



San Diego Feets

Vol. 37, No. #11

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, e-mail: info@walkabout-int.org

November 2014

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 transport, take the trolley to Old Town and board the #9 bus at 9:10, get off at La Cima Dr. and walk 3 blocks east to the parking lot. Rain cancels. **Kathy L.** (858) 484-0349.

TUESDAYS

6:30 pm *****NOTE NEW LOCATION*****

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 (see Thomas Guide 1248-F6). Rain, but not mist, cancels. Flashlight recommended. Please call **Teri E.** (858) 483-0512 or **Jill F.** (858) 292-4231 to make sure walk is "on" for the week.

WEDNESDAYS

3:00 pm *****NOTE NEW TIME*****

WEDNESDAY WORKOUT. Join us at Pioneer Park in Mission Hills next to Grant School at Washington Pl. and Randolph St. for a 1½ hour **moderate-plus** walk. We head in a different direction each week to explore Old Town, Hillcrest, Bankers Hill, or Mission Hills. Rain cancels. Come and have some fun! **Barbara N.** (619) 226-3024.

Pace Yourself

Casual — 2-3 miles per hour

Moderate — 3 miles per hour

Moderate-plus — 3 ½ miles per hour

Brisk — 4 miles per hour

THURSDAYS

10:00 am *****NO WALK THANKSGIVING DAY*****

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 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 including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to wildlife. You may stop at one of the many benches and rejoin us on the return leg. Meet at east end of the island to the right of the Bali Hai by the lamp post and hand rails, where we will stretch for a few minutes. 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 where there is ample free parking. Optional eats afterward. Rain cancels. Join us - just for the health of it! **Sally R.** (619) 222-3800.

10:15 am *****NO WALK THANKSGIVING DAY*****

MORNING STROLL IN BALBOA PARK. Meet at the Senior Lounge across from the Museum of Photographic Arts to walk at a **casual** pace through beautiful Balboa Park for about 45 minutes. Terrain is flat and mostly paved. Stay after for optional coffee. For public transport, use the #7 bus. Rain cancels. **Mary T.** (619) 291-1349.



WEEKLY REPEATING WALKS (CONT.)

FRIDAYS

4:30 pm ***NOTE NEW TIME***

MISSION HILLS MEANDER. Come see the great views and picturesque homes and gardens of this old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. Meet at the coffee shop at 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. Wear white at night. **Pat P.** (619) 291-6162.

SATURDAYS

6:00 pm ***NOTE NEW TIME & LOCATION***

SATURDAY NIGHT LIVE, LIVES! Join our varied leaders as we rejuvenate one of Walkabout's most venerable evening walks, a **casual** pace through the downtown streets of San Diego in search of the new and different in the city's center. Meet outside the historic Balboa Theater entrance (4th & D Sts.) for a 90-minute visit downtown. The route (and leaders) may vary each week, and an optional dinner gathering follows. Take public transportation or consider free, machine validated 3-hr. parking offered at the Horton Plaza parking garage. Rain cancels. Leaders: Dan, Donna and Jerry (new recruits welcome). (619) 231-7463.

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** 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 transport, 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.

ANNUAL CHRISTMAS BRUNCH & GIFT EXCHANGE

Thursday, December 25, 2014 at Broken Yolk
1851 Garnet Ave., Pacific Beach

Walk begins at 7:45 am from the corner of Lamont St. and Garnet Ave., with a buffet at 8:30 am. Mail your check for \$12.00, which includes everything – tax, tip and coffee, tea or milk, to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106. Last year we got rave reviews on the buffet. Bring a gift marked (Male), (Female) or (Generic) with a value of under \$10.00. No fruit cakes PLEASE. We really had some nice gifts last year and the rules are you cannot take someone's gift away from them. Call Rita with any questions at (619) 266-2555.

HIKE WEDNESDAYS & SATURDAYS

Time: TBA

WILDERNESS HIKE. Details e-mailed a day or two before. IMPORTANT HIKE INFO: Park on the street in front of the Methodist Church, 2111 Camino del Rio South (west of Texas St.). Be prepared to drive yourself if there are no other carpoolers. Bring lunch, 2-3 quarts of water, sun and rain protection, and lug-soled shoes. **"First timers"** must call the leader. All participants must be in top condition, well prepared for trail conditions and will be accepted at the leader's discretion. Hikers must be able to keep pace with the group. Check <http://www.walkabout hikes.org> as weather or unusual conditions may cause the hike to be moved or canceled. If you have any questions, please contact the relevant hike leader as noted below.

