



# San Diego Feets

Vol. 38, 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 2015

### WEEKLY REPEATING WALKS

These walks repeat every week this month at the same location, day, and time.

#### MONDAYS

10:00 am

**CROWN POINT AREA BECKONS.** Start out your week with beautiful scenic views of Mission Bay and nearby homes as a guest leader takes the group on a **moderate to moderate-plus** flat walk for about 2 hours with a pause for coffee or yogurt. Take I-5 to Grand Ave. and go west to Lamont St., turn left on Lamont St., then right on Crown Point Dr. to meet at the west end of the parking lot by the park's southern end restrooms. To use public transit, take the trolley to Old Town and board the #9 bus at 9:10, get off at La Cima Dr. and walk 3 blocks east to the parking lot. Rain cancels. **Kathy L.** (858) 484-0349.

#### TUESDAYS

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** 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. **Teri E.** (858) 560-0446 or **Jill F.** (858) 292-4231.

#### WEDNESDAYS

5:30 pm

**WEDNESDAY WORKOUT.** Meet at Costa Verde Shopping Center in front of Bookstar, west of the UTC Mall between La Jolla Village Dr. and Nobel Dr. We will walk for about 1½ hours at a **moderate-plus** pace, heading in a different direction each week, exploring canyon trails and hills. Rain cancels. Come and have some fun! **Barbara N.** (619) 226-3024.

#### THURSDAYS

10:00 am

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

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** **Sandra, Sally and Friends** will do a **casual+** walk from the Bali Hai Restaurant to the Friendship Bell and back on flat sidewalks (about 2.5 miles round trip; 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

**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 transit, use the #7 bus. Rain cancels. **Mary T.** (619) 291-1349.



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

Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive 15 minutes prior to the start time.

## WEEKLY REPEATING WALKS (CONT.)

### FRIDAYS

6:00 pm

**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.

### SUNDAYS

8:15 am

**MERRY GO-ROUND.** Start from the carousel in Balboa Park and join us on one of the most scenic walks in San Diego. Our **moderate-plus** walk encompasses the harbor, downtown, Bankers Hill and bridges depending on size of group and mood. Allow 3 hours, which includes a coffee break. To use public transit, take the trolley to 3<sup>rd</sup> Ave. and C St. At 3<sup>rd</sup> Ave. and Broadway take the #7 bus at 7:42 or 7:48. Arrive at Zoo Pl. at 8:00 or 8:06. Meet **Rick** in the parking lot near the carousel at Park Blvd. and Zoo Pl. (858) 565-7212.

### BROAD MUSEUM HERE WE COME

Join us on November 7<sup>th</sup> to see the \$140 million art museum in downtown L.A. which opens September 20, 2015 and will feature an extensive contemporary art collection, including 2,000 pieces from the Broads' personal collection, as well as rotating special exhibits on loan from galleries throughout the world.

To reserve a spot, please phone Walkabout Int'l and leave your name and phone number so we can call back with the details. We shall be moderately priced.

### 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](mailto: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](mailto: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.

## HIKE WEDNESDAYS & SATURDAYS

Time: TBA

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

Date	Contact Information
Jul 1	<b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007
Jul 4	<b>No Hike</b>
Jul 8	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Jul 11	<b>Candy:</b> (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a>
Jul 15	<b>Ron:</b> (619) 390-3033 or <a href="mailto:lucasronald@hotmail.com">lucasronald@hotmail.com</a>
Jul 18	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Jul 22	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Jul 25	<b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007
Jul 29	<b>Rita C:</b> (619) 482-0052

## MORE GREAT WALKS THIS MONTH

### THURSDAY, JULY 2

6:00 am

**SUNRISE SERIES: OLD TOWN.** We'll visit Old Town to check out what's new on this flat, **casual to moderate 1-hour** walk. Meet at the public parking lot across from the Cygnet Theater which is located at 4040 Twiggs St. Bring money for optional breakfast afterward. **Margo** (619) 287-7722.

### SUNDAY, JULY 5

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.

## SUNDAY, JULY 5 (CONT.)

9:15 am

**ROLLICKING AROUND DEL MAR.** Continue yesterday's celebrations by firing up your feet on a rollicking ramble around some cozy corners of this north coastal community. Stretch your legs on a 3-hour, **moderate-plus** prance over mixed-up and down terrain through remote canyons, along the serene Pacific shore and past the towering ferris wheel on the fair's last day. Look for **Larry** by the northwest corner of Del Mar Heights Rd. and Durango Dr. - 6 blocks west of the I-5 Del Mar Heights exit. BYO H2O. Rain cancels. (858) 755-1751 (evenings/weekends).

