



# San Diego Feets

Vol. 35

No.7

**WALKABOUT INTERNATIONAL** is a non-profit educational group that promotes neighborhood walking in urban, suburban, and rural environments throughout the world. Walkabout publishes a monthly schedule of events; for one complimentary issue call the Walkabout office, located at 2650 Truxtun Road, Suite 110, San Diego, CA 92106-6007, (619) 231-SHOE (7463), FAX (619) 231-9246. Office hours: 10:00 am to 2:00 pm, Monday through Friday. Internet: [www.walkabout-int.org](http://www.walkabout-int.org), e-mail: [info@walkabout-int.org](mailto:info@walkabout-int.org).

## July 2012

### Board Offers "Wish List" for 2013 Walkabout Trips

At its annual retreat in May, the Walkabout Board considered a list of possible trips to be offered to its supporters during 2013. No specific dates for trips have been set, and prices won't be available until an interest list is created and details for the trips are researched. Following is a list of trips proposed:

**Boston, MA.** Walk the Freedom Trail and enjoy taking the "T" transit to many area destinations;

**Charleston/Savannah.** A weeklong trip devoted to historical sites and trails split between these destinations;

**California's Northern Coast.** Start from the redwood forests at the top and enjoy a ride (and walks) down the beautiful coast;

**Cuba.** As a cultural/educational organization Walkabout can get you into this Latin country only 90 miles from our southern border!

**Washington, DC.** This trip will feature the Smithsonian's flight center near Dulles Airport, the new MLK Memorial and the Frederick Douglass Museum, in addition to visits to the Smithsonian & Kennedy Center.

**Florida:** The focus will be on flora and fauna often found in the state park system.

**New Orleans:** We'll explore the downtown music scene as well as surrounding area.

**Toronto/Niagara Falls:** A Great Lakes adventure with a Canadian flavor!

**Vermont:** Enjoy this World Heritage State like a native.

**NY City:** A week in the Big Apple, with museums, parks and city streets.

**Cleveland, OH:** Visit middle America and the Rock and Roll Hall of Fame!

**San Francisco:** An extended trip through the great city sites that make this repeatable year after year.

**San Antonio & Austin, TX:** The River Walk is vastly expanded, and we'll explore it all, as well as the capital.

**Australia and New Zealand:** This three-week plus trip will take you a continent away touring as much as we can via van, bus and plane.

Walkabout needs your input on which trips will actually be offered. You may fill out the attached survey or call the office and "vote" for trips that are of interest to you. You can also add your own places of interest to the survey. You can also email Walkabout with your selections. You need to "vote" or offer input by August 1, which is when we'll actually start working on our 2013 offerings. Once you see the offerings in the newsletter, you should contact the office and asked to be placed on the Interest list for each trip which will be offered. Once on that list you'll receive advance notice of trip details and requests for deposits. Most trips will fill from the interest list, and you may never see the trip advertised in the newsletter again.

There will be a wide selection of day trips, too. If you have suggestions for day trips or shorter (overnight) trips, please let the office know.



### SUNDAY, JULY 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 area is served by the 6:45 #28 bus to Shelter Island Dr. and Anchorage Ln. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.



Unless otherwise specified, Walks start at the time shown. Walk leaders should arrive 15 minutes before the time listed in the newsletter.

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 brisk pace 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 transportation, 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 at the carousel at Park Blvd. and Zoo Pl. (858) 565-7212.

## MONDAY, JULY 2

6:00 am

**SUNRISE SERIES: CLAIREMONT.** July 4th is two days away, so we'll celebrate early rather than after the fact. Let's stay away from the waterfront where refuse from Sunday picnics, races, etc. is still in evidence. Instead we'll walk along paved walkways on mostly flat ground, looking for lovely gardens, remodeled residences and new construction underway. Meet at the corner of Rappahannock Ave. and Clairemont Dr. at the entrance to the park. The pace will be moderate to casual for 1 hour with a caboose to keep the slower walkers in sight. Just take the I-5 off ramp at Clairemont Dr. and proceed up the hill. An optional breakfast follows. If unsure about directions, call Verna at (619) 276-3055 between 6:00 and 9:00 pm.

10:00 am

**CROWN POINT AREA BECKONS.** Start out your week with a beautiful scenic view of Mission Bay and homes nearby. **Kathy L.** leads a **moderate**-paced walking group and pauses for coffee at a Pacific Beach coffee shop. Rain cancels. Take I-5 to Grand Ave. and go west to Lamont St. Turn left on Lamont St. then right on Crown Point Dr. Meet at the west end of the parking lot near the restrooms. To use public transportation, take the trolley to Old Town. Take the #9 bus at 9:10, get off at La Cima at 9:30. Walk 3 blocks east to the parking lot. Rain cancels. (858) 484-0349.

