Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive at least 10 minutes prior to the start time.

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<tr>
<th>Pace</th>
<th>miles per hour</th>
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<tr>
<td>Very Casual*</td>
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<td>Casual</td>
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<tr>
<td>Moderate</td>
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* Used in lieu of “Walk at your own pace”
+ Used to indicate a possible slightly brisker pace

January 2019

"Sez Me"
Elaine Berger, President

Happy New Year to my fellow Walkabouters! I hope you had a wonderful holiday season and are now ready for a new fun filled year of walks, talks and friendships.

What sort of resolutions do we make for this year for Walkabout? 1) We want to increase our subscriber numbers. 2) We want to increase the number of walks we do—we especially need walks for Wednesday and Saturday. 3) We need greater participation by our membership to keep the organization functioning (volunteers for the office, Board of Directors etc). What do all these have in common? The opportunity for all members to keep Walkabout the great organization we all know and love.

On a personal note, walk more! Those holiday goodies need more exercise!

SHELTER ISLAND WALKERS
ENJOY TIMKEN GALLERY
HOLIDAY TREE

Shelter Island group enjoying the Timken Gallery Holiday Tree with its lavish and very beautiful ornaments. Walkabout is mentioned in a new book about the history of the ornaments, with Walter’s picture!
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. Our guest leader will take the group on a flat walk for about two hours, with a pause for coffee or yogurt. Take I-5 to Grand Ave. and go west to Lamont Street, turn left on Lamont Street, then right on Crown Point Drive 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 #6 bus at 9:10. Get off at La Cima Dr. and walk 3 blocks east to the parking lot. Rain cancels. Pace: moderate to moderate-plus. Kathy L. (858) 484-0349.

HISTORIC LA PLAYA TRAIL (January 14th and 28th) OR AMERICA’S CUP HARBOR (January 7th and 21st?). Join peripatetic leaders Mark, Rob, Jackie or Sally as we alternate walking around either *America’s Cup Harbor to admire the new coffee shop, restaurants, condos, brewery and more in the ever-changing beautiful marina OR follow the historic **La Playa Trail along the shore past yacht clubs and amazing homes. See the monthly Walks At A Glance calendar in this newsletter to determine which walk we are doing this week. The Casual+ pace walks on flat surfaces are approximately 2.5 miles for about 1 hour and 15 minutes. Optional eats afterward. Sally R. (619) 222-3800. Heavy rain cancels. Note: For America’s Cup Harbor walk, meet to the right of the front door of the Bali Hai. Ample free parking. For La Playa Trail walk, meet at the trail marker by the bay at the intersection of Talbot Street and Anchorage Lane. Park on street. Both walks served by #28 Bus.

TUESDAYS
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 walk along the shores of Mission Bay. Take I-5 and go west on Clairemont Dr. to meet at the former Visitors Information Center. Pace: moderate to moderate-plus. 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 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. Pace: moderate to moderate-plus. Kathy L. (858) 484-0349.

SUNDAYS
8:15 am
MERRY GO-ROUND. Join us on one of the most scenic walks in San Diego. We start at the carousel in Balboa Park. Our walk encompasses the harbor, downtown and Bankers Hill. Depending on size of the group and mood, we may include some bridges. Allow three 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 in the lot near the carousel at Park Blvd. and Zoo Place. Pace: moderate-plus. Rick P. (858) 565-7212.

SHELTER ISLAND WALK & TALK. Join us for a walk from the Bali Hai to the Friendship Bell and back on flat sidewalks (about 2.5 miles round trip; 60+ minutes including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to sea lions. Meet new friends 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. Pace: casual+. Sally R. (619) 222-3800.

OTHER FEATURED WALKS
FRIDAYS, JANUARY 11 & 25
4:00 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 Drive. Rain cancels. Jim M. (619) 971-1518.