## MONDAY, JULY 6

6:00 am

**SUNRISE SERIES: HILLCREST.** Join **Connie** as we find out what's new in Hillcrest on this **moderate (or at your own pace)** walk on flat terrain for 1 hour. An optional breakfast follows. From the I-5, take Washington St. to the top of the hill and turn left on Goldfinch St. to Ft. Stockton Dr. (619) 477-8628.

9:00 am

**3RD OF FOUR GREAT BEACH WALKS OF LA JOLLA!** Join us on a **casual to moderate** 3-hour walk with optional lunch afterward. We'll start with visits to Goldfish Point and the Cave Store. We'll begin our walk from the parking garage through an upscale area along several beaches and streets (when the tide prevents walking on sand). Our route passes along the "secret path" at Coast Walk Lane to a tiny pathway beside a restaurant to gain access to La Jolla Shores and then to Scripps Pier after 3.3 miles. There is limited 2-hour only parking in the area. Best to park in the parking structure on Cave St. for \$5 per day. From I-5 northbound, take the La Jolla Parkway exit, which becomes Torrey Pines Rd and then turn left on Prospect Pl into downtown La Jolla. Take the 3rd left turn onto Cave from Prospect, then go 50 yards ahead to turn right into the underground parking structure. Meet outside this parking area at 9 am. Call and leave your email for more details. Rain cancels. **Dan D.** (858) 722-3002.

## WEDNESDAY, JULY 8

9:00 am

**4TH OF FOUR GREAT BEACH WALKS OF LA JOLLA!** We'll start at Scripps Pier in La Jolla and walk 4.7 miles north on flat, hard-packed beach to Torrey Pines Beach Reserve. This **casual to moderate** 3-hour walk offers relative solitude and tranquility due to limited access to the shoreline areas. Be prepared for an extended, though easy, hike. Be aware that this walk includes passing through Black's Beach, which is a quasi-nude beach, but we will take it early in the morning, so you will see little or no evidence. Best to drive to the VA Medical Center (3350 La Jolla Village Dr.) to start and end this adventure. Take I-5 North to exit at La Jolla Village Dr. Turn left to cross over I-5 and then turn right at 2nd light at Villa La Jolla Dr. Go uphill to the next light at the street leading to the VA Medical Center and turn right. Turn right into the parking area for the hospital and find parking. Walk back toward the VA Medical Center to meet at the covered bus stop on the left. We'll take Bus 30 from VA to Scripps Pier at 9:07 and then Bus 101 from Torrey Pines to return to your car at the VA for a total price of \$5 adult or \$1.85 senior. Call and leave your email for more details. Rain cancels. **Dan D.** (858) 722-3002.

10:00 am

**BALBOA PARK CORK STOPPER.** Join **Robert and Friends** for a **casual** 1-hour walk; half city streets, half squirrel land, including the Marston House grounds. Enjoy the splendor of our downtown forest. See the famous Balboa Park cork tree. Optional eating afterward. Meet at 6<sup>th</sup> Ave. and Spruce St. Free parking on Balboa Dr. in the park with the entrance at Upas St. Note that there is no parking on the park side of 6<sup>th</sup> Ave. on Wednesday mornings. To use public transit from the north, take bus #3 ("Euclid Trolley"). Exit at 4<sup>th</sup> Ave. and Spruce St. at approximately 9:33, walk 0.1 mile east to 6<sup>th</sup> St. From the south, take bus #3 ("UCSD Hospital"). Exit at 5<sup>th</sup> Ave. and Redwood St. at approximately 9:39, walk 0.1 mile northeast to 6<sup>th</sup> Ave. and Spruce St. Rain cancels. **Robert B.** (858) 414-6181.

## THURSDAY, JULY 9

6:00 am

**SUNRISE SERIES: NORTH PARK/NORMAL HEIGHTS.** We'll meet at the corner of Kansas St. and El Cajon Blvd to explore these eclectic neighborhoods. Park behind the restaurant at 2900 El Cajon Blvd. for this **casual to moderate** 1-hour walk on flat terrain. Bring money for an optional breakfast afterward. From the south, take I-805 to the El Cajon Blvd. exit and turn left. From the north, turn right onto El Cajon Blvd. until you come to Kansas St. (about ½ mile). **Frances** (619) 479-3962.



