



San Diego Feets

Vol. 40, No. 10

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

Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive at least 10 minutes prior to the start time.

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

October 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

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.

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. 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.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
Oct 4	Don: dpiller@cox.net or (760) 796-4007
Oct 7	Bob W: gwarrickster@gmail.com or 760-730-2349
Oct 11	Mike L: lewis@san.rr.com or (858) 455-0738
Oct 14	Bill: (619) 206-5809 or wa4lrm@gmail.com
Oct 18	No Hike - Santa Barbara outing
Oct 21	Bill: (619) 206-5809 or wa4lrm@gmail.com
Oct 25	Stan H: (619) 448-1668 before 6 pm or shunt92071@gmail.com
Oct 28	Bob R: (760) 728-8232 or care4bob@sbcglobal.net

MORE GREAT WALKS THIS MONTH

SUNDAY, OCTOBER 1

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, OCTOBER 2

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, OCTOBER 5

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 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. **John & Marilyn** (619) 840-5544.

SATURDAY, OCTOBER 7

10:00 am

BALBOA PARK FLORIDA CANYON. Join us on a **casual** two-mile loop on dirt trails through Florida Canyon. There are some up and down sections as we go through the canyon. Meet at the Morley Field Gateway sign just North of the Bud Kearns Swimming Pool at 2229 Morley Field Dr. Bring sturdy shoes. Rain cancels. **Roger L.** (619) 299-0489.

6:00 pm

SPARKLING LIGHTS OF BALBOA PARK. A one-hour **casual** walk through Balboa Park will take us past various evening activities and many bright lights as well as into serene garden areas. At the end of the walk we'll check out the possibility of light refreshments at Panama 66 or Lady Carolyn's Pub although service is not always available at these venues. Meet **Stella and Derek** at the tables near the entrance to the Japanese Friendship Garden. (619) 232-3756.

SUNDAY, OCTOBER 8

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, OCTOBER 9

6:30 am

SUNRISE SERIES: INLET AT LIBERTY STATION. Join **Edie** for a **moderate**, 1-hour walk on mostly paved, level paths. We'll meet in the parking area near the river at the south end of Womble Rd. From the south, take I-5 to the Pacific Hwy. exit, veer to the left onto Barnett Ave., turn left into Liberty Station, turn left at Womble Rd. From the north or east, take the Rosecrans St. exit, proceed several miles until you see Vons on your left – Womble Rd. is the next left turn. Optional breakfast follows. (619) 313-7818.

THURSDAY, OCTOBER 12

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 **Connie** at Goldfinch St. and Fort Stockton Dr., which is 1 block north of West Washington St. Optional breakfast afterward. (619) 477-8628.

FRIDAY, OCTOBER 13

4:00 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.

SATURDAY, OCTOBER 14

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, OCTOBER 15

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, OCTOBER 16

6:30 am

SUNRISE SERIES: UPTOWN/UNIVERSITY HEIGHTS. Let's walk over the bridge and wander past these historic homes and modern drought resistant gardens for 1 hour at a **moderate** pace on mostly flat terrain. We'll meet by the entrance to the pedestrian bridge behind Trader Joe's. Turn north off University Ave. at Vermont St. into the parking lot. **Pat K.** (619) 469-6223.

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, OCTOBER 17

2:00 pm

MISSION HILLS RIM. As we explore the streets and cul-de-sacs of northwest Mission Hills, along the rim overlooking Mission Valley, we will admire beautiful early 20th century Prairie, Craftsman, Mission, and Spanish Revival homes, and discover some streets that are almost concentric circles. Meet at the corner of W. Lewis and Lark Sts (Bus #83 stops there) for a 1-1/2 hour **casual-to-moderate** walk that includes some hills. **Evelyn K.** (619) 461-6095.

THURSDAY, OCTOBER 19

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.

SUNDAY, OCTOBER 22

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, OCTOBER 23

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.

THURSDAY, OCTOBER 26

6:30 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** walk to work up an appetite for a breakfast spot we haven't visited for a while. (619) 313-7818.

FRIDAY, OCTOBER 27

4:00 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.

SUNDAY, OCTOBER 29

7:15 am

BREAKFAST SPECIAL ALONG ADAMS AVE. Interesting homes and views along the edge of Mission Valley will greet us on this flat, **moderate** walk. Optional breakfast follows. Rain cancels or postpones. Meet at 30th St. and Adams Ave. **Pat's Pals** (619) 469-6223.

MONDAY, OCTOBER 30

6:30 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. **Winnie** (858) 278-4003.

TUESDAY, OCTOBER 31

6:30 pm

ANNUAL HALLOWEEN WALK. We'll meet and take a **casual** walk from Trolley Barn Park near the corner of Adams Ave. and Florida St. (#11 bus stops there). One intersection in University Heights becomes mobbed with trick-or-treaters only on this night. It's about a 3-mile roundtrip to see all the set designer sights around Maryland St. and Meade Ave. Costumes are optional; walk will be crowded but unique! **Sharon N.** (619) 298-4340.