Date	Contact Information
Nov 1	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Nov 5	Don: dpiller@cox.net or (760) 796-4007
Nov 8	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Nov 12	Don: dpiller@cox.net or (760) 796-4007
Nov 15	Bill: (619) 206-5809 or wa4lrm@gmail.com
Nov 19	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Nov 22	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Nov 26	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Nov 29	Bill: (619) 206-5809 or wa4lrm@gmail.com



NEWSLETTER DEADLINE NOTICE

All walks must be submitted by the **10th** of the month before the month of the walk. None will be accepted after that date. For example, the April newsletter is published in March, so walks must be submitted by March 10th. You must e-mail your walks to walks@walkabout-int.org. If you e-mail more than one walk, please leave extra space between each walk.



You can e-mail your newsletter comments and suggestions to publisher@walkabout-int.org



Please remember that Walkabout International is a non-smoking experience. There is no smoking at the meeting place or during the walk.

MORE GREAT WALKS THIS MONTH

SUNDAY, NOVEMBER 2

**DAYLIGHT SAVINGS TIME ENDS AT 2 AM.
REMEMBER TO SET YOUR CLOCKS BACK 1 HOUR.**



7:15 am

BREAKFAST SPECIAL DOWNTOWN. Let's explore the harbor north or south with a flat, **moderate**, 1-hour walk to see what changes are going on downtown and along the harbor. We will start from Ruocco Park at the intersection of Harbor Dr. and Pacific Hwy. (across from former police station). Meters are **free** on Sundays. All trolleys go to Amtrak station and then a 15-minute walk 1 block west to Pacific Hwy. and 4 blocks south to Harbor Dr. gets you there. Optional breakfast follows. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

MONDAY, NOVEMBER 3

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.

WEDNESDAY, NOVEMBER 5

10:00 am

SUNSET CLIFFS. Robert and Friends will enjoy a 1-hour **casual**, flat walk to view the cliffs, ocean and lovely homes. Meet at the corner of Sunset Cliffs Blvd. and Point Loma Ave. Take the I-8 west to its end, turn left onto Sunset Cliffs Blvd. and proceed through Ocean Beach to Point Loma Ave. (Note: not West Point Loma Blvd.) To use public transport, take the westbound #35 bus to arrive at the meeting place at 9:43 or before. Optional eats/refreshment afterward. Rain cancels. **Robert B.** (858) 414-6181.

1:00 pm

TIDE POOLING. Meet at the ice cream store at La Jolla Blvd. and Pearl St. It is advisable to bring a hiking stick. We'll take a **casual** walk to Coast St and onto the beach. You can sit on the rocks and wait for our return up the stairs in the other direction going back to Coast St. We'll have a color guide book of the sea creatures. **Virginia** (619) 231-7463.

THURSDAY, NOVEMBER 6

6:30 am

SUNRISE SERIES: CLAIREMONT. Meet at Clairemont Dr. and Rappahannock Ave. by the CCSA Building as we explore for 1 hour the almost finished area with new landscaping, etc. As usual there will be 2 groups, **casual** and **moderate** paced. Watch the weather and dress accordingly. Bring money for optional breakfast afterward. **Verna** (619) 276-3055.

SATURDAY, NOVEMBER 8

9:30 am

SCULPTURE GARDENS. Meet **Virginia** in the parking lot at Muir College, 9500 Gilman Dr., 92093 (UCSD/La Jolla) for a **casual** walk to Scripps Memorial Hospital in La Jolla, where we will see the sculptures in the Healing Arts Garden. We will walk back to the parking lot where we started. Take Torrey Pines Rd. and turn at Muir College (from the south turn right/from north turn left) into the free parking lot. We'll have a guide book with lots of info to share. (619) 231-7463.

SUNDAY, NOVEMBER 9

7:15 am

BREAKFAST SPECIAL IN BALBOA PARK. The park is beautiful any time of the year with many paths to explore on this flat walk **at your own pace**. Eating and chatting afterward (Greek?) is optional but great fun. Meet at the carousel on Park Blvd. at Zoo Pl. **Pat's Pals** (619) 469-6223.