## SATURDAY, JULY 11

7:15 am

**LATE BIRDS.** For those of us who can't get up in time for the Sunrise Series, **Anna T.** will lead a flat 1-hour walk **at your own pace** around Pacific Beach, followed by an optional breakfast. Take the #30 bus at 6:45 from Old Town, exit at Mission Blvd. Meet in front of Crystal Pier at the west end of Garnet Ave. Rain cancels. (619) 231-7463.

10:00 am

**JOIN THE COMIC-CON WILDNESS.** Let's take a **casual** walk to check out San Diego's wildest convention. We will pick our route with the least wild crowds, but best view of the participants as we observe and enjoy their fun. Take any trolley line to Imperial and 12th St. Meet by the Green line terminal to walk towards Harbor Dr. and the Convention Center. Rain cancels. **Pat K.** 619-469-6223.

6:00 pm

**SATURDAY NIGHT ALIVE.** Join us on a weekend when COMIC-CON features the Walking Dead to see some colorful characters cavorting around downtown. How many will you recognize? It really doesn't matter - it's fun anyway! Optional dinner after the **casual** walk at a good location to continue viewing great costumes. Meet **Stella** outside the Balboa Theater at 4th and E. Free parking available at Horton Plaza. (619) 232-3756.

## SUNDAY, JULY 12

7:15 am

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

## MONDAY, JULY 13

6:00 am

**SUNRISE SERIES: KENSINGTON.** Gardens are in bloom in this charming area at this time of year as we take a **moderate** flat 1-hour walk to view gardens and homes followed by an optional breakfast. Meet at the library at Kensington St. and Adams Ave. **Pat K.** (619) 469-6223.

## THURSDAY, JULY 16

6:00 am

**SUNRISE SERIES: PACIFIC BEACH BOARDWALK.** Let's take a **moderate** 1-hour walk on flat terrain and enjoy the fresh air, early morning breeze and beautiful sunrise where we can look forward to good company, chatting and an optional breakfast afterward. Meet at the Crystal Pier at the west end of Garnet Ave. Bring money for optional breakfast. **John & Marilyn** (619) 840-5544.

## SUNDAY, JULY 19

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, JULY 20

6:00 am

**SUNRISE SERIES: MARINA VILLAGE.** This is a very flat 1 hour walk at a **moderate** pace with beautiful views where many sport fishing boats are moored. Take the I-8 to the west end, left onto Sunset Cliffs Blvd., right at the light (W. Point Loma Blvd.), then right at Bacon St. (stop sign) to the parking lot by the restrooms at Robb Field. Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.

## TUESDAY, JULY 21

3:00 pm

**BRIDLE TRAIL HIKE.** Let's pretend we're out hiking in the back country of San Diego County with birds warbling by a rippling stream, but we'll actually be in Balboa Park walking along a dirt path parallel to Highway 163. We'll meet by the lawn bowling courts at the NE corner of Balboa Dr. and Laurel St. (El Prado) and walk along an old bridle path under the Cabrillo Bridge and across a footbridge. There are some hills with rain gullies and loose rocks, so you might want to bring a walking stick for this **casual to moderate** 1-1/2 hour walk. **Evelyn K.** (619) 461-6095.

## WEDNESDAY, JULY 22

9:30 am

**OCEANSIDE PIER AND HARBOR.** Join us for a **casual** walk in Oceanside. Meet at the Pier View Market (218 North Cleveland St). We'll walk to the surf museum and the succulent café where we can take some photos of the plants on the wall. Then we'll walk to the harbor to enjoy watching the boats, fisherman, and seals during an optional lunch. For public transit, take Amtrak 567 from Old Town at 8:29 am and arriving in Oceanside at 9:25 am. After departing the train, walk one block north past the parking structure to the Pier View Market where Ann and Karen will wait for you. After an optional lunch, we'll walk back to the train station for the Coaster 654 at 2:32 pm to arrive back at Santa Fe Depot at 3:36 pm. **Ann S.** (760) 390-5489.



