



Est. 1977 in San Diego

Pace Yourself	miles per hour	minutes per mile
Very Casual*	2.0	30
Casual	2.5	25
Moderate	3.0	20

* Used in lieu of "Walk at your own pace"
 + Used to indicate a possible slightly brisker pace



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, email: info@walkabout-int.org.

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

THE WALKS LISTED ARE PROPOSED, BUT NOT AUTHORIZED, DEPENDING ON STATE AND LOCAL GUIDELINES. A WALKABLAST WILL BE SENT ANNOUNCING WHEN WALKS MAY OFFICIALLY RESUME.

July 2020

“SEZ ME”

Elaine Berger, President

As we prepare our July newsletter there is clearly light at the end of the tunnel for the resumption of walks. While we still have not been given clearance by government authorities to resume recreational walks of non-family members, more and more recreational activities are being approved. These activities come with requirements for safe-distancing, face coverings and group sizes. I have to think it is far safer to walk outdoors with our friends than going for a tattoo!

We have done a good job of keeping the numbers of COVID-19 cases steady here in the San Diego region. The recent reopening of business activities, and the many protest marches of large groups, puts all that good work in jeopardy.

Again, I ask that you be patient and continue the good work to stay safe.

This will certainly be an unusual 4th of July celebration—no gatherings or picnics and no live fireworks shows. However, FOX5 San Diego will be doing a virtual 4th fireworks show on Saturday, July 4. The show will feature previously recorded shows from the Big Bay Event and will even feature our "infamous" Big Boom show! This program will allow all of us to celebrate our national holiday from the safety of our homes. Enjoy.



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MONTHLY WALK ROUND-UP

THURSDAY, JULY 2

6:30 am

 **SUNRISE SERIES: MISSION HILLS.** Enjoy the beautiful yards and views from one of San Diego's oldest neighborhoods, home to Mission Hills Historic District. We'll see if we can spot the architectural styles located there: Bungalows, Craftsman, Prairie School, Mission Revival, Spanish Revival, and Colonial Revival. This is a *moderate* 1-hour walk on mostly flat terrain, but there are also options for some outstanding hills (views towards the San Diego Airport and also Mission Valley. Discover what is new and old, what is being remodeled and renovated and just enjoy being in one of San Diego's oldest neighborhoods. 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.

10:00 am

 **SHELTER ISLAND WALK & TALK.** Join Rob, Elaine, Janet or Kathy B. for a beautiful walk from the Bali Hai to the Japanese 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. Park as usual.** Pace: *casual+*. **Sally R.** (619) 222-3800.


FRIDAY, JULY 3 (FIRST FRIDAY)

7:00 pm

SUNSET CLIFFS VIEWS. We will finish our one hour walk as the sun sets. No walking in the dark. Due to COVID-19, we may walk the residential streets and will enjoy this picturesque neighborhood and spectacular views. Meet at Sunset Cliffs Blvd. & Point Loma Ave. (not West Point Loma Blvd.) in Ocean Beach. This walk will be **AT YOU OWN PACE. You may walk at whatever pace you prefer.** We will walk south for 30 minutes and return and meet everyone one hour later for the best sunset view in San Diego. **Stan F.** (619) 222-3447.


SUNDAY, JULY 5

7:15 am

 **BREAKFAST SPECIAL: 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. Then back to optional breakfast. Meet at meterless spaces in the parking lot at Anchorage Ln. and Canon St. (one block south of Shelter Island Dr). **Edie A.** edier@cox.net. (619) 313-7818.

MONDAY, JULY 6

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 optional breakfast. **John and Marilyn** (619) 840-5544.

10:00 am

HISTORIC LA PLAYA TRAIL. Join leader Rob as we follow a leg of the historic La Playa Trail along shoreline past yacht clubs, amazing homes and award winning gardens. Meet at the trail marker by the bay at the intersection of Talbot Street and Anchorage Lane, 2800 Talbot Street, an area which was the site of a Chinese junk shipbuilding village until the Chinese Exclusion Act. We will follow the ancient Kumeyaay path that became the oldest commercial trail in the Western United States, used by fur traders, whalers and fishermen to transport cargo from Ballast Point to Old Town and beyond. The *casual+ pace* is on a flat dirt trail for approx. 2.4 miles RT and 75 minutes. Street parking; observe signage. Optional eats after; **heavy rain cancels**; park as usual, served by bus #28. **Sally R.** (619) 222- 3800. Repeats every other week.


