



San Diego Feets

Vol. 41, No. 4

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

April 2018

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.

10:00 am

LA PLAYA OR HARBOR. Join peripatetic leaders Mark, Rob, Jackie or Sally as we alternate walking around either America's Cup Harbor to admire what's new in the marina OR follow the historic La Playa Trail along the shore past yacht clubs and amazing homes. The **Casual+** pace walks on flat surfaces are approximately 3 miles for about 1.5 hours. Optional eats afterward. Meet to the right of the front door of the Bali Hai. Ample free parking. Served by #28 Bus. Heavy rain cancels. **Sally** (619) 222-3800.

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. 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. Rarely, we cancel due to holidays or commitments during this busy season.

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. Join Sandra, Sally and friends for a **casual+** walk from the Bali Hai to the Friendship Bell and back on flat sidewalks (about 2.5 miles round trip; 60+ minutes including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to sea lions. Meet new friends 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.

5:30 pm ***NEW WALK***

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.



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.walkabouthikes.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
Apr 4	Mike L. lewis@san.rr.com or (858) 922-0738
Apr 7	TBA
Apr 11	Eva M. evajudo@aol.com or (619) 283-1872
Apr 14	Bill B. wa4lrm@gmail.com or (619) 206-5809
Apr 18	Spring Potluck Don P. dpiller@cox.net or (760) 670-6862
Apr 21	Bill B wa4lrm@gmail.com or (619) 206-5809
Apr 25	Ray E ray@escondidocoin.com or (760) 644-1648
Apr 28	Irma K. irmacaizan@gmail.com or (619) 795-5821

MORE GREAT WALKS THIS MONTH

SUNDAY, APRIL 1

7:15 am

BREAKFAST SPECIAL: SHELTER ISLAND. Let's take a **casual** walk along the playa admiring the beautiful boats, birds, homes, and gardens before our optional breakfast. Meet at meter-less spaces in the parking lot at Anchorage Ln and Canon St. (one block south of Shelter Island Dr.) **Pat's Pals** (619) 469-6223.

SUNDAY, APRIL 1 (CONTINUED)

3:00 pm

SERIOUSLY, NO APRIL FOOL'S JOKE. We'll have an Easter egg hunt in a secluded area of our world-famous Balboa Park before we take a **casual** walk over to view the smallest and least known park in all of San Diego! Meet **Stella** at corner of 6th Ave. and Upas. (619) 232-3756.

MONDAY, APRIL 2

6:30 am

SUNRISE SERIES: OLD TOWN. We'll visit Old Town to check out what's new. Meet at the corner of Pacific Hwy. and Rosecrans St. for this flat, **casual to moderate** 1-hour walk. Bring money for optional breakfast afterward. **John & Marilyn** (619) 840-5544.

TUESDAY, APRIL 3

10:00 am

EXPLORE THE NATURAL HISTORY MUSEUM. Join us in Balboa Park on free Tuesday for San Diego City & County residents. Make sure you bring your ID. Come explore interesting exhibits. We will learn about the unique habitats of southern California, from the coastal wetlands and urban canyons to the high mountains and the desert. Meet at the front steps to the Natural History Museum. If time permits we will walk through other areas of the park. For public transit, take the #7 bus. Optional lunch after. **Janet F.** (619) 890-4622.

2:00 pm

STREETS OF NORTH PARK. Start the month off with a stroll through the neighborhoods of south North Park and Burlingame, where we will see well-kept Craftsman and Spanish style houses built in the early and mid-1900s. We will walk through the campus of the St. Augustine High School and admire the original 1923 Mission Revival buildings designed by Richard Requa, plus some brand-new additions. Meet at the corner of 32nd and Maple St. for a flat, 1-½ hour **casual-to-moderate** walk. Bus #2 stops at 30th and Laurel. Rain cancels. **Evelyn K.** (619) 461-6095.

THURSDAY, APRIL 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.

SUNDAY, APRIL 8

7:15 am

BREAKFAST SPECIAL: 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, APRIL 9

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.