9:15 am

A COZY CANYON OF CALM IN CARMEL VALLEY. The caldron of construction in Carmel Valley continues to heat up, but there still remain some secluded canyons of calm unbeknownst to the casual passer-by. Don't pass by this chance to saunter serenely through one such canyon on a 3-hour, **moderate-plus** prance over mixed-up and -down terrain. Look for **Larry** in front of Torrey Pines High School outside the parking lot by the signal at 3710 Del Mar Heights Rd. and Torrey Ridge Dr., about one mile east of the Del Mar Heights exit off of I-5. Rain cancels. (858) 755-1751 (evenings and weekends).

MONDAY, NOVEMBER 10

6:30 am

SUNRISE SERIES: BALBOA PARK EAST. We'll meet at the merry go-round off Park Blvd. near the Zoo for a **moderate** one hour walk. We'll see roses and cacti galore, and also much more of Balboa Park. Be ready for some uneven dirt paths. Bring money for an optional breakfast afterward. **Connie** (619) 477-8628.

TUESDAY, NOVEMBER 11

3:00 pm

VETERANS DAY WALK. Celebrate Veterans Day by strolling the streets north of Adams Avenue Antique Row that look out over Mission Valley. We will check out the bungalows, California courts, brick houses, and the beautiful 1916 Villa Montemar estate. Meet at the corner of Kansas St. and Collier Ave., one block north of Adams Ave., for 1-1/2 hour flat, **casual/moderate** walk. Bus #11 stops at Adams Ave. and Utah St. Rain cancels. **Evelyn K.** (619) 461-6095.

THURSDAY, NOVEMBER 13

6:30 am

SUNRISE SERIES: NORTH PARK. Meet at Pershing Dr. and Upas St. for a one hour **casual to moderate** walk. We'll stroll thru Bird Park and check out the area around it. Take I-5 to Pershing Dr. exit and continue on Pershing Dr. for 1.5 miles – your destination will be on the right. Bring money for an optional breakfast afterward at a new restaurant. **Frances** (619) 479-3962.

SUNDAY, NOVEMBER 16

7:15 am

BREAKFAST SPECIAL ALONG EAST MISSION BAY. Let's take a flat walk **at your own speed** to see the birds, boats, and views. Optional breakfast and chatting follow. Meet on Mission Bay Dr. by the restrooms just south of Clairemont Dr. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

MONDAY, NOVEMBER 17

6:30 am

SUNRISE SERIES: SHELTER ISLAND. We'll walk 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.

WEDNESDAY, NOVEMBER 19

10:00 am

A DELICIOUS TASTE OF YESTERYEAR. If you enjoy the rural scene and love to see ducks, geese and rare white pelicans, then take a 1-hour **casual** meander with **Robert and Friends** around Lindo Lake. Take Route 67 from I-8, turn off at Riverford Rd. and go through Lakeside on Woodside Ave until you see the park and lake. Turn right on Chestnut St. and a quick left into the VFW parking lot. Later, as an option, we will chow down at a local restaurant. Rain cancels. **Robert B.** (858) 414-6181.

THURSDAY, NOVEMBER 20

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) 222-4396.

SUNDAY, NOVEMBER 23

7:15 am

BREAKFAST SPECIAL IN PACIFIC BEACH. Before the crowds arrive, walking in Pacific Beach can be delightful. We'll walk along the ocean admiring the waves on a flat walk **at your own speed** and then return by the same route. Meet at the west end of Garnet Ave. by Crystal Pier. From Old Town Transit Center, take the #8 bus at 6:30. Rain cancels or postpones. Optional breakfast follows, perhaps overlooking the ocean. **Pat's Pals** (619) 469-6223.

MONDAY, NOVEMBER 24

6:30 am

SUNRISE SERIES: SEAPORT VILLAGE. Meet **Gloria** at the south end of Pacific Hwy. at Seaport Village where you can park next to the merry-go-round for free until 10 am. The walk is mostly **moderate**, but you may walk at your own pace for 1 hour on flat and paved terrain. We should reach the pedestrian bridge over Harbor Dr. near Petco Park and see the new Central Library. Bring money for optional breakfast afterward. (619) 482-7677.

THURSDAY, NOVEMBER 27 (THANKSGIVING)

6:30 am

SUNRISE SERIES. No walk today.

10:00 am

SHELTER ISLAND WALK. Let's walk off a few calories before Thanksgiving dinner. See page 1.

