & Marilyn** (619) 840-5544.

THURSDAY, AUGUST 17

6:30 am

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

SUNDAY, AUGUST 20

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, AUGUST 21

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.

6:15 pm

SILENT MOVIE AT THE ORGAN PAVILION. Join us at the Spreckels Organ Pavilion in Balboa Park before the annual silent movie starring Buster Keaton. Meet us at the northeast entrance to the organ pavilion for a **casual**, flat walk before the 7:30 movie. Rain cancels walk. **Pat K.** (619) 469-6223.

THURSDAY, AUGUST 24

6:30 am

SUNRISE SERIES: HARBOR ISLAND. We'll have a quiet walk for 1 hour at a **moderate** pace on flat terrain around this beautiful area so close to downtown. Take Harbor Dr. to Harbor Island Dr., turn west to the end and turn left to the parking next to Island Prime Restaurant. Bring money for optional breakfast afterward. **Edie** (619) 222-4396.



SUNDAY, AUGUST 27

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, AUGUST 28

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.

TUESDAY, AUGUST 29

5:30 pm

40 YEARS OF WALKING/40 YEARS OF MUSIC. This evening Steel Dawn features 'Top 40 Music From The Last 40 Years'. Since Walkabout is celebrating its 40th Anniversary Year, it's a great time to catch this concert in Balboa Park! Meet **Stella and Derek** at the back of the Organ Pavilion near the entrance to the Japanese Friendship Garden for a **casual** 1 hour walk to explore the evening scene in the park. Concert runs from 6:30-7:30. (619) 232-3756.

THURSDAY, AUGUST 31

6:30 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.



FEATURED TRIPS

SATURDAY, SEPTEMBER 30, 2017

J. Paul Getty Museum at the Getty Center in LA

Join Marilyn B. and Elaine B. for a fun day visiting the fabulous \$1.3 billion Getty Center, situated on 110 acres in the Santa Monica Mountains overlooking Brentwood. This museum houses changing exhibitions as well as the expanding permanent collection of pre-20th century European paintings, drawings, illuminated manuscripts,

and decorative arts in addition to 19th and 20th century American and European photographs. Gardens and terraces throughout provide sweeping views of Downtown Los Angeles, the Santa Monica Mountains and the Pacific Ocean. Engaging talks and tours bring the Getty Center's unique setting and the visual arts to life.

We will start with a 45 minute docent guided tour of the Getty Center site and architecture. Afterward there will be plenty of time for lunch on your own at one of the Center's several eateries and time to visit the gardens and museum exhibitions. This trip includes a lot of walking – please be prepared with comfortable walking shoes and remember to bring your jacket or sweater. We will leave the Walkabout office in Liberty Station at 7:30 am and the La Costa Park and Ride at 8:00 am. Returning to San Diego around 7:30 pm traffic permitting. Snacks and bottled water will be provided.

Two new exhibits: **The Birth of Pastel** focuses most closely on the late seventeenth and early eighteenth century, when pastels began to rival oils – in their variety of color, high degree of finish, and even their scale, as the preferred medium for stately portraits. **Happy Birthday, Mr. Hockney** celebrates David Hockney's 80th birthday and his long and continuing artistic career, the museum presents a selection of highly creative self-portraits made in different media over the past 65 years. The exhibition also features photographic explorations of the 1980's.

Send your check for \$59.00 with "Getty Center" on the memo line to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106. Be sure to include a stamped self-addressed envelope. You will be sent the itinerary with the details in mid-September.



SATURDAY, DECEMBER 9

RIVERSIDE COUNTY/MISSION INN

A Must For Your Holiday To Do List

Join us for a bus trip to Riverside County for the day. Our first stop will be at the Old Town Farmers Market in Temecula. Our next adventure takes us to Tio Tacos, a traditional taco shop with funky, eclectic, folk art behind the building. All of the art material is either found or recycled. Then we will go on a docent-led tour of the famous Mission Inn which is comparable to the Hotel Del in Coronado. Finally we will experience the Festival of Lights at the Mission Inn at dusk. Millions of lights will create a magical experience. Details to follow.

Call the office to be placed on an Interest List for Riverside County/Mission Inn.