## TUESDAY, JULY 3

10:00 am

**TWEEBS (TUESDAY WALKING ETHNIC EATING BUNCH)** is going north to enjoy our beautiful San Diego Botanical Garden (formerly Quail Gardens). We will see some fantastic plants on our **casual to moderate** walk for about 90 minutes through some of the four miles of trails. Admission and parking are free on the first Tuesday of each month. Go north on the I-5 to Encinitas Blvd. then east 0.5 miles to Quail Gardens Dr., turn left and meet at the entrance. Call **Pat K.** at (619) 469-6223 regarding carpooling from Old Town Transit Center. Optional lunch follows. Rain cancels.

6:30 pm

**MISSION BAY SUNSETS.** Walk leaves promptly at 6:30. Rain (not mist) 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**, 1-hour-plus walk along the shores of Mission Bay. Take the I-5 and go west on Clairemont Dr. to meet at the former Visitors Information Center (see Thomas Guide 1248-D7). **Teri E.** (619) 584-8984 or **Jill F.** (858) 292-4231.

## WEDNESDAY, JULY 4

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today's hike will be an e-mail hike with details sent out 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. Also call in case of bad weather conditions. 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 the hikes at <http://www.walkabout hikes.org> as weather or unusual conditions can cause the hike to be moved or canceled. If you have any questions, contact **Don** at (760) 796-4007 or [dpiller@cox.net](mailto:dpiller@cox.net).

10:00 am

**No Robert & Friends** walk today.

6:15 pm

**WEDNESDAY NITE WORKOUT.** Meet at Costa Verde Shopping Center, west of Westfield Shoppingtown UTC, between La Jolla Village Dr. and Nobel Dr., in front of Bookstar. We will walk about 1½ hours at a **moderate-plus to brisk** pace, heading in a different direction each week, exploring canyon trails and hills. Come explore this area and have some fun! **Debbie B.** (858) 229-1065 or **Barbara N.** (619) 226-3024.

## THURSDAY, JULY 5

6:00 am

**SUNRISE SERIES: BALBOA PARK.** Join **Marilyn M.** for a level walk **at your own pace** for an hour through the park. There is always something in bloom and sometime a few surprises. Meet at 5th Ave. and Spruce St. Optional breakfast follows. (619) 294-8308.

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### Pace Yourself

Half Speed	—	1-2 miles per hour
Casual	—	2-3 miles per hour
Moderate	—	3 miles per hour
Moderate/Plus	—	3 1/2 miles per hour
Brisk	—	4 miles per hour
Very Brisk	—	over 4 miles per hour

10:00 am

**MISSION BEACH NORTH & SOUTH.** Walk the beach or the bay and stop for coffee during this **moderate** or **moderate-plus** flat walk. Meet at the Belmont Park ticket booth off Mission Blvd. To use public transport, ride the trolley to Old Town, take the #8 bus at 9:40 to Mission Blvd. arriving at 9:54, and walk across the street. Rain cancels. **Kathy L.** (858) 484-0349.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.**

**Sandra, Sally and Friends** will do a **casual** walk from the Bali Hai Restaurant to the Friendship Bell and back on flat sidewalks (about 2.2 miles round trip & about 60-70 minutes). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to seashore wildlife. You may stop at one of the many benches and rejoin us on the return leg. Meet at the east end of the island, about 100 paces to the right of the entrance to the Bali Hai by the lamp post and hand rails, where we will stretch a few minutes and leave promptly at 10:03 am. If you're late, drive down the island and join us along the way. Optional: re-walk the island to the pier for additional mileage. Bring a pedometer if you have one. For public transportation, take the #28 bus and walk approximately 3 blocks to the Bali Hai. Ample free parking. Lunch follows on the view deck of a newly-remodeled landmark seafood restaurant. Rain cancels. Join us - just for the health of it!! Walk repeats every Thursday. **Sally R.** (619) 272-8851.

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. Terrain is flat and mostly paved. Stay after for optional coffee and cookies. Rain cancels. **Mary T.** (619) 291-1349.

**FRIDAY, JULY 6**

6:00 pm

**MISSION HILLS MEANDER.** Come see the great views and picturesque homes and gardens of this homey old neighborhood on a 1-hour, **moderate**-paced walk on flat terrain. Meet at Espresso Mio, 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. Wear white or light colors for safety's sake. **Pat P.** (619) 291-6162.

