



San Diego Feets

Vol. 40, No. 6

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

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 at least 10 minutes prior to the start time.

June 2017

40th Anniversary Year!

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.

6:30 pm

MISSION BAY SUNSETS. Walk leaves promptly at 6:30. Rain 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 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.

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.

THURSDAYS

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. Join Sandra, Sally and Friends for 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 sea lions. Meet new friends 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. Ample free parking. If you're late, drive down the island and join us along the way. Take the #28 bus and walk approximately 3 blocks to the Bali Hai, Optional eats afterward. Heavy rain cancels. Join us - just for the health of it! **Sally R.** (619) 222-3800.

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.

5:30 pm

THURSDAY TROMP. Meet in front of Bookstar in Costa Verde Shopping Center at 8650 Genesee Ave. for a friendly walk'n'talk for about 1½ hours at a **moderate-plus** pace through neighborhoods, parks, and canyon trails all around UTC and UCSD areas. Rain cancels. **Kathy T.** (858) 539-6888 or **Barbara S.** (858) 452-8832.

FRIDAYS

6:00 pm

MISSION HILLS MEANDER. Join us for great views and picturesque homes of this old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. We will enjoy the late afternoon views. Meet at 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west about a mile on Ft. Stockton Dr. Rain cancels. **Stan F.** (619) 222-3447.

SUNDAYS

8:15 am

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

HIKE WEDNESDAYS & SATURDAYS

Time: TBA

WILDERNESS HIKE. Details e-mailed a day or two before. **IMPORTANT HIKE INFO:** Park on the street in front of the Methodist Church, 2111 Camino del Rio South (west of Texas St.). Be prepared to drive yourself if there are no other carpoolers. Bring lunch, 2-3 quarts of water, sun and rain protection, and lug-soled shoes. **"First timers"** must call the leader.

All participants must be in top condition, well prepared for trail conditions and will be accepted at the leader's discretion. Hikers must be able to keep pace with the group. Check <http://www.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
Jun 3	Bob R: (760) 728-8232
Jun 7	No hike
Jun 10	Bill: (619) 206-5809 or wa4lrm@gmail.com
Jun 14	Mike L. (858) 455-0738
Jun 17	Bill: (619) 206-5809 or wa4lrm@gmail.com
Jun 21	Bob R: (760) 728-8232
Jun 24	Don: dpiller@cox.net or (760) 796-4007
Jun 28	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com

MORE GREAT WALKS THIS MONTH

THURSDAY, JUNE 1

6:30 am

SUNRISE SERIES: UPTOWN/UNIVERSITY HEIGHTS. Let's walk over the bridge and wander past these historic homes and modern drought resistant gardens for 1 hour at a **moderate** pace on mostly flat terrain. We'll meet by the entrance to the pedestrian bridge behind Trader Joe's. Turn north off University Ave. at Vermont St. into the parking lot. **Mark L.** (619) 964-3097.

FRIDAY, JUNE 2

10:00 am

BALBOA PARK MORLEY FIELD. Meet at the coffee shop/nursery on the SW corner of University Ave. and Texas St. for a **casual** walk mostly on sidewalks to explore the sights. We will see the sports complex including tennis, swimming, bicycling, baseball, soccer, archery, and disc golf plus an attractive residential neighborhood. Optional lunch afterward. Rain Cancels. **Roger L.** (619) 299-0489.

SUNDAY, JUNE 4

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 intersection is served by the 6:45 #28 bus. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

MONDAY, JUNE 5

6:30 am

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



Flashlights should be kept handy on evening or early morning walks. They help you not only to see, but to be seen. In case of emergency please carry ID and medical information.

WEDNESDAY, JUNE 7

10:00 am

OASIS IN GROSSMONT CENTER. Oasis Lifelong Adventures which offers classes and activities from exercise, classics, travel , and others are moving to Grossmont Center. Let's explore at a **casual** pace what they will offer. We will meet at the parking lot entrance to the Bank of America building on the corner of Center and Grossmont Center Drs. Take Fletcher Parkway or I-8 to Grossmont Center Dr. or take I-805 to Fletcher Parkway. For public transit, take either the Green or Orange line trolley to Grossmont Center stop with elevator up and walk one block to meeting site. Rain Cancels. **Pat K.** (619) 469-6223.