TUESDAY, APRIL 10

10:30 am

SAN DIEGO ZOO SAFARI PARK. Meet Linda H. and Beverly D. at the entrance for a **casual** walk through the Safari Park (formerly known as the Wild Animal Park). We will wander the African Plains Trail and also see if we can get up close and personal with a lemur in the Lemur Walk exhibit. Optional lunch in the park. Rain cancels. Non-members may contact **Linda H.** to see if we can come up with a guest pass for you. Also contact Linda if you are interested in carpooling. Riders will pay drivers \$5. hitney@juno.com or (619) 222-1056.

THURSDAY, APRIL 12

6:30 am

SUNRISE SERIES: EASTERN BALBOA PARK. Meet **Edie** 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) 313-7818.

FRIDAY, APRIL 13

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.

SATURDAY, APRIL 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, APRIL 15

7:15 am

BREAKFAST SPECIAL: MISSION BEACH. Let's walk along the boardwalk to enjoy the ocean waves reflecting the rising sun. We also might go north or south as we explore the variety of homes from old beach cottages to modern multi-story residences including a boat house. Optional breakfast afterward. Meet at the merry-go-round on Mission Blvd. near Mission Bay Dr. **Pat's Pals** (619) 469-6223.

MONDAY, APRIL 16

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.

10:30 am

COASTAL RETIREMENT LIVING. Join **Marilyn B.** as she begins her exploration of senior housing options in San Diego. This month we will visit Chateau La Jolla Inn, an independent living community located in La Jolla Village at 233 Prospect St. We will take a 1-hour mostly flat **casual** walk nearby, venturing down the coast for a view of the ocean and to see what the seals and sea lions are doing. Meet at the intersection of Prospect and Silverado Sts. After our walk we will go to The Chateau for a complimentary luncheon and a tour of their beautiful facility. Please call Walkabout (619) 231-7463 to reserve a spot on the lunch and tour list. Rain cancels walk, but we'll still meet for lunch and tour at 11:30 am. (619) 692-0536.

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.

THURSDAY, APRIL 19

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 **Marilyn** at Goldfinch St. and Fort Stockton Dr. Optional breakfast afterward. (619) 294-8308.

SUNDAY, APRIL 22

7:15 am

BREAKFAST SPECIAL: 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, APRIL 23

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.

THURSDAY, APRIL 26

6:30 am

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

FRIDAY, APRIL 27

6:00 pm

MISSION HILLS MEANDER. Join us for great views and picturesque homes on a 1-hour **casual** walk for about 2.5 miles on flat terrain. Meet at 1920 Ft. Stockton Dr. Rain cancels. **Stan F.** (619) 222-3447.

SUNDAY, APRIL 29

7:15 am

BREAKFAST SPECIAL MISSION VALLEY RIM. Let's walk along the interesting streets on the rim of Mission Valley to admire the homes and landscaping. Meet at Adams Ave. and 30th St. Optional breakfast follows. **Pat's Pals** (619) 469-6223.

4:00 pm

WALK IN THE PARK. Take a **casual** walk to explore the park and the Rose Garden. Meet at Upas St. and Balboa Dr. Rain cancels. **Derek** (619) 298-4891.

MONDAY, APRIL 30

6:30 am

SUNRISE SERIES: KEARNY MESA. Return to a familiar place as we walk on mostly flat terrain at a **moderate** pace for 1 hour. We'll meet in the parking lot of the restaurant at 3906 Convoy St. Maybe we can explore a different area this time, but also some familiar sites. An optional breakfast follows. Take the I-805, exit at Balboa Ave. turnoff, east to Convoy St. and turn right. **Winnie** (858) 278-4003.

FEATURED TRIPS

LAVENDER FESTIVAL

Saturday, June 9 – Cherry Valley

Join Bev B. and Sally R. on a day trip to the 14th Annual Lavender Festival, held on Southern California's largest certified organic lavender farm at the Historic Highland Springs Ranch & Inn. Located on 20 acres with over 90 different varieties of lavender, the fun festivities draw thousands of visitors each year. Stroll thru the winding paths in the organic lavender fields with the delicious aroma. Take an optional 15-minute narrated horse-drawn carriage ride and learn about the history of lavender and the lavender farm (\$4 for seniors). Leaves every 15 minutes. Lots of photo ops. The organic marketplace showcases many self-healing products such as aroma therapy, soaps, candles, body oils, teas, plants, bouquets, balsamic vinegar, honey, herbs and more. Samples of essential oils, lotion, sprays and more are offered. Lunch on your own or BYO picnic. Food booths with freshly prepared selections from local farms, many selections are lavender infused. The lavender lemonade and lavender ice cream are very popular. Enjoy live music! Seminars possible, TBD in May.