**SATURDAY, JULY 7**

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See July 4 listing for IMPORTANT INFORMATION. If you have any questions, contact **Don** at (760) 796-4007 or [dpiller@cox.net](mailto:dpiller@cox.net).

**NIXON LIBRARY**

**Sunday, August 5, 2012**  
**WOW – COST ONLY: \$55.00**

You are invited to join Walkabout Int'l on a 24 passenger bus with a professional bus driver to the Nixon Library. We have not done this trip in over 7 years and they just spent a great deal of money redoing the Library. We shall leave San Diego at 8:30am and drive up to North County off Hwy 15 by 9:15am. There will be a 30-minute breakfast and rest stop on your own at McDonalds. At 9:45am we will depart for the Nixon Library and keep our appointment at 11:00am (when they open) in Yorba Linda. You are on your own for a self-guided tour. Expect to be back in San Diego by 5:00pm. There will be a rest stop on the way home.

Please mail your \$55.00 check and a self-addressed stamped business-sized envelope to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007 noting pickup location: San Diego or North County. Refunds will only be possible if we have a replacement for you. Your seating on the bus is determined by the order your check is received, first come first served. There is not a huge amount of walking since the library is smaller than Reagan Library and there is ample amount of seating throughout the library. The price includes a Sure Ride Motor Coach and entrance fee to the Library. We shall be serving yummy snacks and water for you to enjoy. If you are on a special diet, bring your own snacks. We shall make sure you have a choice for lunch (on your own). Rita and Marilyn B. will be your guides for the day and look forward to seeing you. If you have any questions call Rita at (619) 266-2555. The bus is only 24 passenger and we may fill this trip in our first advertised month in June, 2012. The price is right.

6:15 pm

**SATURDAY NIGHT LIVE.** Carol, Donna or Teri will guide you along the harbor or through downtown while enjoying the bright lights and fresh breezes. Meet at the statue on the Harbor Dr. side of the County Administration Center building between Ash and Grape Sts. The pace is **moderate** to **moderate-plus** for about 1½ hours. Rain cancels. We encourage anyone to lead a slower version of this walk any Saturday. Walk leaves promptly at 6:15. **Carol W.** (619) 303-7942, **Donna F.** (619) 443-6131, **Teri E.** (619) 584-8984.

**SUNDAY, JULY 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 afterwards is optional but great fun (Greek?). Meet at the carousel on Park Blvd. at Zoo Pl. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See July 1.

## MONDAY, JULY 9

6:00 am

**SUNRISE SERIES: NATIONAL CITY.** We'll have a **moderate** 1-hour flat walk to check out the new National City Marina then on to Pepper Park--hopefully to see a cargo ship unloading cars or lumber as well as people fishing off the pier. Bring money for an optional breakfast after. Take the I-5 south to the Mile of Cars Way/Bay Marina Dr. exit, turn right, make a left at stop sign into the restaurant parking lot, where we'll meet. **Frances** (619) 479-3962.

10:00 am

**CROWN POINT AREA BECKONS.** See July 2.

## TUESDAY, JULY 10

10:00 am

**TWEEDS** will have a summer potluck in Clairemont when we meet at the post office, 5052 Clairemont Dr., just north of Clairemont Town Square. Then we'll follow Beverly to her house with our dishes and leave them there as we go for a 1-hour **moderate** walk on flat surfaces, including the Square and residential area nearby. Rain cancels. **Beverly D.** (858) 274-0687.

3:30 pm

**PT. LOMA NAZARENE WALK.** Escape the heat by strolling through the beautiful ocean-front 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 on campus is free). Meet at Mieras Hall, the first building on your right after the Welcome Center booth, for a **moderate**, 1-1/2 hour walk with a few hills. **Evelyn K.** (619) 461-6095.

6:30 pm

**MISSION BAY SUNSETS.** See July 3.

## WEDNESDAY, JULY 11

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabouthikes.org](http://www.walkabouthikes.org) for updates. See July 4 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Stan** at (619) 448-1668 (before 6:00 pm) or [shunt92071@yahoo.com](mailto:shunt92071@yahoo.com).

10:00 am

**No Robert & Friends** walk today.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See July 4.

## WANTED

Newsletter Walks Coordinator. Requires assembling the walk descriptions as submitted, updating the calendar, and copying this information into a Microsoft Word format compatible with our publishing software. If interested, contact Fran Whiteman for further information. (619)271-7107. [franw13@yahoo.com](mailto:franw13@yahoo.com).