SUNDAY, NOVEMBER 30

7:15 am

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



FEATURED TRIPS

EXOTIC GARDENS IN FALLBROOK & MUSEUM OF MAKING MUSIC

SATURDAY, NOVEMBER 8

Join Rita and Marilyn B. as we visit the "Grand Tradition Estate & Gardens" in Fallbrook. Once available for viewing only during private events, this lush botanical reserve is now open year-round as a public garden. As you journey along the winding pathways, you will be transported to a veritable Shangri-La of thematic gardens –from Victorian to Mediterranean to tropical. Experience 15 acres of densely planted gardens, profuse with exotic floral scents, sparkling waterfalls and award-winning displays of colorful botanicals. Escape to this secret garden paradise. We shall arrive at 9 am and walk for 1 ¼ hours. We shall take our bus to Carlsbad for a lunch break on your own. At 1 pm we are expected at the Museum of Making Music located in Carlsbad for a one-hour docent lead tour. Three years ago Walkabout had a tour of the Museum and it was highly successful. Expect to be back by 3:15 pm. The trip includes a 29 passenger bus with a bathroom and all entrance fees.

Please send a \$47.00 check to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007 with a stamped, self-addressed envelope for us to mail your itinerary. Include your telephone number in case we need to contact you and indicate your pickup preference at our office in San Diego or North County Park & Ride off Hwy 15 at Mercy Road. There will be no refunds unless there is a waiting list. If you have any questions, please call Rita at (619) 266-2555.

SPACE SHUTTLE ENDEAVOUR & IMAX

SATURDAY, DECEMBER 13

COST: \$49.00 or POMPEII PKG \$65.00

Rita and Walter invite you to the Science Center in Exposition Park, Los Angeles to see the Endeavour firsthand. Included in the package is the IMAX film. We shall depart from San Diego at 7:00 am and take I-5 to La Costa to pick up North County passengers. Since our 50 passenger bus has a restroom, we shall drive directly to the Science Center for a 10:00 am appointment at the IMAX. We have been told that a specific IMAX film has not been scheduled at this time. At 11:30 am you have a lunch break on your own. At 1:00 pm our group will enter the Endeavour Exhibit located in the Space Pavilion. Bring a camera. At 2:00 pm we have an appointment for the POMPEII Exhibit for those people who paid the additional \$16.00 for the trip. The Exhibit takes at least one hour to see and it will be ending in January, 2015 so this is your last chance to see it. At 3:30 pm we shall return to San Diego and hope to arrive by 6:30 pm.

Please mail \$49.00 for Endeavour & IMAX or \$65.00 for Endeavour, IMAX & POMPEII to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106 and note on the check "Space Shuttle", also include your phone

number and preferred pickup location, either the Walkabout office in San Diego or La Costa off of I-5 for North County people. Please enclose a self-addressed envelope with a stamp for us to mail your itinerary. Note: we sold out our first trip last year and we hope to fill the bus this year. The price includes a 50 passenger bus, driver tip, IMAX ticket and the most delicious snacks and water. Our price is lower than our competitors. If you have any questions please call Rita at (619) 266-2555. The Walkabout Office will also answer any of your questions. We hope to see you aboard.



RIVERSIDE VICTORIAN HOME TOUR AND CITY HOLIDAY TOUR

Saturday, December 20, Noon – 8 pm

Treat yourself to a memorable excursion in Riverside. It's a festive time of year and the community goes all out to share this special season. The city has a unique character with over 100 landmarks designated by the Cultural Heritage Board. Our group will see many of these landmarks during a narrated city tour. On the drive down Mission Inn Avenue, we'll see examples of fine architecture, places where historic events occurred, and a national landmark. Learn how Riverside became the richest city in the U.S. at the turn of the 20th century and see the theater where "Gone with the Wind" was secretly previewed before it was shown in Atlanta. Guests will enjoy a view of Riverside's beloved Mt. Rubidoux, also known as Easter Mountain, and find out how the community recently banded together to save the cross at the top. Guests will drive through a beautiful city park designed by Olmsted and Olmsted in 1911; recently designated one of America's Great Public Places. The tour highlights several prominent historic areas, vintage neighborhoods, and includes stops at two charming, decorated Victorian homes.

Tours of the Town specialized service includes a 50-passenger bus with a bathroom and an experienced guide who will board and entertain passengers, regaling them with anecdotes and local history. Enjoy this tour, rain or shine. Physical requirement: walking up and down steps.