TUESDAY, JULY 7

10:00 am

 **LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK.** Meet up with Rob K. at the USS Recruit aka the USS NeverSail (Naval recruit training vessel) for basically an hour walk along the river to the end and back. *Casual+ pace* on sidewalk or dirt path, your choice. Pass by gardens including the Hugh Story Rose Garden, tributes to sunken submarines and more. Rob counted 101 squirrels on a recent return leg of the walk. Enter Liberty Station from Harbor Drive. Ample free parking by the NeverSail. Optional lunch or coffee after. Repeats weekly. **Rob K.** at (619) 972-2819 or **Sally R.** at (619) 222-3800.


THURSDAY, JULY 9

6:30 am

 **SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION.** Join Edie for a *moderate*, 1-hour walk on mostly paved, level paths. We'll meet in the parking area near the river at the south end of Womble St. From the south, take I-5 to the Pacific Hwy. exit, veer to the left onto Barnett Ave., turn left into Liberty Station, turn left at Womble St. From the north or east, take the Rosecrans St. exit, proceed several miles until you see Vons on your left – Womble St. is the next left turn. Optional breakfast follows. **Edie A.** edier@cox.net. (619) 313-7818.


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10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, July 2 for details.


SUNDAY, JULY 12

7:15 am

 **BREAKFAST SPECIAL: BALBOA PARK.** The park is beautiful year round, with many paths to explore at your own pace. Eating and chatting afterward is optional but great fun. Meet at the carousel on Park Blvd. at Zoo Pl. Edie A. edier@cox.net. (619) 313-7818.

MONDAY, JULY 13

6:30 am


 **SUNRISE SERIES: NATIONAL CITY MARINA/ SWEETWATER RIVER/PEPPER PARK.** For those of you, who don't normally come to National City; join me in my hometown to see what's happening at the National City Marina. National City, the 2nd oldest city in San Diego County (incorporated September 17, 1887) is noted for historic buildings, with four on the National Registry of Historic Places. Today we'll visit the Santa Fe Depot and Railcar Plaza. We'll check out the boat slips, explore part of pedestrian/bike corridor by the Sweetwater River, wander to Pepper Park to see if any ships are delivering cars or lumber and maybe get a look at the Ospreys nesting nearby on this flat, *moderate* 1-hour walk. Take the I-5 south to the Mile-of-Cars Way/Bay Marina Drive exit, turn right (west) at the stop sign, then turn left into the parking located near the Best Western Hotel. Bring money for optional breakfast afterwards. Connie V. 619-477-8628.

10:00 am

AMERICA'S CUP HARBOR. Join leader Rob as we walk around America's Cup Harbor on sidewalks to admire what's new in the marina from bayside restaurants to a new brewery, gelato/coffee shop, deluxe condos and new docks, with lots of construction and MORE. The *casual+ pace* walks on flat paved surfaces and are approximately 2.5 miles each for about 1 hour and 15 minutes. Fun, friendly group. Optional eats afterward. Meet to the right of the front door of the Bali Hai. Ample free parking; Served by #28 Bus and walk 3 blocks. *Heavy rain cancels. Park as usual.* Sally R. (619) 222-3800. Repeats every other week.


TUESDAY, JULY 14

10:00 am




 **LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK.** See Tuesday, July 7 for details.

THURSDAY, JULY 16

6:30 am

 **SUNRISE SERIES: LAKE MURRAY.** Walk at *your own pace* for 1 hour on a mostly flat path around

KEY TO WALK SYMBOLS

-  WEEKLY REPEATING WALKS
-  SUNRISE SERIES
-  BREAKFAST SPECIAL

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 at 5185 Waring Rd. off of I-8. Betty (858) 248-3782.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, July 2 for details.