FRIDAY, JANUARY 18
4:06 pm
SUNSET CLIFFS VIEWS. Meet at Sunset Cliffs Blv. & Point Loma Ave. (not West Point Loma Blvd.) in Ocean Beach. We’ll enjoy spectacular views and fresh cool breezes from the Pacific Ocean. For public transit, take bus route 923 from downtown to Broadway & 5th OR route 35 from Old Town Transit Center and transfer to 923 in O.B. at Cable & Voltaire Street. If you take the bus and it’s late, please call me and we’ll wait for you. Otherwise, we’ll start at the announced time — right after the bus arrives. Our walk will last about one hour. Pace: Casual. Stan F. (619) 222-3447.

SATURDAY, JANUARY 12
7:15 am
BREAKFAST SPECIAL: 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 6:45am from Old Town Transit Center, exit at Mission Blvd. Meet in front of Crystal Pier at the west end of Garnet Ave. Rain cancels. At your own pace. Anna T. (858)-270-1276.

TUESDAY, JANUARY 15
2:00 pm
MIDDLETOWN MANSIONS. Delight in discovering a little-known part of old San Diego as we stroll past some 100-year-old mansions, including "The Lion House" and the block with "The Three Sisters". We will revel in the spectacular views of the airport, North Island, and the San Diego Bay. Meet at the corner of Hawk and Thorn streets for a 1 1/2 hour casual-to-moderate walk with several hills. This area is little known because it is difficult to find. Directions: Take Reynard Way and turn west onto Redwood Street, then continue onto Falcon Street. Turn left onto Thorn Street and continue west two blocks to Hawk Street. Bus #83 stops at Reynard Way and Redwood Street. Rain cancels. Evelyn K. 619-461-6095

SATURDAY, JANUARY 19
9:30 am
DEL SUR, FOR SURE. Get to know the master-planned North County community of Del Sur on a varied moderate-plus 2-hour walk along trails, groomed paths and neighborhood streets. 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. Frances B. (619) 479-3962

SUNRISE SERIES

THURSDAY, JANUARY 3
6:30 am
SUNRISE SERIES: MISSION HILLS. We'll discover what's new 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. Connie V. (619) 477-8628.

MONDAY, JANUARY 7
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 H. (858) 248-3782.

THURSDAY, JANUARY 10
6:30 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 B. (619) 479-3962.

MONDAY, JANUARY 14
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 Kiss" located next to the USS Midway Museum. Meet John and Marilyn at the south end of Pacific Hwy. and park by the Seaport Village merry-go-round. Bring money for an optional breakfast afterward. John and Marilyn 619-840-5544.

THURSDAY, JANUARY 17
6:30 am
SUNRISE SERIES: BALBOA PARK. Meet Marlene at 5th Ave. and Spruce St. to start our exploration of Balboa Park from the west side where we'll plan to see two of San Diego's historic treasures, the Marston House, a classic 1805 Arts and Crafts style museum home designed by renowned local architects William Hubbard and Irving Gill, and then continue over historic Cabrillo Bridge to Plaza de Panama and into Balboa Park as far as we can go in 1 hour on flat and paved terrain.
terrain at your own pace. Bring money for optional breakfast afterward. Marlene G. 619-692-3020 or 619-204-0095.

MONDAY, JANUARY 21 (MLK Holiday)
6:30 am
SUNRISE SERIES: DOWNTOWN – MLK PROMENADE. We’ll explore the Dr. Martin Luther King Jr. Promenade in celebration of this holiday. Along the way, we’ll check on progress of any new construction. Meet at the parking lot next to the merry-go-round at the south end of Pacific Hwy for this flat, moderate, 1-hour walk followed by an optional breakfast. Connie V. (619) 477-8628.

THURSDAY, JANUARY 24
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. Optional breakfast follows. Mark L. (619) 964-3097.

MONDAY, JANUARY 28
6:30 am
SUNRISE SERIES: MISSION BAY. Let’s enjoy the season by the bay on this moderate, 1 hour, flat walk where we can watch for a beautiful sunrise and check out the different birds. Meet at the former Visitors Information Center. From the I-5, take the Clairemont Dr. exit and go west. Optional breakfast follows. Winnie M. (858) 278-4003.

THURSDAY, JANUARY 31
6:30 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 an optional breakfast. John and Marilyn 619-840-5544.

WEDNESDAYS & SATURDAY HIKES
Time: TBA
WILDERNESS HIKES. Details emailed 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.walkabouthikes.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.