## WEDNESDAY, JULY 22 (CONT.)

10:00 am

**FASHION VALLEY WINDOW SHOPPING.** Meet Robert and friends for a 1-hour **casual** lookie-loo through the new, improved, up-see-down-daisy, multi-shop walkways into escalated euphoria. At the last store, we may view some retro restoration hardware. Optional tearoom visit follows. Meet in the mall in front of the east, ground level entrance of Nordstrom. Free parking. To use public transit, take the green-line trolley marked "Green Santee" to arrive by 9:44 at the Fashion Valley station. Walk northeast to the meeting location. Rain cancels. **Robert B.** (858) 414-6181.

## THURSDAY, JULY 23

6:00 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.

## SUNDAY, JULY 26

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, JULY 27

6:00 am

**SUNRISE SERIES: LAKE MURRAY.** Walk at **your own pace** for 1 hour on a mostly flat path around the lake. Drive through the main entrance to Lake Murray at the end of Kiowa Dr. off Lake Murray Blvd. Meet in the main parking lot on the left as you approach the lake. Optional breakfast follows. **Betty** (858) 248-3782.

## THURSDAY, JULY 30

6:00 am

**SUNRISE SERIES: TECOLOTE CANYON.** Let's walk in beautiful Tecolote Canyon on a flat comfortable dirt road as we see what the season has to offer on this **casual to moderate** 1-hour walk. Take I-5 to Tecolote Rd. exit, go east on Tecolote Rd. all the way into the canyon to the parking lot and visitor center at the end of the road. Bring money for an optional breakfast afterward. **Winnie** (858) 278-4003.



## FEATURED TRIPS

### LAKE ARROWHEAD VILLAGE & NARRATED CRUISE

SATURDAY, JULY 18

Join Rita & Marilyn B. as we travel to the refreshing tranquility and clean air of beautiful Lake Arrowhead Village, an Olde English-style village nestled among the pines of the San Bernardino Mountains. Spectacular views are abundant along the well-known Rim-Of-The-World Highway as we make our way up to the alpine wonderland. Lake Arrowhead has long been a favorite mountain hideaway for Hollywood celebrities and has been the backdrop for many motion pictures.

On this popular summertime getaway you'll experience a delightful 60-minute narrated lake cruise aboard the 65-passenger Arrowhead Queen, where we will learn of the area's rich history while savoring the scenic views from an offshore vantage point. In the morning we shall walk at lake-side with your knowledgeable leader who had a family cottage in the magical town of Blue Jay (minutes from the lake) and hear about special places that are no longer there, such as the ice skating rink where a very famous ice skater practiced years ago. After our walk, enjoy lunch on your own in the village and there's time to wander around before we board the Arrowhead Queen at 1:00 pm. Your leader recommends Woody's, a lovely lakeside restaurant. Don't miss this popular alpine treat.

Cost of the trip includes a 29-passenger bus with bathroom, driver tip, boat ride and water with snacks. Please mail your \$76.00 (much less than our competition) per person payable to Walkabout Int'l to 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007. Please indicate a San Diego office pickup or North County pickup at Mercy Rd. off Hwy 15. Enclose a self-addressed stamped envelope for us to mail your itinerary. Because we will have paid for the bus and the boat ride in advance, we will not be able to offer any refunds unless there is a waiting list. First come first served. You will be given your choice of any seat on the bus. Walking requirements are definitely "MODERATE". If you have any questions, please call Rita at home (619) 266-2555. We have not done this trip in over 12 years and we expect a full bus load. We look forward to a very memorable day in Lake Arrowhead with you.



## LACMA 50TH ANNIVERSARY SPECIAL

THURSDAY, SEPTEMBER 17

A collection of masterpieces from the 19th and 20th centuries by such artists as Degas, Toulouse-Lautrec and others will be featured when Rita and Marilyn B. lead a bus trip to help celebrate the L.A. County Museum of Art's 50th anniversary. This exclusive exhibit will highlight the recent bequest of A. Jerrold Perenchio. LACMA has established itself as a world-class museum with one of the strongest encyclopedic collections in the world. Your tour includes time for lunch on your own at one of LACMA's eateries. Please note that Walkabout's price is much less than our competitors. Our comfortable bus will be a 49 passenger no-vibration vehicle with bathroom.