Please send a check for \$45.00 per person for only a round-trip bus ride to Riverside or \$65.00 per person for the bus ride plus the tour of Victorian homes and city tour to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007. Enclose a stamped, self-addressed envelope for your itinerary and include your telephone number and specify your pickup location at either the Walkabout Office San Diego or North County Park & Ride off I-15 at Mercy Road. There will be NO REFUNDS unless there is a waiting list. If you have any questions, please call Rita at (619) 266-2555.

WALKABOUT TEAMS UP WITH FRIENDLY EXCURSIONS FOR TWO TRIPS

Walkabout International will partner with Friendly Excursions of Sunland, CA, for two trips to Arizona over the next 14 months. In March 2015 Friendly will produce a 4-night, 5-day trip for baseball enthusiasts for spring training in Phoenix (see trip announcement, this issue). In November 2015 Walkabout will produce a slightly longer excursion to Tucson, AZ.

Each trip will be marketed to both organizations, and each organization will benefit from members' sign ups. For Walkabout, it may mean the ability to fill a deluxe motorcoach with enough travelers to make the trip financially viable. For Friendly, it opens the door to providing a different experience with the provision of daily walking tours, not always present on its tours.

Friendly Excursions has created the itinerary for the spring training trip and made all the hotel, bus, attraction and meal reservations. Walkabout will receive a share of each seat sold to a Walkabout who signs up for this trip. Friendly will oversee the trip. If a sufficient number of Walkabouts sign up for the trip, then Walkabout will send a tour escort who will provide our customary walks throughout the day. For the November 2015 trip to Tucson, Walkabout will produce the trip with some assistance from Friendly, and daily walks will be provided as part of the itinerary.

SPRING BASEBALL TRAINING IN PHOENIX 3/22-3/26, 2015 (5 DAYS, 4 NIGHTS)

\$999 per person, double occ./ \$1,299 single occ.

Join up with a busload of baseball enthusiasts for a 5-day, 4-night trip to the Phoenix area to enjoy spring training. The tour, planned by Friendly Excursions of Sunland, CA, includes breakfast daily and two dinners (one of which has a "cowboy" theme), a city tour of Phoenix, a visit to the state capitol, a tour to the historic mining town of Globe, a visit to the renowned Heard Museum and a guided tour of Frank Lloyd Wright's Taliesin West. There will be two baseball training season games included, one of which will be your favorite team. Teams scheduled are SF Giants, Oakland As, Anaheim and LA Angels, the LA Dodgers and the SD Padres. If a sufficient number of Walkabouts sign up for this tour, then a Walkabout tour leader will be included to provide early bird and other walking tours throughout the trip. Otherwise, there will be a professional tour escort available for the whole trip. If you'd like to go, phone Friendly Excursions at (818) 353-7726 to arrange to make a \$200 payment, which is due now. Final payment is due by 2/2/2015 and last day to cancel is 2/1/15. For those who prefer not to travel by deluxe motorcoach, flights from SAN to PHX can be arranged at additional cost. Friendly Excursions is the producer of this trip, although any Walkabouts who sign up will benefit our organization as well. All inquiries about this trip should be directed to Friendly Excursions, not to our office.

THE 4 CULTURES OF SWITZERLAND

July 14 – 26, 2015

Trip is full; accepting only those for waiting list!

Once again, Walkabout heads to the land overflowing with the most spectacular scenery accessible by foot – Switzerland. This time we immerse ourselves into the four distinctive cultures and flavors of Switzerland: German, French, Italian and the little-known Romansch. Savor sauntering along cobblestone streets of medieval lakeside villages with French flair and dating back to the 6th century as well as through the remote reaches of the untamed Neuchâtel mountains; tucked away in the quiet corners of the elusive Romansch culture, view the stunning and scintillating alpine panoramas around glamorous St. Moritz; prance through the heart of the festive Italian Riviera region along the gentle shores of Lago Maggiore with the nearby – yet secluded – lush valleys adorned with velvet green meadows and streams; and surrounded by the highest and most dramatic panoply of peaks in all of Switzerland, venture amid the glaciers through the area known as "The Pearl of the Alps" in the car-free village of Saas-Fee with its distinctively German flavor and just around the corner from the mesmerizing Matterhorn.