## THURSDAY, JULY 12

6:00 am

**SUNRISE SERIES: MISSION HILLS.** We'll enjoy another early walk in this lovely area. Meet at Goldfinch St. and Ft. Stockton Dr. for a **moderate**, flat, 1-hour walk. Bring money for optional breakfast after. **Jane** (619) 299-1060.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See July 5.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See July 5.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See July 5.

## FRIDAY, JULY 13

10:00 am

**PACIFIC BEACH** is a great area for walking during the summertime. We'll walk along the boardwalk at a **moderate** pace to enjoy the ocean breezes for 1-1/2 hours. Meet at Christ Lutheran Church, 4761 Cass St. Optional lunch follows. **Beverly D.** (858) 274-0687.

10:00 am

**WALKABOUT BOARD MEETING.** The monthly meeting will be held in the BOARD ROOM of the NTC Command Center, 2640 Historic Decatur Rd. (619) 231-7463.

6:00 pm

**MISSION HILLS MEANDER.** See July 6.

## SATURDAY, JULY 14

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabouthikes.org](http://www.walkabouthikes.org) for updates. See July 4 listing for IMPORTANT INFORMATION. If you have any questions, contact **Bill** at (619) 264-1299.

7:15 am

**LATE BIRDS.** For those of us who can't get up for the Sunrise Series, **Anna T.** will lead a walk **at your own pace** around Pacific Beach. After the walk, we will have an optional breakfast. Take the #30 bus at 6:45 from Old Town, exit at Mission Blvd. Meet in front of the Crystal Pier at the west end of Garnet Ave. Rain cancels. (619) 231-7463.

# July 2012 Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 7:15 Breakfast Special -Shelter Island 8:15 am Merry Go Round	<b>2</b> 6:00 am Sunrise Series - Clairemont 10 am Crown Point	<b>3</b> 10 am Tweebs - SD Botanical Gardens 6:30 pm Mission Bay	<b>4</b> TBA-Hike-Don 10 am Robert-No walk 6:15 pm Workout	<b>5</b> 6:00 am Sunrise Series - Balboa Park 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	<b>6</b> 6:00 pm Mission Hills	<b>7</b> TBA-Hike-Don 6:15 pm Sat Night
<b>8</b> 7:15 Breakfast Special - Balboa Park 8:15 am Merry Go Round	<b>9</b> 6:00 am Sunrise Series - National City 10 am Crown Point	<b>10</b> 10:00 am Tweebs - Clairemont potluck 3:30 pm Pt. Loma - Evelyn 6:30 pm Mission Bay	<b>11</b> TBA-Hike-Stan 10:00 am Robert -No walk 6:15 pm Workout	<b>12</b> 6:00 am Sunrise Series - Mission Hills 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	<b>13</b> 10:00 am - Pacific Beach - Beverly 10:00 am - Board meeting 6:00 pm Mission Hills	<b>14</b> TBA-Hike-Bill 7:15 Late Birds - Pacific Beach 9:15 am - Torrey Pines - Larry 4:00 pm - Beach Party 6:15 pm Sat Night
<b>15</b> 7:15 Breakfast Special -East Mission Bay 8:15 am Merry Go Round	<b>16</b> 6:00 am Sunrise Series - Shelter Island 10 am Crown Point	<b>17</b> 10:00 am Tweebs - Mission Bay 6:30 pm Mission Bay	<b>18</b> TBA-Hike-Candy 10:00 am Robert - Balboa Park 10:30 am Golden Hill 6:15 pm Workout	<b>19</b> 6:00 am Sunrise Series - Tecolote Canyon 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	<b>20</b> 10:00 am-Old Town- Michael 6:00 pm Mission Hills	<b>21</b> TBA-Hike-Bill 6:15 pm Sat Night
<b>22</b> 7:15 Breakfast Special - Pacific Beach 8:15 am Merry Go Round	<b>23</b> 6:00 am Sunrise Series - Seaport Village 10 am Crown Point	<b>24</b> 10:00 am Tweebs - Balboa Park 6:30 pm Mission Bay	<b>25</b> TBA-Hike-Candy 10:00 am Robert - Coronado 5:30 pm - Balboa Park - Marilyn B. 6:15 pm Workout	<b>26</b> 6:00 am Sunrise Series - National City 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	<b>27</b> 10:00 am-Old Town- Michael 6:00 pm Mission Hills	<b>28</b> TBA-Hike-Kathy 7:15 Late Birds - Shelter Island 6:15 pm Sat Night
<b>29</b> 7:15 Breakfast Special - Vacation Island 8:15 am Merry Go Round	<b>30</b> 6:00 am Sunrise Series - San Diego River 10 am Crown Point	<b>31</b> 10:00 am Tweebs - Mission Beach 6:30 pm Mission Bay				

## UPCOMING EVENTS 2012-2013

Asterisk marks = planned events.