On the way to the Lavender Festival, we will stop in Temecula for a stroll thru the Old Town Farmers Market with local specialty foods and more, or to visit historic landmarks, enjoy unique architecture and antique shops. And, don't miss the Old Town Mural next to the Temecula Stage Stop (bus depot).

The cost is \$65 which includes a 50-passenger bus with restroom, admission to the Lavender Festival, snacks, bottled water, and driver gratuity. Pick-up will be at the Walkabout office, Liberty Station, 2650 Truxtun Rd, (the bus will be on Dewey between Rosecrans and Truxton outside Walkabout's office). Park on the street or in lot across the street. Please send your check for \$65 to Walkabout International, 2650 Truxtun Rd., Suite 110, San Diego, CA 29106. Note 'Lavender Festival' on the memo line. Please include cell/phone contact numbers and email address to receive your trip itinerary. No refunds unless someone from the wait list takes your place. For more information about the festival, go to <http://hsresort.com/thelavenderfestival> For general questions, email Bev at beverlybruff@gmail.com or phone (858) 268-8088.

APRIL 2018 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 3 pm Seriously, no April Fool's	6:30 am Sunrise: Old Town 10 am Crown Point Area Beckons 10 am America's Cup Harbor	10 am Explore Natural History Museum 2 pm Streets of North Park 6:30 pm Above The Bay	TBA Hike	6:30 am Sunrise: PB Boardwalk 10 am Shelter Island 10 am Mission Beach 5:30 Tromp		TBA Hike
8	9	10	11	12	13	14
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go- Round	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons 10 am La Playa Trail	10:30 am San Diego Zoo Safari Park 6:30 pm Above The Bay	TBA Hike	6:30 am Sunrise: E. Balboa Park 10 am Shelter Island 10 am Mission Beach 5:30 Tromp	6 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds
15	16	17	18	19	20	21
7:15 am Breakfast Spcl: Mission Beach 8:15 am Merry Go- Round	6:30 am Sunrise: Shelter Island 10 am Crown Point Area Beckons 10 am America's Cup Harbor 10:30 am Coastal Retirem Living	6:30 pm Above The Bay	TBA Hike	6:30 am Sunrise: Mission Hills 10 am Shelter Island 10 am Mission Beach 5:30 Tromp		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: Kensington 10 am Crown Point Area Beckons 10 am La Playa Trail	6:30 pm Above The Bay	TBA Hike	6:30 am Sunrise: Old Town 10 am Shelter Island 10 am Mission Beach 5:30 Tromp	6 pm Mission Hills Meander	TBA Hike
29	30					
7:15 am Breakfast Spcl: Along Mission Valley Rim 8:15 am Merry Go- Round 4 pm Walk in the Park	6:30 am Sunrise: Kearny Mesa 10 am Crown Point Area Beckons 10 am America's Cup Harbor					

UPCOMING WALKS, EVENTS & TRIPS

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

Day Trips

Lavender Festival, Cherry Valley	June 9
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Events/Walks

Annual Meeting Potluck & Auction	October
Thanksgiving Shelter Island Walk	November
Christmas Brunch; Gift Exchange	December 25



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.



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

No Board meeting for April

The monthly meeting is 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
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Bruce Herms	Emeritus

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



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Dan Haslam, Kim Mills

MAILING CREW

Charlotte Sedgwick, Beverly Stebbins, Stan Follis

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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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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INVITATION TO VISIT WALKABOUT-INT.ORG

We know that you love our monthly "San Diego Feets" newsletter. Do you also know that we have an outstanding web site with information that may not be included in the newsletter?

Many monthly walks have pictures associated with them on our web site. Trips are explained in detail on the web site with complete agendas and additional information that can't be included in the newsletter.

Need Walkabout forms or contact info, want to renew your membership, maybe review Walkabout safety rules, and easily donate to Walkabout-int? All this and much more can be found on our web site.

Come take a look at <http://walkabout-int.org> - you may be pleasantly surprised at what you have been missing out on!



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Early Birds Enjoy Post Walk Breakfast In North Park