FRIDAY, JULY 17 (THIRD FRIDAY)

7:00 pm

SUNSET CLIFFS VIEWS. We will finish our one hour walk as the sun sets. No walking in the dark. Due to COVID-19, we may walk the residential streets and will enjoy this picturesque neighborhood and spectacular views. Meet at Sunset Cliffs Blvd. & Point Loma Ave. (not West Point Loma Blvd.) in Ocean Beach. This walk will be *AT YOUR OWN PACE. You may walk at whatever pace you prefer.* We will walk south for 30 minutes and return and meet everyone one hour later for the best sunset view in San Diego. Stan F. (619) 222-3447.


SUNDAY, JULY 19

7:15 am

 **BREAKFAST SPECIAL: OCEAN BEACH.** Let's see what the fishermen are catching on the Ocean Beach pier, and if the surfers are having any luck in catching waves below. We'll walk the pier and the neighborhood to check what is going on and then have a Sunday breakfast at a near by restaurant. So join us for fresh ocean breezes and lots of laughs to start your day. Meet across the street from the old Strand Theatre on Newport Blvd. Edie A. edier@cox.net. (619) 313-7818.

MONDAY, JULY 20

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 at 5185 Waring Rd. off of I-8. Marlene (619) 692-3020.

10:00 am

HISTORIC LA PLAYA TRAIL. See Monday, July 6 for details.

TUESDAY, JULY 21

10:00 am

 **LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK.** See Tuesday, July 7 for details.

2:00 pm

PT. LOMA PROMENADE AND HOME TOUR. Nestled among the beautiful homes ranging in style from Colonial to Mediterranean to Art Deco is an incredible geodesic dome house called "The Greenest Home in


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San Diego”, and the owner/designer will treat us to a tour. Meet at Chatsworth Blvd. and Plumosa Drive for a *casual-to-moderate*, 1.5 hour walk, which will include some hills. Bus #923 stops at Chatsworth Blvd. and Tennyson Street. Evelyn K. 619-461-6095.

“Railroad Homes” and Kimball House are located, and the National City Library, which has a custom designed William Hubbell stained glass window. We’ll cut through Kimball Park, visiting the ARTS center on this casual to *moderate* 1 hour walk on flat terrain. From the north, take the I-5 south to Main St., make a left turn onto National City Blvd., go under the I-5 freeway and bear right at the arrow. Parking lot is about two blocks on your right. Bring money for optional breakfast afterward. Frances (619) 479-3962.

THURSDAY, JULY 23

6:30 am


 **SUNRISE SERIES: SOUTH SHORE.** We’ll meet at the South Shores Boat Launch just east of Sea World on Mission Bay. We’ll check out the wildlife, crew rowing and perhaps see some of the remote controlled airplanes of the Silent Electric Flyers of San Diego. We’ll also be able to see the latest thrill rides at SeaWorld; they make quite a statement to the skyline. Take I-5 to Sea World Dr. and go west to the South Shores Boat Launch Ramp area. Watch for the sign, it is not very prominent. We’ll meet at the restrooms at the boat launch. Optional breakfast follows this *moderate*, flat 1-hour walk. Connie V. (619) 477-8628.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, July 2 for details.


SUNDAY, JULY 26

7:15 am

 **BREAKFAST SPECIAL: PACIFIC BEACH.** Before the crowds arrive, walking along the ocean in Pacific Beach can be delightful. We’ll admire the waves on a flat walk at your own speed and then return by the same route. Meet at the end of Garnet where the pier begins. Optional breakfast follows, perhaps overlooking the ocean and the surfers. Edie A. edier@cox.net. (619) 313-7818.

MONDAY, JULY 27

6:30 am

 **SUNRISE SERIES: OLD TOWN.** We’ll visit Old Town to check out what’s new. Meet at the corner of Pacific Hwy. and Rosecrans St. for this flat, *casual to moderate* 1-hour walk. Bring money for optional breakfast afterward. John and Marilyn (619) 840-5544.

10:00 am

AMERICA’S CUP HARBOR. See Monday, July 13 for details.