Without asterisk we need volunteers/walk leaders

### JULY

Del Mar Races/free concerts  
\*Twilight in the Park free concerts/Balboa Park  
SD Symphony Summer Pops walk and concert  
Liberty Station Movies

### AUGUST 2012

\*Twilight in the Park free concerts/Balboa Park  
\*Nixon Library Day Trip Leaders/Rita & Marilyn B.

### SEPTEMBER 2012

Labor Day Symphony Summer Pops  
\*Rhode Island/Cape Cod Leader Dan Haslam

### OCTOBER 2012

\*Annual Picnic, Meeting, Auction  
\*Julian Lodge Overnight

### NOVEMBER 2012

\*Thanksgiving Dinner

### DECEMBER 2012

Boat Parade of Lights  
Ocean Beach Holiday Parade Walk  
Hotel Del Coronado Walk/View Tree  
\*Xmas Breakfast/Gift Exchange

### JANUARY 2013

Annual New Year's Day Ferry Ride to Coronado

### FEBRUARY 2013

Ground Hog Day Walk

### MARCH 2013

36th Anniversary Walks and Events

### APRIL 2013

\*Anza Borrego Day Trip  
Coronado Flower Show and Walk

### MAY 2013

Coronado Bridge Walk  
Memorial Day Event/Walk

### ADDITIONAL OPTIONS:

We Need Volunteers/Walk Leaders For Events

Garden and Home Tours  
Parade of Tall Ships  
Navy Fleet Week  
La Mesa Oktoberfest  
Lambs Xmas Play  
Free day at Cabrillo Monument  
I Love A Clean San Diego  
Clean Up Beaches  
Neighborhood Xmas Light Viewing  
Free Tuesday at Museums in Balboa Park  
Airport Terminal Opening 2013

Walkabout supporters who are interested in learning more about these trips should contact the office and have their names (with email addresses/ phone number) placed on the interest list for each trip.

## OFFICERS FOR COMING YEAR AND RETREAT NEWS

At its annual retreat in May, the Walkabout Board elected a new president for the coming year. Bob Buehler will serve as Walkabout's 13th president, replacing Stan Follis, who served two separate terms as president. Other officers elected include Norm Vigeant - 1st Vice President, Bev Bruff - 2nd Vice President, Dan Haslam - 3rd Vice President, Rita Balliot - Treasurer, and Donna Farris - Secretary. Also at the Retreat, the Board discussed strategies to achieve our goals for the next 15 years, what age group would be our primary target to attract new members, what should be the future form of the website and what should be the future form of the newsletter. A list of proposed 2013 trips was presented to the Board and will appear in an upcoming issue of the newsletter, along with a survey to determine members' wishes for future walks. The Board felt that more specialty walks, like those held in March for Walkabout's 35th Anniversary and in years past, should be developed. We solicit members' input for developing future walks.

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### 2012-2013 Board Members

President  
Robert Buehler .....(858) 571-7733  
[President@walkabout-int.org](mailto:President@walkabout-int.org)

1st Vice President  
Norman Vigeant ..... [ngfrenchy@hotmail.com](mailto:ngfrenchy@hotmail.com)

2nd Vice President  
Beverly Bruff..... (619)-886-8086  
[bevbruff@ahoo.com](mailto:bevbruff@ahoo.com)

3rd Vice President  
Dan Haslam .....(619) 231-7463  
[danhaslam@walkabout-int.org](mailto:danhaslam@walkabout-int.org)

Recording Secretary  
Donna Farris ..... [secretary@walkabout-int.org](mailto:secretary@walkabout-int.org)

Treasurer  
Rita Balliot .....(619) 266-2555  
[treasurer@walkabout-int.org](mailto:treasurer@walkabout-int.org)

### Directors

Marilyn Buckley ..... [pr@walkabout-int.org](mailto:pr@walkabout-int.org)

Stan Follis .....(619) 222-3447  
[Stanley@walkabout-int.org](mailto:Stanley@walkabout-int.org)

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Walter Konopka .....(619) 281-4958  
[wkonopka@sbcglobal.net](mailto:wkonopka@sbcglobal.net)

Bruce Herms..... Emeritus

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**NEWSLETTER STAFF:** Diane Altona, Verna Bain, Bob Buehler, Dick Hiatt, Stan Follis, Lorraine Marshall, Marilyn Ralph, Fran Whiteman.