FEATURED EVENTS / TRIPS

JOYS OF WALKING FESTIVAL

Saturday, November 11

10:00 am Talk-the-Talk about the Joys of Walking
11:45 am - 12:45 pm Walk-the-Walk demonstration

In partnership with Scripps Health Foundation Walkabout invites all of San Diego to celebrate **The Joys of Walking** – An Open and Free Holistic, Integrative Festival Afoot Celebrating 40 Years of the Wonders of Walking in San Diego and Beyond!

McMillin Companies Event Center at Liberty Station
2875 Dewey Rd, San Diego, 92106. Free parking.

Master of ceremonies: Susan Taylor, former award-winning NBC News anchor. Currently Director External Affairs at Scrippshealth.

Keynote speakers:

Maggie Spilner: former Senior Editor with Prevention Magazine, authority on fitness and walking, will 'spill' the beans about her prolific encounters with walking experts and the unexpected curative powers they shared with her of putting one foot in front of the other.

Martha and Robert E. Manning: walking gurus, authors of *Walking Distance: Extraordinary Hikes for Ordinary People* and *Walks of a Lifetime: from Around the World* reveal innovative ways to bring walking bliss and benefits into everyday life. Doctor Manning is Professor Emeritus and Director of Park Studies Laboratory at the prestigious Rubenstein School of Environment and Natural Resources at the University of Vermont.

A concluding 'Walk-the-Walk' through varied paced Walkabout guided one-hour scenic discovery walks at our home base of Liberty Station to put into practice the insights of the 'Talk-the-Talk'. Optionally explore an assortment of tempting markets and eateries in Point Loma's picturesque Liberty Station parklands. Questions? Walkabout: 619.231.7463 or www.walkabout-int.org

Free admission, but to assure a seat please RSVP by Wed. Nov. 8 to joyofwalking@walkabout-int.org

RIVERSIDE COUNTY / MISSION INN

Saturday, December 9

Join Beverly Bruff and Mark Levy for a moderate activity level day trip to Riverside County to three very different destinations. Our first stop will be at the Farmers Market in Temecula. You will have time to wander around the market. There will be local fruits and vegetables, eggs, flowers, plants, crafts and much more. Then we'll head for downtown Riverside to Tio Taco's, a hole in the wall taco shop. It is the backyard that brings us here. It is filled with unique, eclectic art/sculptures from recycled, repurposed material. Truly unbelievable, there is a snake made from a vacuum cleaner hose located in a tree.

Then we will walk to our final destination, Mission Inn, a national historical landmark. This 4-story, 238 room inn opened in 1903 as a roadside motel, occupies a city block in the heart of downtown Riverside. Numerous presidents and Hollywood stars have frequented the inn. At dusk, we will enjoy millions of holiday sparkling lights that transform the inn into an enchanting fairy tale setting.

Mail your check for \$65 which includes a bus, docent-led tour of Mission Inn, snacks and leaders expense. What a bargain! Please include your phone number or email in the memo line. There will be no refunds unless there is someone from the waiting list to take your place. This will truly be an experience you will long remember. Questions? Bev Bruff (858) 268-8088.

OCTOBER 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	7
7:15 am Breakfast Spcl: Shelter Island 8:15 am Merry Go- Round	6:30 am Sunrise: Lake Murray 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: Pacific Beach Boardwalk 10 am Shelter Island 10 am Mission Beach		TBA Hike 10 am Balboa Park Florida Cyn 6 pm Sparkling Lights of Balboa Park
8	9	10	11	12	13	14
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go- Round	6:30 am Sunrise: Inlet at Liberty Station 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	4 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds
15	16	17	18	19	20	21
7:15 am Breakfast Spcl: E. Mission Bay 8:15 am Merry Go- Round	6:30 am Sunrise: Uptown/University Heights 10 am Crown Point Area Beckons	7 am San Diego River Park Trail 2 pm Mission Hills Rim 6:30 pm Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: North Park 10 am Shelter Island 10 am Mission Beach		TBA Hike
22	23	24	25	26	27	28
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go- Round	6:30 am Sunrise: Marina Village 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: The Bridges of Bankers Hill 10 am Shelter Island 10 am Mission Beach	4 pm Mission Hills Meander	TBA Hike
29	30	31				
7:15 am Breakfast Spcl: Adams Ave. 8:15 am Merry Go- Round	6:30 am Sunrise: South Shore 10 am Crown Point Area Beckons	7 am San Diego River Park Trail 6:30 pm Mission Bay Sunsets 6:30 pm Annual Halloween Walk				

UPCOMING WALKS, EVENTS & TRIPS

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

Overnight Trips (all dates are tentative)

SE New Mexico	October 19 - 26
San Antonio Riverwalk	Early December
Baja California, Mexico	February 17 - 23

Events/Walks

Annual Auction & Picnic	October 29
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.