HIKE CONTACT INFORMATION

<table>
<thead>
<tr>
<th>DATE</th>
<th>LEADER</th>
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<tbody>
<tr>
<td>Tuesday 1/1</td>
<td>Don P (760) 670-6862 or <a href="mailto:dpiller@cox.net">dpiller@cox.net</a></td>
</tr>
<tr>
<td>Wednesday 1/2</td>
<td>Sherry M (619) 887-0055 or <a href="mailto:Sherry.rokarty@gmail.com">Sherry.rokarty@gmail.com</a></td>
</tr>
<tr>
<td>Saturday 1/5</td>
<td>Irma K (619) 795-5821 or <a href="mailto:irmacaizan@gmail.com">irmacaizan@gmail.com</a></td>
</tr>
<tr>
<td>Wednesday 1/9</td>
<td>Eva M (619) 283-1872 or <a href="mailto:evajudo@aol.com">evajudo@aol.com</a></td>
</tr>
<tr>
<td>Saturday 1/12</td>
<td>Bill B (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a></td>
</tr>
<tr>
<td>Wednesday 1/16</td>
<td>Ray E (760) 644-1648 or <a href="mailto:ray@escondidocoin.com">ray@escondidocoin.com</a></td>
</tr>
<tr>
<td>Saturday 1/19</td>
<td>Bill B (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a></td>
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<tr>
<td>Wednesday 1/23</td>
<td>Mike L (858) 922-0738 or <a href="mailto:mlewis1944@gmail.com">mlewis1944@gmail.com</a></td>
</tr>
<tr>
<td>Saturday 1/26</td>
<td>Don P (760) 670-6862 or <a href="mailto:dpiller@cox.net">dpiller@cox.net</a></td>
</tr>
<tr>
<td>Wednesday 1/30</td>
<td>Myra C (619) 876-1814 or <a href="mailto:sierra.myra@gmail.com">sierra.myra@gmail.com</a></td>
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</table>

Thanks to everyone.
Contact Don Piller if you’re interested

SAFETY FIRST!
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.
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 email your walks to walks@walkabout-int.org. If you email more than one walk, please leave extra space between each walk.

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

BOARD SEEKS YOUR HELP VOLUNTEERS NEEDED!

We need office volunteers and board members. We are also recruiting new walk leaders. If interested, please contact Norm Vigeant at 858-278-1253 or ngfrenchy@hotmail.com and he will guide you through the process. We always looking for new ideas for walks so 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

WALKABOUT BOARD MEETING

Friday, January 11th at 10:30 a.m.,
Serra Mesa-Kearny Mesa Branch Library, Sudberry Room
9005 Aero Drive
San Diego, CA 92123

Follow us on Facebook at Walkabout International

BOARD MEMBERS

<table>
<thead>
<tr>
<th>Position</th>
<th>Phone</th>
<th>Email</th>
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<tr>
<td>President</td>
<td>(858) 560-9003</td>
<td><a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a></td>
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<tr>
<td>Elaine Berger</td>
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</tr>
<tr>
<td>1st Vice President</td>
<td>(858) 571-7733</td>
<td><a href="mailto:vp1@walkabout-int.org">vp1@walkabout-int.org</a></td>
</tr>
<tr>
<td>Robert Buehler</td>
<td></td>
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</tr>
<tr>
<td>2nd Vice President</td>
<td>(619) 318-4870</td>
<td><a href="mailto:danhaslam@walkabout-int.org">danhaslam@walkabout-int.org</a></td>
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<tr>
<td>Dan Haslam</td>
<td></td>
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</tr>
<tr>
<td>3rd Vice President</td>
<td>(619) 222-3447</td>
<td><a href="mailto:Stanley@walkabout-int.org">Stanley@walkabout-int.org</a></td>
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<tr>
<td>Stan Follis</td>
<td></td>
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<tr>
<td>Secretary</td>
<td>(619) 559-5650</td>
<td><a href="mailto:secretary@walkabout-int.org">secretary@walkabout-int.org</a></td>
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<tr>
<td>Donna Farris</td>
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<tr>
<td>Treasurer</td>
<td>(619) 231-7463</td>
<td><a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a></td>
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<tr>
<td>Diane Erk</td>
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DIRECTORS