**MAILING CREW:** Pat Peterson (Captain), Alice Berwert, Barbara Miller, Sharon Nelson, Donna O'Donnell, Joanne Paul, Fusa Shimizu, Judy Vandruff.

9:15 am

**STORMING TORREY PINES.** Celebrate Bastille Day in a revolutionary way by marching through not one but two Torrey Pines State Reserves – the well-known one on the promontory overlooking the Pacific and the hidden one tucked away in a secluded neighborhood. Enjoy views that literally will take your breath away much like the French experienced back in 1789 when French pedestrians offered a rude awakening to French patricians. That's true pedestrian power! Look for ooh la **Larry** at the northwest corner of Del Mar Heights Rd. and Durango Dr. – 6 blocks west of I-5's Del Mar Heights exit – for a **moderate-plus paced, 3-hour** jubilant July jaunt over mixed-up and down terrain. [Larry@walkabout-int.org](mailto:Larry@walkabout-int.org) or (858) 755-1751.

4:00 pm

**WALK & BEACH PARTY.** Call Bev for info. (858) 268-8088

6:15 pm

**SATURDAY NIGHT LIVE.** See July 7.

## SUNDAY, JULY 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 at the former Visitors Information Center. From I-5 take the Clairemont Dr. exit and go west. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See July 1.

## MONDAY, JULY 16

6:00 am

**SUNRISE SERIES: SHELTER ISLAND.** We'll take a flat, **moderate** 1-hour walk and enjoy the beautiful sunrise. Those who want to can walk up the hill from Kellogg St. for an even more beautiful view. Take Rosecrans St., turn left at Shelter Island Dr. for a short distance to Anchorage Ln. and go to the end of the parking lot where there are no meters. Bring money for optional breakfast after. **Fusa** (619) 223-6947.

10:00 am

**CROWN POINT AREA BECKONS.** See July 2.

## TUESDAY, JULY 17

10:00 am

**TWEEDS AROUND MISSION BAY.** How far do you want to walk? Some might even make it all around the bay, but others will turn back along the ocean side of Mission Beach on this flat scenic walk **at your own pace** for about 90 minutes. Meet at Santa Clara Point by the restrooms. From Mission Blvd., turn east along Santa Clara Pl. at the signal halfway between Mission Bay Dr. (Roller coaster) and Grand Ave. Optional lunch follows. Rain cancels. **Pat K.** (619) 469-6223.

6:30 pm

**MISSION BAY SUNSETS.** See July 3.

## WEDNESDAY, JULY 18

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout-hikes.org](http://www.walkabout-hikes.org) for updates. See July 4 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or [ccbeckwith146@yahoo.com](mailto:ccbeckwith146@yahoo.com).

10:00 am

**EL PRADO AND SPANISH VILLAGE - BALBOA PARK.** Join **Robert and Friends** for a 1-hour, flat, paved safari at **casual speed** around the northern section of Balboa Park. We are in no hurry, so you will be able to relax and observe the wonders of the park. Optional restaurant stop afterwards. Meet at the Balboa Park Fountain on the Prado near Park Blvd. Free parking on paved lots at Park Blvd. and Village Pl. To use public transport, take the #7 bus north or south on Park Blvd., exit at Village Place at approximately 9:15. Rain cancels. **Robert B.** (858) 571-7733.

10:30 am

**GOLDEN HILL IN THE SUMMER.** Even on a hot day, Golden Hill has ocean breezes and large shade trees, so come join **Lorraine** for a flat, **casual** walk as she leads you around this historic area pushing her wheeled walker. Meet at the corner of 25th and A streets to learn a little about the wealthy families who lived here and still do. We'll visit a fire station, a Mexican bakery and have an optional lunch after the walk. Bring water, wear a hat. (619) 583-7644.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See July 4.

## THURSDAY, JULY 19

6:00 am

**SUNRISE SERIES: CANYON WALK.** Let's visit beautiful Tecolote Canyon to watch for the sunrise on this **moderate**, flat walk for 1 hour. Hopefully, we'll see some early morning animal life along with the summer plant life. Bring money for optional breakfast afterwards. Take the I-5 to the Tecolote Rd. exit, go east all the way into the canyon and keep driving to the visitor center and parking lot at the end. **Winnie** (858) 278-4003.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See July 5.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See July 5.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See July 5.