TUESDAY, JULY 28

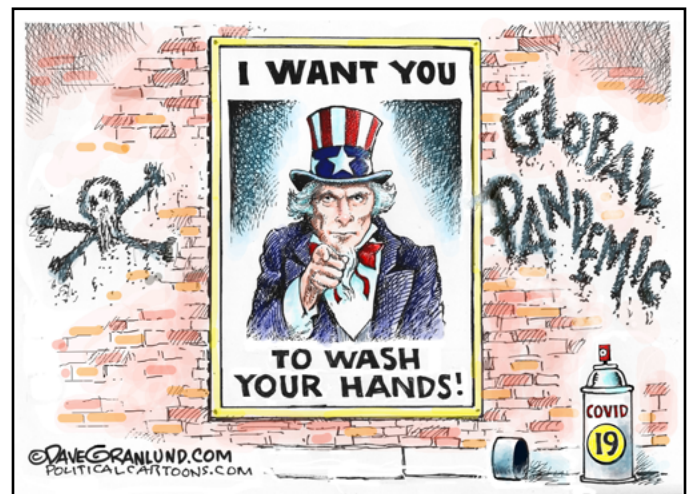
10:00 am

 **LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK.** See Tuesday, July 7 for details.

THURSDAY, JULY 30

6:30 am

 **SUNRISE SERIES: SOUTH BAY.** Meet Frances in the parking lot on the corner of National City Blvd. and 2nd St. as we visit Heritage Square, where the



RULES FOR WALK LEADERS

At our June 12 Board of Directors meeting we discussed the rules we would advise our walk leaders to follow as they resume walks.

1. Sign in your participants yourself rather than sharing a pen and sign-in sheet.
2. Require all walkers to have face coverings.
3. Remind each walker to maintain a safe distance from their fellow walkers. Remember that walking at their own pace often automatically spaces out walkers.
4. Be aware that different rules may apply to walking areas depending on which government agency has responsibility for the area. Thus parks may have different rules than beaches or lakes.

Walk leaders have the option of adding additional requirements for their walks. Walk leaders might also consider carrying hand sanitizer.

JULY 2020 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
THE WALKS LISTED ARE PROPOSED, BUT NOT AUTHORIZED, DEPENDING ON STATE AND LOCAL GUIDELINES. A WALKABLAST WILL BE SENT ANNOUNCING WHEN WALKS MAY OFFICIALLY RESUME.			1	2	3	4
				6:30 am <i>Sunrise:</i> Mission Hills 10:00 am Shelter Island	7:00 pm Sunset Cliff Views	
5	6	7	8	9	10	11
7:15 am <i>Breakfast:</i> Shelter Island	6:30 am <i>Sunrise:</i> Pacific Beach Boardwalk 10:00 am Historic La Playa Trail	10:00 am Liberty Station/ Old San Diego River Remnant		6:30 am <i>Sunrise: By</i> the River at Liberty Station 10:00 am Shelter Island		
12	13	14	15	16	17	18
7:15 am <i>Breakfast:</i> Balboa Park	6:30 am <i>Sunrise:</i> National City Marina/ Sweetwater River/Pepper Park 10:00 am America's Cup Harbor	10:00 am Liberty Station/ Old San Diego River Remnant		6:30 am <i>Sunrise: Lake</i> Murray 10 am Shelter Island	7:00 pm Sunset Cliff Views	
19	20	21	22	23	24	25
7:15 am <i>Breakfast:</i> Ocean Beach	6:30 am <i>Sunrise: Lake</i> Murray 10:00 am Historic La Playa Trail	10:00 am Liberty Station/ Old San Diego River Remnant 2:00 pm Pt. Loma Promenade and Home Tour		6:30 am <i>Sunrise:</i> South Shore 10:00 am Shelter Island		
26	27	28	29	30	31	
7:15 am <i>Breakfast:</i> Pacific Beach	6:30 am <i>Sunrise: Old</i> Town 10:00 am America's Cup Harbor	10:00 am Liberty Station/ Old San Diego River Remnant		6:30 am <i>Sunrise:</i> South Bay 10:00 am Shelter Island		

WILDERNESS HIKES

JULY 2020 UPDATE

Your hike leaders have been contacted and, provided that the state, county and local governments are allowing hiking and Walkabout guidelines can be followed, we will resume our regular Email listings when leaders submit hikes. We will be accepting hikes from established leaders that want to participate and lead hikes at any time prior to our usual 2 day publishing guideline. We will continue this until we understand what establishes the 'new normal'.