THURSDAY, JUNE 8

6:30 am

SUNRISE SERIES: GROSSMONT OASIS. Let's check out the new location for Oasis Senior Center in the Grossmont shopping center. Meet by BofA at corner of Center and Grossmont Center Drs. If you take the Orange or Green line trolley, it's up the elevator and one block south of station on Fletcher Pkwy. We will walk at a **casual** pace through the center to check out the new Oasis sites. Then linger to nibble at a popular eating place. **Pat K.** (619) 469-6223.

SATURDAY, JUNE 10

7:15 am

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

SUNDAY, JUNE 11

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, JUNE 12

6:30 am

SUNRISE SERIES: LAKE MURRAY. Walk **at your own pace** for 1 hour on a mostly flat path around the lake. Drive through the main entrance to Lake Murray at the end of Kiowa Dr. off Lake Murray Blvd. Meet in the main parking lot on the left as you approach the lake. Optional breakfast follows. **Margo C.** (619) 287-7722.



Santa Luz saunter in February

TUESDAY, JUNE 13

2:00 pm

UNIVERSITY HEIGHTS. Come explore some secluded streets in this charming, historic neighborhood. We'll see lovely gardens, cobblestone walls, Mediterranean mansions, a castle house, and maybe a Victorian house or two. Meet at the corner of Madison Ave. and Maryland St. for a 1.5+ hour **moderate** mostly flat walk. Bus #11 stops at Park Blvd. and Madison Ave. **Evelyn K.** (619) 461-6095.

THURSDAY, JUNE 15

6:30 am

SUNRISE SERIES: SEAPORT VILLAGE/EMBARCADERO. We'll start at Seaport Village and walk along the bay toward the Convention Center, exploring Marina Park, on this **moderate** 1-hour flat walk. Join us for spectacular views of the bay, Coronado Bridge, Coronado, and downtown San Diego. If we have time, we'll also visit the "The Kiss" located next to the USS Midway Museum. Meet at the south end of Pacific Hwy. and park by the Seaport Village merry-go-round. Bring money for an optional breakfast afterward. **John & Marilyn** (619) 840-5544.



SUNDAY, JUNE 18

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. If road/parking lot is closed for an event, meet in the restaurant parking lot at Pacific Hwy. and Rosecrans St. to walk along the river or Old Town. **Pat K.** (619) 469-6223.

MONDAY, JUNE 19

6:30 am

SUNRISE SERIES: SHELTER ISLAND. Let's take a **casual to moderate** walk along this beautiful mostly-flat area by the bay where there are many beautiful homes. There will be a choice of going up a hill for those who feel they would like to climb to where the view is very scenic. To meet the group, from I-5, drive west on Rosecrans St. to Shelter Island Dr., turn left and go about two blocks to Anchorage Dr. to the large parking lot (park where there are no meters). Optional breakfast afterward. **Fusa** (619) 223-6947.

THURSDAY, JUNE 22

6:30 am

SUNRISE SERIES: CHULA VISTA. We'll meet on Third Ave. between F and G Sts. to inspect the Third Ave. renovation. Take the I-5 south to the E St. exit, continue straight onto Bay Blvd and then turn left onto F St., turn right onto Third Ave. and park in area near the fast food restaurant. This 1 hour walk will be **casual to moderate** on flat, paved streets. Optional breakfast afterward. **Frances** (619) 479-3962.

SUNDAY, JUNE 25

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, JUNE 26

6:30 am

SUNRISE SERIES: LIBERTY STATION. Meet **Edie** at Womble and Truxtun Rds. for a 1-hour **casual to moderate** walk on flat, paved terrain. We'll walk the arcades to see what new businesses and attractions are being added to this historic location. We'll see such diverse attractions as Historic North Chapel, our own Walkabout office, and numerous art galleries and dance studios. Optional breakfast afterward. (619) 222-4396.



Santa Luz saunter in February

THURSDAY, JUNE 29

6:30 am

SUNRISE SERIES: MISSION HILLS. We'll discover what's happening in one of San Diego's oldest neighborhoods on this **moderate** 1-hour walk on flat terrain. Meet **Connie** at Goldfinch St. and Fort Stockton Dr., which is 1 block north of West Washington St. Optional breakfast afterward. (619) 477-8628.