Do you have any experience producing a newsletter? Did you help with production or publication at your last job? Would you like to help Walkabout? If you fit any of these, please contact ElaineWalkabout-Inc@gmail.com or elmaberg@att.net. We need your ideas and experience.



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, October 13 at 1:30 pm

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



BOARD MEMBERS

President	(858) 571-7733
Robert Buehler	President@walkabout-int.org
1st Vice President	(858) 560-9003
Elaine Berger	ElaineWalkabout-Inc@gmail.com
2nd Vice President	(619) 318-4870
Dan Haslam	danhaslam@walkabout-int.org
3rd Vice President	(619) 222-3447
Stan Follis	Stanley@walkabout-int.org
Secretary	(619) 231-7463
Donna Farris	secretary@walkabout-int.org
Treasurer	(619) 231-7463
Diane Erk	treasurer@walkabout-int.org
Directors	
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

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



OFFICE STAFF

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

NEWSLETTER STAFF

Dan Haslam, Kim Mills

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

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)

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:

NAME _____

ADDRESS _____

CITY _____ STATE ____ ZIP+4 _____ - _____

PRIMARY PHONE () _____ OTHER PHONE () _____

EMAIL ADDRESS _____ PDF ONLY

DAYS OF WINE AND WHALES

February 17 – 23, 2018

Come along with us to spend a few magical days in Baja California. You will be transported via deluxe motor coach right from downtown San Diego to Scammon's Lagoon for three whale watching excursions. The round trip includes two days enjoying the Guadalupe Valley's beautiful landscapes, museums, vineyards and Mexican viniculture interlaced with gourmet foods, wine tastings, and glorious sunset views from our hotel in Ensenada before returning to San Diego.

The trip price includes 6 nights accommodation, most meals with one drink each, snacks and drinking water, all visits and excursions mentioned in the itinerary, three whale-watching excursions in Scammon's Lagoon, services of experienced local travel guides, along with taxes and tips. The cost is \$1550/person, double occupancy, with an additional \$300 single supplement. For additional information or to sign up, contact our office at (619) 231-7463 or visit our website at <http://walkabout-int.org>

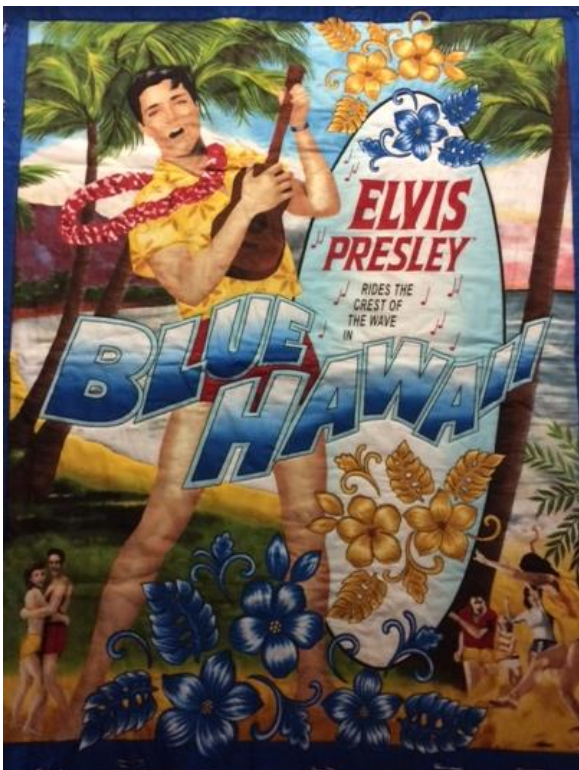


2650 Truxtun Rd., Suite 110
San Diego, CA 92106-6007
(619) 231-7463
<http://www.walkabout-int.org>
CHANGE SERVICE REQUESTED

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

SUNDAY, OCT. 29 WALKABOUT'S 17TH ANNUAL AUCTION & POTLUCK PICNIC!

11 am Walk; Noon Lunch; 1 pm Auction



Just before Halloween, Walkabouts can do some of their own "trick" or "treating" at our organization's 17th annual auction, potluck picnic and yearly meeting to be held in our private gazebo along Mission Bay.

This year a featured auction item will be a handmade quilt featuring Elvis Presley being crafted by Donna Farris. Bring your check book as this item will be as popular as "The King" was. And like the crooner, there's only one.

There will be many other goodies as well, promises auctioneer Dan Haslam, including gift certificates, baked goods, and household items. This is the 17th year of our fundraising auction whose proceeds go to support Walkabout International. Guests will enjoy a potluck picnic before the auction and will also hear a brief report about the state of our organization. Prior to the luncheon, there will be a walk from our starting point around Mission Bay, and typically once the auction and lunch are concluded, we'll take another stroll. Our gazebo is covered so rain is not an issue.

Bring a few donated items for the auction, a potluck item to share and a pick up truck to haul your auction treasures home! Walkabout will provide drinks, cups, cutlery and plates. Come prepared to have a fun afternoon with the Walkabout auction-goers!