Thanks for your understanding. For more information Don P (760) 670-6862 or dpiller@cox.net

BOARD SEEKS YOUR HELP VOLUNTEERS NEEDED!

1. Office Volunteers

Here is your opportunity to help keep our great organization going. Office hours are 10am-2pm Monday, Wednesday and Friday. Activities include answering the phone, checking the mail, general maintenance of the office and helping with projects as needed. No prior office experience is required as we will train you on all aspects of the job and a board member is usually only a phone call away if something comes up for which you have no answer. Currently we have been able to maintain office hours because board members are giving their time to serve.

2. Board of Directors Members

What does it take to be a member of the Board of Directors?

First and foremost a desire to do all that is necessary to keep this great organization moving forward. We request you attend one two hour meeting on the 2nd Friday of each month. These meetings are where we determine what events, activities, trips etc. that Walkabout will do. In addition to board meetings, most members have additional activities. For example, Donna is the secretary and takes the minutes of our board meetings, Diane is the treasurer and makes sure our bills are paid, Stan keeps our membership rolls in order so people receive their monthly newsletter, Marilyn plans activities and day trips and Dan plans multi-day trips.

We currently need someone who would like to help us develop new walks. We would also like to have someone who is social media savvy and would like to spread our story using this forum.

If this sounds like something you would like to do, please attend a board meeting so we can meet you and hear your Ideas. If you can't attend the board meeting, please email your ideas to Elaine Berger President@walkabout-int.org.

BOARD MEMBERS

President Elaine Berger	(858) 560-9003 President@walkabout-int.org
1st Vice President Robert Buehler	(619) 470-0778 vp1@walkabout-int.org
2nd Vice President	
3rd Vice President Stan Follis	(619) 222-3447 Stanley@walkabout-int.org
Secretary Donna Farris	(619) 559-5650 secretary@walkabout-int.org
Treasurer Diane Erk	(619) 231-7463 treasurer@walkabout-int.org

DIRECTORS

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Janet Fenston	(619) 890-4622 Janet@walkabout-int.org
Director Emeritus Dan Haslam	(619) 318-4870 danhaslam@walkabout-int.org

OFFICE STAFF

Elaine Berger, Marilyn Buckley, Robert Buehler, Donna Farris, Charlotte Sedgwick, and Janet Fenston

NEWSLETTER STAFF

Kathy Johnson kathyj@walkabout-int.org

MAILING CREW

Charlotte Sedgwick, Beverly Stebbins, Stan Follis, Don Piller

NEWSLETTER DEADLINE NOTICE

All walks must be submitted by the 13th 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 13th. You must email your walks to kathyj@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 publish@walkabout-int.org. To submit photos, go to <https://walkabout-int.org/about-us/forms/photo-submission/>



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Walkabout International

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 day trips, 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... *Where* 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 _____ DATE _____

ADDRESS _____

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BOTH (available only if support greater than Basic Level)

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NAME _____ DATE _____

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July 2020

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

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WALKABOUT-INT PHOTO SUBMISSION FORM SHARE YOUR PHOTOS AND THOUGHTS WITH US

Your Walkabout board, in its ongoing effort to obtain new members and getting current members more involved, has added a new page to the [Walkabout-int.org](http://www.walkabout-int.org) website. Please let us all try to make the Newsletter, Website and our Facebook page more attractive and interesting to everyone.

To submit photos, go to [Walkabout-int.org](http://www.walkabout-int.org) > About Us > Forms > Photo Submission Form and follow the simple directions. Any member can upload up to 4 photos along with a caption for each using this drag & drop interface. We do need your full name and phone number before we will publish any pictures. Photo submission dates are the same as our Walk publication dates.

Thank you and have fun with that phone/camera as we start to get back out this summer.

WE LOVE IDAHO



Walter K and friends dining out in Ketchum, ID.

UPCOMING EVENTS/TRIPS/WALKS

OCTOBER:

Annual Meeting/Mission Bay Picnic TBD

HOLIDAYS:

Hotel Del Coronado Tree/Walk/Happy Hour TBD

Annual New Years Day Walk Jan 1

SPRING:

Walk Leaders Appreciation Luncheon TBD