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Marilyn Buckley</td>
<td>(619) 231-7463</td>
<td><a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a></td>
</tr>
<tr>
<td>Larry Forman</td>
<td>(858) 755-1751</td>
<td><a href="mailto:larry@walkabout-int.org">larry@walkabout-int.org</a></td>
</tr>
<tr>
<td>Norman Vigeant</td>
<td>(619) 231-7463</td>
<td><a href="mailto:ngfrenchy@hotmail.com">ngfrenchy@hotmail.com</a></td>
</tr>
<tr>
<td>Bruce Herms</td>
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<td>Emeritus</td>
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OFFICE STAFF

Elaine Berger, Robert Buehler, Donna Farris, Marilyn Buckley, Eileen Frame, Dan Haslam, Charlotte Sedgwick, Janet Fenston and Pat Keller

NEWSLETTER STAFF

Kathy Johnson, Dan Haslam

MAILING CREW

Charlotte Sedgwick, Beverly Stebbins, Stan Follis, Don Piller

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International

Please remember that Walkabout International is a non-smoking experience. There is no smoking at the meeting place or during the walk.
**JANUARY 2019 WALKS AT A GLANCE**

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

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<td>8:15 am Merry Go-Round</td>
<td>6:30 am Sunrise: Lake Murray</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: North Park/Normal Heights</td>
<td>4:00 pm Mission Hills Meander</td>
<td>7:15 am Breakfast Special Pacific Beach TBA Hike</td>
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<tr>
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<td>6:30 am Sunrise: Seaport Village/Embarcadero</td>
<td>2:00 pm Middletown Mansions</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: Balboa Park</td>
<td>4:06 pm Sunset Cliffs Views</td>
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<td>8:15 am Merry Go-Round</td>
<td>6:30 am Sunrise: Downtown – MLK Promenade</td>
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ABOUT WALKABOUT, SAN DIEGO’S PREMIER SOCIAL NETWORK AFOOT

Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places. We are a volunteer, San Diego-based, non-profit organization who offers 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.

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 INTERNATIONAL 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 INTERNATIONAL, please contribute. All levels of support include a one-year subscription to our monthly newsletter. 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!

___ Basic Level $20    ___ Tenderfoot $25    ___ Footprint $100    ___ Arch Supporter $250
___ 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. All applications including the buy-one, get-one-free must contain a correct address, including zip code, and at least one phone number

NAME _______________________________________________________
ADDRESS ____________________________________________________
CITY ______________________________________ STATE _____ ZIP+4 ________ - ______
PRIMARY PHONE (_____ ) __________________________ OTHER PHONE (_____ ) __________________________
EMAIL ADDRESS ___________________________________________________________________________

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

___ MAIL ONLY (physical newsletter will be mailed to your address)

___ Subscribe to the email list for Wilderness Hikes

Buy-One Get-One-Free

Subscriptions at and above the Tenderfoot ($25) level include our buy-one, get-one-free (PDF only) deal whether you are a new or renewing subscriber. This allows you to give a one-year Newsletter subscription, PDF version only, to anyone who has never been a WALKABOUT subscriber.

NAME _______________________________________________________
ADDRESS ____________________________________________________
CITY ______________________________________ STATE _____ ZIP+4 ________ - ______
PRIMARY PHONE (_____ ) __________________________ OTHER PHONE (_____ ) __________________________
EMAIL ADDRESS ___________________________________________________________________________
Shelter Island Walk & Talk Bunch at the San Diego Boat Parade of Lights.

Photos by Linda H.

January 1 Coronado

Join us to start the New Year with a walk in Coronado. Meet at the Ferryboat Landing and 1st Avenue on the plaza near the flagpole at 10 AM. We will take our moderate flat walk through the neighborhoods over to the ocean, then check out this year's tree at the Hotel Del Coronado. Leave the walk downtown, where there are eateries for every taste, or walk back to the Ferry Landing with the group for lunch looking out at the bay and the San Diego skyline. Rain cancels. Enid F 619 670 5839