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 Smithsonians 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.
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

TWEENS (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.walkabouthikes.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.

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) 226-3024.

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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 away. 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.walkabouthikes.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.

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
TWEEBs 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 #64) 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 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.

10:00 am
No Robert & Friends walk today.

6:15 pm
MISSION BAY SUNSETS. See July 3.

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 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.
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<td>10:00 am Robert –</td>
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<td>6:00 pm Mission</td>
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<td>10:00 am – Old Town</td>
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<td>29</td>
<td>7:15 Breakfast Special</td>
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<td>8:15 am Merry Go Round</td>
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<td>10:00 am Tweebs –</td>
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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 Weekend
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.

2012-2013 Board Members
President
Robert Buehler ......................................(858) 571-7733
President@walkabout-int.org

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

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

Recording Secretary
Donna Farris ..................................secretary@walkabout-int.org

Treasurer
Rita Balliot ......................................(619) 266-2555
treasurer@walkabout-int.org

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Stan Follis ......................................(619) 222-3447
Stanley@walkabout-int.org
Larry Forman ......................................(858) 755-1751
larry@walkabout-int.org
Dick Hiatt .................................. publisher@walkabout-int.org
Walter Konopka .............................(619) 281-4958
wkonopka@sbcglobal.net

Bruce Herms ......................................Emeritus

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 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
TWEBS 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.walkabouthikes.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.

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 Larraine 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.

4:00 pm
WALK & BEACH PARTY. Call Bev for info. (858) 268-8088

6:15 pm
SATURDAY NIGHT LIVE. See July 7.

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.walkabouthikes.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.

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

TUESDAY, JULY 24

10:00 am
TWEEBs 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.walkabouthikes.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.

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, 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, 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.
$SUPPORTE RS$

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: ________________________

Please print or use an address label

NAME ___________________________________________ DATE _______________________
ADDRESS ___________________________________________ APT# _________
CITY ___________________ STATE ____ ZIP + 4 ____________
HOME PHONE ( ) _______________ BUSINESS PHONE ( ) _______________
EMAIL ADDRESS __________________________

Please notify office promptly of change of address or phone.
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
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.walkabouthikes.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.

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
TWEES 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.