## FRIDAY, JULY 20

10:00 am

**OLD TOWN UPS & DOWNS.** Meet on the front porch of the Old Town Visitor & Information Center (northwest corner of the central square) for a **moderate-plus** 2-hour walk up into Mission Hills with its interesting architecture and landscaping. A brief stop at a coffee shop for some refreshment will spur us on our up-and-down journey back into Old Town. Be prepared for some hilly terrain. Optional Mexican lunch follows in Old Town. **Michael B.** (619) 275-5383.

6:00 pm

**MISSION HILLS MEANDER.** See July 6.

## SATURDAY, JULY 21

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout-hikes.org](http://www.walkabout-hikes.org) for updates. See July 4 listing for IMPORTANT INFORMATION. If you have any questions, contact **Bill** at (619) 264-1299.

6:15 pm

**SATURDAY NIGHT LIVE.** See July 7.

## SUNDAY, JULY 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 the Crystal Pier. From Old Town Transit Center, take the #8 bus at 6:30. Rain cancels or postpones. Optional breakfast follows, perhaps on a deck overlooking the ocean. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See July 1.

## MONDAY, JULY 23

6:00 am

**SUNRISE SERIES: SEAPORT VILLAGE.** We'll meet at the south end of Pacific Highway at Seaport Village (park next to the merry-go-round) for a 1-hour walk **at your own pace** on a paved and flat path. Some of us may be able to reach the bridge over Harbor Drive. Bring money for optional breakfast after. **Gloria** (619) 482-7177.

10:00 am

**CROWN POINT AREA BECKONS.** See July 9.

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### Office Staff

Donna Farris, Marilyn Buckley, Pat Peterson, Marilyn Ralph, Anna Terkelsen.

## TUESDAY, JULY 24

10:00 am

**TWEEDS** rambles through Balboa Park as **Mark** leads a **moderate**, fairly flat walk for about 90 minutes. The park sports its summer face with lovely flowers in bloom and the interesting accents of tourists visiting from every corner of the world. Meet at the west end of the Organ Pavilion. Optional lunch follows. Rain cancels. (619) 964-3097.

6:30 pm

**MISSION BAY SUNSETS.** See July 3.

## WEDNESDAY, JULY 25

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike with details sent out a day or two before. You can check the hikes at [www.walkabout-hikes.org](http://www.walkabout-hikes.org) for updates. See July 4 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or [ccbeckwith146@yahoo.com](mailto:ccbeckwith146@yahoo.com).

10:00 am

**CORONADO BEACHING.** Join **Robert and Friends** for approximately 1-hour on a beautiful, architecturally diverse **casual** stroll past dream homes. Refuel at a Coronado eatery afterwards if you like. Meet at the corner of Ocean Blvd. and Marina Ave. To use public transport, take the #901 bus ("Iris Trolley") from the 12th & Imperial Transit Center at 8:35. Exit at Orange Ave. and Park Pl.; walk 0.7 mile west to Ocean Blvd. and Marina Ave. Rain cancels. **Robert B.** (858) 571-7733.

5:30 pm

**TWILIGHT IN THE PARK.** Come enjoy the music of The Corvelles – Motown Sound. Meet **Marilyn B.** and friends at the west side of the Organ Pavilion near the portico. We'll listen to the concert (6:15 to 7:15 pm) as we eat our (BYO) picnic dinner. After the concert, we will regroup at the portico around 7:25 pm for a 1-hour **casual/moderate** walk to enjoy the beauty of the park while everyone else is fighting the traffic. (619) 692-0536.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See July 4.



### NEWSLETTER DEADLINE NOTICE

All walks must be in the office by the 3rd 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 3rd.) You can e-mail your walks to [walks@walkabout-int.org](mailto:walks@walkabout-int.org), or mail them to Walkabout, 2650 Truxtun Rd. Suite 110, San Diego, CA 92106-6007. If you mail them, please use the walk information form available in our office, on our website at [www.walkabout-int.org](http://www.walkabout-int.org), or send a SEPARATE 8 x 11 sheet for each walk. If you e-mail more than one walk, please leave extra space between each walk.



## \$UPPORTER\$

By donating your time to WALKABOUT — coming on walks, bringing friends, helping out at the Headquarters or at events — you sustain and spread the WALKABOUT Spirit! You are the heart and “soles” of a unique, all-volunteer, nonprofit organization — that feels more like an extended family — as it raises walking far above a pedestrian pursuit.

We have no “members” or “dues”, as such. However, we do have expenses, such as rent, utilities, insurance, office equipment and printing costs. WALKABOUT depends in part on your generous spirit to fund our yearly operating costs as we annually conduct over 1000 free walks in and around the San Diego area.