FEATURED TRIPS

A MUST FOR YOUR HOLIDAY TO DO LIST

Bus trip to Riverside County

Saturday, December 9

Our first stop will be at the Old Town Farmers Market in Temecula. Our next adventure takes us to Tio Tacos - a traditional taco shop with funky, eclectic, folk art behind the building. All of the art material is either found or recycled.

Then to a docent led tour of the famous Mission Inn which is comparable to the Hotel Del in Coronado. Lastly, we will experience the Festival of Lights at the Mission Inn at dusk. Millions of lights will create a magical experience. Details to follow in future newsletters. Phone the office to be placed on an interest list for the Riverside Mission Inn.

JUNE 2017 WALKS AT A GLANCE

Bold walk start times are those that repeat every week at the same location, day, and time.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				6:30 am Sunrise: Uptown/Univ Hts. 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa 5:30 pm Tromp	10 am Balboa Morley Field 6 pm Mission Hills Meander	TBA Hike
4	5	6	7	8	9	10
7:15 am Breakfast Spcl: Shelter Island 8:15 am Merry Go- Round	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons	6:30 pm Mission Bay Sunsets	No Hike 10 am Oasis in Grossmont Center	6:30 am Sunrise: Grossmont Oasis 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa 5:30 pm Tromp	6 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds
11	12	13	14	15	16	17
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go- Round	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons	2 pm University Heights 6:30 pm Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: Seaport Village 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa 5:30 pm Tromp	6 pm Mission Hills Meander	TBA Hike
18	19	20	21	22	23	24
7:15 am Breakfast Spcl: E. Mission Bay 8:15 am Merry Go- Round	6:30 am Sunrise: Shelter Island 10 am Crown Point Area Beckons	6:30 pm Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: Chula Vista 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa 5:30 pm Tromp	6 pm Mission Hills Meander	TBA Hike
25	26	27	28	29	30	
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go- Round	6:30 am Sunrise: Liberty Station 10 am Crown Point Area Beckons	6:30 pm Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: Mission Hills 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa 5:30 pm Tromp	6 pm Mission Hills Meander	

UPCOMING WALKS, EVENTS & TRIPS

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

Overnight Trips (all dates are tentative)

Montreal & Quebec	Early June
Resplendent Rambles in the Alluring Swiss Alps	June 25 - July 9, 2017
Louisiana	Late September
SE New Mexico	Late October
San Antonio Riverwalk	Early December

Events/Walks

40 th Anniversary Boat Tour	November
40 th Anniversary Trip Reunion	December
Riverside County/Mission Inn	December 9

VOLUNTEER!

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

WALK LEADERS NEEDED

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

- Balboa Park with ranger tour
- Free Tuesdays at museums in Balboa Park

BOARD SEEKS YOUR HELP

We need office volunteers and new board members.



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.

WALKABOUT BOARD MEETING

Friday, June 23 at 11:00 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 Robert Buehler	(858) 571-7733 President@walkabout-int.org
1st Vice President Dan Dobbs	(858) 722-3002 ddobbs48@gmail.com
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Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms	Emeritus

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



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ABOUT WALKABOUT, SAN DIEGO'S PREMIER SOCIAL NETWORK AFOOT

Walkabout is an all volunteer San Diego-based non-profit organization offering more than 1,000 free local walks each year along with parties, picnics, potlucks, holiday celebrations and other activities including national and international travel, all with a walking component. Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places.

Walkabout Newsletter Subscription/Supporter Form

You are the heart and "soles" of an all-volunteer, nonprofit organization that raises walking far above a pedestrian pursuit. WALKABOUT depends in large part on your generous spirit to fund our yearly operating costs through your thoughtful, tax deductible donations. If you appreciate the value you receive from WALKABOUT, please contribute. All levels of support include a one-year subscription to our monthly newsletter.

Basic Level \$20
 Tenderfoot \$25
 Footprint \$100
 Arch Supporter \$500
 Twinkle Toes \$50
 Kindred Sole \$250
 Big Foot \$1000
 Other Contribution Amount \$ _____

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

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

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- PDF ALSO (available only if support greater than Basic Level)
- PDF ONLY (fully tax deductible, eco-friendly, and helps us keep costs down)
- Subscribe to the email list for Wilderness Hikes

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

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

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Walkabouters at Ocean Beach Pier