We will meet at the Walkabout Office at Liberty Station at 7:00 am in order to depart no later than 7:30 am and pick up North County passengers by 8:00 am at La Costa off the I-5. We'll leave Los Angeles by 3:30 pm in order to return to San Diego by 7:00 pm. Please mail your \$60.00 check to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007, indicating a San Diego or No. County pick up location and your phone number. Please enclose a self-addressed stamped envelope for your itinerary to be mailed to you. Since we need to pay for the bus and the entrance tickets to the Museum in advance, there will be no refunds unless there is a waiting list. The first people to respond will get their choice of the best seating on the bus. There is walking involved at the Museum, and it is up to you how much you are able to do. Please call Rita at (619) 266-2555 with questions.



## NEW ENGLAND FALL FOLIAGE TRIP

MONDAY, 9/28 - MONDAY, 10/5 (7 nights, 8 days)

**\$1349 per person (double occupancy); single supplement is about \$200 extra**

San Diego's Walkabout group will join its sister Cape Cod organization for a New England tour of the beautiful fall foliage. You'll fly to Boston without a tour leader but be greeted by one when you arrive, and we'll spend our first night in a Boston hotel which allows for an evening on the town and an early bird walk the next morning. Then we'll join up with the Cape Cod gang en route via van to the Northeast Kingdom of Vermont. We travel through the hills of New Hampshire to begin six days of touring small towns taking turns hosting "leaf peepers" in daily celebrations of the season. There are hay rides, hymn sings, hillside hikes, artisans and craft fairs, museums, bus tours and much more to delight you in seeing rural VT at its finest. We'll visit a chapel for dogs, Ben & Jerry's and the countryside for the best leaves and sights.

We'll stay in simple, heated cottages overlooking Joe's Pond, enjoy home cooked breakfasts and picnic lunches and then gorge ourselves at community suppers sponsored by the towns. Your last night will be spent on

Cape Cod, with a day long tour of the land as it beds down in slow season for the winter ahead. You'll take a comfortable, direct bus back to the airport in Boston for the flight home.

Trip price includes round trip air, hotel transfers in Boston, accommodations in Boston, VT, and Cape Cod, ground transportation, all meals in VT and Cape Cod, bus from Cape Cod to Boston and the services of your tour leader/co-leader. Trip is open only to a very limited number of travelers from San Diego, so act early! Send \$300 deposit to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106. Mark "NE Fall Foliage" on check. Include legal name for airline ticket, month, day, year of birth (TSA requirement) and email address. Questions to danielbhaslam111@yahoo.com.



## BACK TO TUCSON

5 nights, 6 days, November 18 - 23

**\$799 per person (double occupancy)**

We've revised our fall trip to Tucson, including departure and return dates (you're back in plenty of time to cook the Thanksgiving turkey). We've added a hotel night and more time on the ground to explore -- for the same price! Instead of flying to Tucson (which you could do at an added cost), we're taking a van from San Diego and crossing the desert for the 6-hour drive. Our reformatted trip is a Walkabout-only trip (no commercial trip partner). Some of the trip highlights include a visit to the 18th Century Mission del Bac aka "Dove of the Desert," the University of Arizona, 4th Avenue entertainment venue, renowned Desert Museum, Sabino Canyon tram in the Coronado Natl. Forest, Saguaro National Monument, the Ted deGrazia art gallery & studio, Bisbee, Tombstone, Tubac and so much more. Our downtown hotel location provides a perfect setting for informative early bird walks, and our van tour gives us travel flexibility throughout the trip. You can do as much walking on this trip as you like or are able, and it's intended for all skill levels.

Trip includes roundtrip van transportation (air travel is available for about \$150 more), double occupancy hotel accommodations (single supplement available at \$175), at least two meals a day (breakfast each day and usually lunch), attractions admissions (above), and the services of your tour leader and co-leader. Trip insurance is recommended but not provided. Reservations are first-come, first-served, with a maximum of 13 guests on this tour. Refunds are available only if your seat is resold. To reserve send \$300 deposit to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106. Mark "Tucson" on your payment, and for further info or if you want plane reservations contact trip leader Dan at danielbhaslam111@yahoo.com. It's been 21 years since a major Tucson trip -- let's do it up, cowboy/girl!