Alluring lakes. Alpine splendor. Pastoral pathways. Tantalizing cuisine. Experience 13 days / 12 nights of ecstasy for the walking enthusiast with 12 bountiful breakfasts and 12 sumptuous dinners in three- and four-star accommodations with three nights each in Neuchâtel, Celerina, Locarno and Saas-Fee; a Swiss Pass for virtually unlimited daily transport in Switzerland on the comfortable, convenient and efficient Swiss transportation network of scenic trains, busses, boats and mountain conveyances; free admission to hundreds of museums; and a wealth of walks conducted by Walkabout's own leader, Larry, who has guided over a dozen walking tours of Switzerland and has been praised for his personal, in-depth, behind-the-scenes approach to touring by celebrated travel gurus, Arthur Frommer and Rick Steves.

The land-only price is \$3,250 per person for double-occupancy with a limited number of single rooms available for the supplement of \$480, based on a group size of at least 12 plus leaders. To confirm one of the cherished spots, send a nonrefundable deposit of \$500 to Walkabout, 2650 Truxtun Road, Suite 110, San Diego 92106-6007 with the notation "The 4 Cultures of Switzerland" on the check along with your name, address, phone number and email address.

Questions? Call Larry at 858.755.1751 (only evenings and weekends, please!)



NOVEMBER 2014 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
						TBA Hike 6 pm Sat Night Live
2	3	4	5	6	7	8
7:15 am Breakfast Spcl: Downtown 8:15 am Merry Go-Round	6:30 am Sunrise: Kensington 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 10 am Sunset Cliffs 1 pm Tide Pooling 3 pm Wednesday Workout	6:30 am Sunrise: Clairemont 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	4:30 pm Mission Hills Meander	TBA Hike 9:30 am Sculpture Gardens 6 pm Sat Night Live
9	10	11	12	13	14	15
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go-Round 9:15 am Cozy Canyon Calm Carmel Valley	6:30 am Sunrise: Balboa Park East 10 am Crown Point Area Beckons	3 pm Veterans Day Walk 6:30 pm Above the Bay	TBA Hike 3 pm Wednesday Workout	6:30 am Sunrise: North Park 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	4:30 pm Mission Hills Meander	TBA Hike 6 pm Sat Night Live
16	17	18	19	20	21	22
7:15 am Breakfast Spcl: East Mission Bay 8:15 am Merry Go Round	6:30 am Sunrise: Shelter Island 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 10 am A Delicious Taste of Yesteryear 3 pm Wednesday Workout	6:30 am Sunrise: Eastern Balboa Park 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	4:30 pm Mission Hills Meander	TBA Hike 6 pm Sat Night Live
23	24	25	26	HOLIDAY 27	28	29
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go-Round	6:30 am Sunrise: Seaport Village 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 3 pm Wednesday Workout	10 am Shelter Island	4:30 pm Mission Hills Meander	TBA Hike 6 pm Sat Night Live
30						
7:15 am Breakfast Spcl: Adams Avenue 8:15 am Merry Go-Round						

UPCOMING WALKS, EVENTS & TRIPS

Please call our office (619) 231-7463 to put your name on the interest list for any of the following.

Day Trips

Fallbrook Estates & Gardens and Making Music Museum	November 8
Endeavor Shuttle	December 13
Riverside City Holiday Tour	December 20
Indio Date Festival	February 19, 2015
Palm Springs Tramway	Spring 2015
Ramona Pageant	April 25, 2015
Huntington Library & Gardens	May 16, 2015
Lake Arrowhead	September 2015
Joshua Tree National Park	TBD

Overnight Trips

San Antonio/Austin, TX	December 2 – 9
The 4 Cultures of Switzerland	July 14 – 26, 2015
Las Vegas/ Calico Ghost Town	September 2015
Beautiful Boise	October 2015

Events

Thanksgiving Group Dinner	November 27
Annual Volunteer's Appreciation Party	December 16
Christmas Brunch	December 25
Annual Walk Leader's Appreciation Luncheon	January 27, 2015
Sharp Women's Conference	March 14, 2015



VOLUNTEER!

WALK LEADERS NEEDED

We are recruiting walk leaders for the suggested walks/events below. If interested, please call the office (619) 231-7463. Receive help with write-up, etc. And, please send in YOUR ideas!!

- Balboa Park w/ranger tour
- Coaster trip to Oceanside Pier/Cedros shopping
- Docent led tours of new central library
- Free Tuesdays at museums in Balboa Park
- Gem Institute of America/Carlsbad/ docent tour
- I Love A Clean San Diego beach cleanup
- Thanksgiving Dinner at restaurant
- New Year's Eve walk

BOARD SEEKS YOUR HELP

We need office volunteers and new board members.