An important way to support WALKABOUT is through your thoughtful, tax deductible donations. WALKABOUT values you and your participation. If you appreciate the good value you receive from WALKABOUT, please consider one of the following levels of support below for individuals or families. Each category includes the monthly newsletter by mail for 12-months.

\_\_\_ Please contact me/us to discuss WALKABOUT’s Charitable Gifts, Trusts and Memorials Program.

All levels below include subscriptions to the monthly newsletter for one year:

\_\_\_ Basic Level (Newsletter Subscription) \$20

\_\_\_ Tenderfoot \$25

\_\_\_ Footprint \$100

\_\_\_ Arch Supporter \$500

\_\_\_ Twinkletoes \$50

\_\_\_ Kindred Sole \$250

\_\_\_ Big Foot \$1000 \_\_\_ Other:

\_\_\_ Also e-mail me a PDF copy of the Newsletter

\_\_\_ Please contact me/us to discuss ways I/we can donate some time to WALKABOUT

\_\_\_ NEW SUPPORTER(S) — How did you hear about WALKABOUT: \_\_\_\_\_

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Call 619-231-SHOE (7463)

### THURSDAY, JULY 26

6:00 am

**SUNRISE SERIES: NATIONAL CITY MARINA/ SWEETWATER RIVER/PEPPER PARK.** For those of you who don’t normally come to National City, join me in my hometown to see what’s happening at the National City Marina. We’ll see the Santa Fe Depot and survey the area where the Granger Music Hall may be relocated in the future. We’ll check out the boat slips and wander to Pepper Park to see if any ships are delivering cars or lumber and maybe get a look at the ospreys nesting nearby on this flat, **moderate** 1-hour walk. Take the I-5 south to the Mile-of-Cars Way/Bay Marina Drive exit, turn right (west), then left into the parking by the Best Western Hotel. Bring money for optional breakfast afterwards.  
**Connie V.** (619) 477-8628.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See July 5.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See July 5.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See July 5.

### FRIDAY, JULY 27

10:00 am

**OLD TOWN UPS & DOWNS.** See July 20.

6:00 pm

**MISSION HILLS MEANDER.** See July 6.



The following geographical descriptions are used for walks not in San Diego proper. They appear on the same line with the time.

**NC** = north past La Jolla

**EC** = east of La Mesa

**SB** = National City or south



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### LABEL CODE REMINDER

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### SATURDAY, JULY 28

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout-hikes.org](http://www.walkabout-hikes.org) for updates. See July 4 listing for IMPORTANT INFORMATION. If you have any questions, contact **Kathy** at (760) 796-4007 or [kpiller@cox.net](mailto:kpiller@cox.net).

7:15 am

**LATE BIRDS.** For those of us who can't get up for the Sunrise Series, **Dick and the Divas** will lead a 1-hour walk **at your own pace** around Shelter Island. After the walk, we'll have an optional breakfast. Meet in the parking lot at Anchorage Ln. and Cañon St. Rain cancels. (619) 469-6223.

6:15 pm

**SATURDAY NIGHT LIVE.** See July 7.

### SUNDAY, JULY 29

7:15 am

**BREAKFAST SPECIAL AT A TROPICAL RESORT.** Vacation Isle, that is. Let's watch the boats, skiers, swimmers and birds on this flat walk **at your own speed** around this beautiful island. Meet at the west side of Ingraham St. at Vacation Rd. (by Paradise Point). Optional breakfast follows. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See July 1.

### MONDAY, JULY 30

6:00 am

**SUNRISE SERIES: ALONG THE RIVER.** Let's take a flat 1-hour walk **at your own speed** along the beautiful San Diego River. This little bit of the country in the middle of a busy city is such a blessing. Optional breakfast follows at a new restaurant nearby. Meet in the parking lot behind Jared Jewelers at Camino de la Reina and Mission Center Rd. **Pat K.** (619) 469-6223.

10:00 am

**CROWN POINT AREA BECKONS.** See July 2.

### TUESDAY, JULY 31

10:00 am

**TWEEBS** will escape the heat and follow **Fran W.** up and down the breezy, shady byways of Mission Beach to enjoy a wide variety of frequently whimsical building styles and landscaping on this **at your own speed**, flat walk for about 90 minutes. Meet at the Belmont Park roller coaster. Optional lunch follows. Rain cancels. (619) 271-7107.

6:30 pm

**MISSION BAY SUNSETS.** See July 3.