AUGUST 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
		7 am San Diego River Park Trail 6:30 pm Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: South Bay 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa 5:30 pm Tromp	10 am Balboa Park Marston Pt. 6 pm Mission Hills Meander	TBA Hike
6	7	8	9	10	11	12
7:15 am Breakfast Spcl: Shelter Island 8:15 am Merry Go- Round	6:30 am Sunrise: E. Balboa Park 10 am Crown Point Area Beckons	7 am San Diego River Park Trail 2 pm Pt. Loma Nazarene 6:30 pm Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: Kensington 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 7:15 Donut Day at Del Mar
13	14	15	16	17	18	19
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go- Round	6:30 am Sunrise: Pacific Beach Boardwalk 10 am Crown Point Area Beckons	7 am San Diego River Park Trail 6:30 pm Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: Mission Hills 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa 5:30 pm Tromp	6 pm Mission Hills Meander	TBA Hike
20	21	22	23	24	25	26
7:15 am Breakfast Spcl: E. Mission Bay 8:15 am Merry Go- Round	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons 6:15 pm Silent Movie at Organ Pavilion	7 am San Diego River Park Trail 6:30 pm Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: Harbor Island 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa 5:30 pm Tromp	6 pm Mission Hills Meander	TBA Hike
27	28	29	30	31		
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go- Round	6:30 am Sunrise: Tecolote Canyon 10 am Crown Point Area Beckons	7 am San Diego River Park Trail 5:30 pm 40 Year of Walking/Music 6:30 pm Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: Sunset Cliffs 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa 5:30 pm Tromp		

UPCOMING WALKS, EVENTS & TRIPS

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

Overnight Trips (all dates are tentative)

Louisiana	Late September
SE New Mexico	Late October
San Antonio Riverwalk	Early December

Events/Walks

Joys of Walking Festival	November 11
40 th Anniversary Boat Tour	November
40 th Anniversary Trip Reunion	December
Riverside County/Mission Inn	December 9

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, August 11 at 11:00 am

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



BOARD MEMBERS

President	(858) 571-7733
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Bruce Herms	Emeritus

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



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NEWSLETTER STAFF

Dan Haslam, Kim Mills, Fran Whiteman

MAILING CREW

Charlotte Sedgwick & Beverly Stebbins (Captains), Alice Berwert, Peggy Crunican, Stan Follis, 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!



Walkabouters visited the majestic Matterhorn in June



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WALKABOUT SWISS TRIP A ROVING SUCCESS

by Dan Haslam

Sixteen ambitious Walkabouters met up in Zurich, Switzerland late in June for two weeks of hiking throughout this alpine country, with a little city walking, too, thrown in for good measure. This year's Swiss trip was again conceived and planned by Larry Forman, but due to illness he was unable to lead the tour. Larry selected three and four star hotels for the group to enjoy, complete with full breakfasts and sumptuous multiple course dinners. The villages he selected were all reachable via the Swiss travel pass, which was included with the tour. To reach the group hotel on Lake Lucerne, for example, we boarded a 20th century paddlewheel boat and got off at the third stop. Typically our hotel had a van waiting to haul luggage, and our walking group strolled to the hotel. This is living! Our group used the very accurate Swiss rail system throughout the trip, with many fast transfers and even a trip into northern Italy.

Each morning our group enjoyed a before-breakfast early bird walk, then an extravagant buffet breakfast before setting off for the day's hike. Typically the group would take a gondola up an alp, then hike for several hours traversing alps enroute to the bottom. Once, a public bus being used to climb the steep hills made a stop so the passengers could get out and take pictures of a waterfall. Just try to get a bus driver to do that anywhere else! Often the group would encounter herds of Swiss cows munching on hillsides, and would have to push their way through the ladies to continue their journey. Farm stands made for convenient rest stops, and always the beautiful scenery of...alps! This year's tour was led by last-minute substitute Dan Haslam and Walter Konopka, both veterans of prior Swiss excursions. Walter happily led the hikers seeking longer walks, and Dan was content with getting to the bottom as soon as possible.

Our group enjoyed museum days in Lucerne and Chur, and back country experiences in central areas of the country, including squirrel walks, boating excursions, gondolas and many, many trails. Dinners were 2-3 hours in duration and occupied most evenings. Fireworks delighted the group at Lake Lucerne on July 2, and July 4 was celebrated with the group wearing red, white and blue headgear and singing the national anthem at dinner --by request --to a tour group from Switzerland at the hotel dinner. The tour ended in Zermatt, home of the famous Matterhorn, which involved extensive hiking and gondola trips to neighboring mountains for photo ops, a trip to a glacier and ice sculptures and a cog railway. The group kept a daily journal of each day's activities, which was to be presented to Larry upon return to CA.