If you are interested in any of our volunteer opportunities, please call the office (619) 231-7463.



WALKABOUT BOARD MEETING

Friday, November 21 at 11:30 am

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



BOARD MEMBERS

President	(858) 571-7733
Robert Buehler	President@walkabout-int.org
1st Vice President	
Vacant	
2nd Vice President	(619)249-2446
Dan Haslam	danhaslam@walkabout-int.org
3rd Vice President	(619) 222-3447
Stan Follis	Stanley@walkabout-int.org
Recording Secretary	(619) 231-7463
Donna Farris	secretary@walkabout-int.org
Treasurer	(619) 266-2555
Rita Balliot	treasurer@walkabout-int.org
Directors	
Marilyn Buckley	(619) 231-7463 pr@walkabout-int.org
Larry Forman	(858) 755-1751 larry@walkabout-int.org
Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms	Emeritus
Dick Hiatt	Emeritus

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



OFFICE STAFF

Donna Farris, Marilyn Buckley, Eileen Frame, Susan Goodrich, Grace Greenalch, Pat Peterson, Charlotte Sedgwick

NEWSLETTER STAFF

Rita Balliot, Stan Follis, Dan Haslam, Ann Leever, Lorraine Marshall, Kim Mills, Fran Whiteman

MAILING CREW

Pat Peterson (Captain), Alice Berwert, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, Fusa Shimizu, Beverly Stebbins, Judy Vandruff

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 Shoe Fund amount \$ _____

Circle RENEW or NEW Subscriber/Supporter...How did you hear about us? _____

Please mail completed form (we do not share information): 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007

NAME _____ DATE _____

ADDRESS _____

CITY _____ STATE _____ ZIP+4 _____ - _____

PRIMARY PHONE () _____ OTHER PHONE () _____

EMAIL ADDRESS _____

PDF ALSO (available only if support greater than Basic Level)

PDF ONLY (fully tax deductible, eco-friendly, and helps us keep costs down)

Call 619-231-SHOE (7463) to notify office promptly of any changes to your information; or to discuss WALKABOUT's charitable gifts, trusts, and memorials program; or to find out how you can donate some time to WALKABOUT. By coming on walks, bringing friends, helping out at the headquarters or at events - you sustain and spread the WALKABOUT spirit!

Walkabout is offering a buy-one, get-one-free subscription deal when you contribute at the \$25 level or above. Simply provide information for someone who has never had their own subscription and might like to subscribe:

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP+4 _____ - _____

PRIMARY PHONE () _____ OTHER PHONE () _____

EMAIL ADDRESS _____ PDF ONLY

WHAT IS THE SHOE FUND?

Forrest Warren, a former S.D. Union reporter and columnist started the shoe fund in the 1930s to assist children who needed shoes in the depression era. The Ninth District PTA has been administering the Fund for more than 75 years. Vouchers for shoes are distributed through school nurses who fax the PTA when they have identified a student in need of shoes. Walkabout started many years ago through our Audrey Davis to request anybody in Walkabout to add a donation to their subscription renewal. Any monies received were mailed to the S.D. Union. This had been very successful until 2008, when we stopped. We decided to restart in 2014.

We feel it is well worth asking our subscribers for any donation they wish to make. We thank you in advance for a very worthy cause. When you fill out your subscription form please state the amount of money you wish to add to your renewal check.



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

Please check the expiration date on your label to renew beforehand. We don't want you to miss an issue!

THANKSGIVING WITH YOUR WALKABOUT FRIENDS

Thursday, November 27

Sycuan Casino

5469 Casino Way, El Cajon (619) 445-6002

Join your Walkabout friends for a holiday meal at the Sycuan Casino. The all-new Paipa's Buffet in the non-smoking East Wing of the casino offers over 100 fresh food items including turkey, prime rib, seafood, specialty international food stations, and an expanded dessert bar.

We will meet at the casino at 10:30 am to sign up for Club Sycuan membership and get a coupon for our first buffet meal for free (yes, you can use the coupon on Thanksgiving) or pay \$25.95 per person (sorry no senior discount). Then, we'll line up as a group for the 11:30 am opening of the buffet. We will carpool to the casino. Call the office at (619) 231-7463 to sign up on the interest list with your name, phone number, and preference as driver or passenger. **RSVP by Monday 11/24!**