## JULY 2015 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
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			TBA Hike  <b>5:30 pm</b> Wednesday Workout	6 am Sunrise: Old Town  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6 pm</b> Mission Hills Meander	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
7:15 am Breakfast Spcl: Downtown  <b>8:15 am</b> Merry Go-Round  9:15 am Rollicking Around Del Mar	6 am Sunrise: Hillcrest  9 am 3 <sup>rd</sup> of 4 Great Beach Walks of La Jolla  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  9 am 4 <sup>th</sup> of 4 Great Beach Walks of La Jolla  10 am Balboa Park Cork Stopper  <b>5:30 pm</b> Wednesday Workout	6 am Sunrise: N. Park/Normal Hts  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6 pm</b> Mission Hills Meander	TBA Hike  7:15 am Late Birds  10 am Comic-Con Wildness  6 pm Saturday Night Alive
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
7:15 am Breakfast Spcl: Balboa Park  <b>8:15 am</b> Merry Go-Round	6 am Sunrise: Kensington  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  <b>5:30 pm</b> Wednesday Workout	6 am Sunrise: PB Boardwalk  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6 pm</b> Mission Hills Meander	TBA Hike
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
7:15 am Breakfast Spcl: E. Mission Bay  <b>8:15 am</b> Merry Go Round	6 am Sunrise: Marina Village  <b>10 am</b> Crown Point Area Beckons	3 pm Bridle Trail  <b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  9:30 Oceanside Pier & Harbor  10 am Fashion Vy Window Shopping  <b>5:30 pm</b> Wednesday Workout	6 am Sunrise: Clairemont  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6 pm</b> Mission Hills Meander	TBA Hike
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
7:15 am Breakfast Spcl: Pacific Beach  <b>8:15 am</b> Merry Go-Round	6 am Sunrise: Lake Murray  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  <b>5:30 pm</b> Wednesday Workout	6 am Sunrise: Tecolote Cyn  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6 pm</b> Mission Hills Meander	

## UPCOMING WALKS, EVENTS & TRIPS

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

### Day Trips

Lake Arrowhead	July 18
LA Country Museum of Art	September 17
Broad Museum	November 7
Riverside Victorian Tour	December 12

### Overnight Trips

The 4 Cultures of Switzerland	July 14 – 26
New England Fall Foliage	Sept 28 – October 5
Beautiful Boise	October 8 -15
Tucson & Southeast Arizona	November 18 - 23

### Events/Walks

Annual Ice Cream Social Walk	August
Annual Tall Ships Parade & Picnic	September 3
Annual Meeting Potluck & Auction	October 24
Thanksgiving Walk Shelter Island	November 26
Thanksgiving Restaurant Dinner	November 26
Holiday Trees/Dec. Nights Balboa	December
Holiday Decorations at Hotel Del	December
Christmas Brunch & Gift Exchange	December 25
Annual New Year's Walk	January 1, 2016
Annual Walk Leader's Luncheon	January
Chinese New Year Walk/Dinner	February
Walkabout's 39 <sup>th</sup> Anniversary	March

## VOLUNTEER!

Please call the office if you would like to help organize any of the walks or events listed above.



### 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
- Free Tuesdays at museums in Balboa Park
- I Love A Clean San Diego beach cleanup

### 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, July 17 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

<b>President</b>	(858) 571-7733
Robert Buehler	President@walkabout-int.org
<b>1st Vice President</b>	(619) 249-9813
Dan Haslam	danhaslam@walkabout-int.org
<b>2nd Vice President</b>	Vacant
<b>3rd Vice President</b>	(619) 222-3447
Stan Follis	Stanley@walkabout-int.org
<b>Recording Secretary</b>	(619) 231-7463
Donna Farris	secretary@walkabout-int.org
<b>Treasurer</b>	(619) 266-2555
Rita Balliot	treasurer@walkabout-int.org
<b>Directors</b>	
Marilyn Buckley	(619) 231-7463 prwalkabout@yahoo.com
Larry Forman	(858) 755-1751 larry@walkabout-int.org
Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms	Emeritus
Dick Hiatt	Emeritus

### JOIN US ON MEETUP!

[www.meetup.com/Walkabout-International](http://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, Stan Follis, Grace Greenalch, 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      Other Contribution Amount \$ \_\_\_\_\_

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

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

NAME \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP+4 \_\_\_\_\_ - \_\_\_\_\_

PRIMARY PHONE ( ) \_\_\_\_\_ OTHER PHONE ( ) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

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

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

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



2650 Truxtun Rd., Suite 110  
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<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!

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**Walkabouters enjoyed a tour of the Gemological Institute of America in June**