

Walking Groups in San Diego County

Group	Region	Site & Address	Date & Time	Contact	Additional Info
Walk to Wellness	Central	<i>AgeWell Services, City of San Diego Parks & Recreation</i> Park de la Cruz Community Center 3905 Landis Street San Diego, CA 92105	Saturdays, 8:30-9:30am Sept. 11 th – Nov. 20 th	AgeWell Services (619) 525-8247 or thescroll@sandiego.gov	55+ Registration required Register at sdreconnect.com (ActiveNet Code: 96303)
Walking Group	Central	<i>Serving Seniors</i> <i>Gary & Mary West Senior Wellness Center</i> 1525 4 th Avenue, San Diego, CA 92101	Thursdays, 8:45-10am	(619) 235-6572	
Glide n Stride Walkers	Central	<i>Fourth District Seniors Resource Center</i> Charles L Lewis III Assembly Room 570 South 65 th Street San Diego, CA 92114	Wednesdays 11-12pm	(619) 266-2066	55+
Chula Vista Walks	South	<i>Norman Park Senior Center</i> 270 F Street Chula Vista, CA 91910 <i>*Meeting at the Marina until September</i>	Tuesdays & Thursdays, 9:30-10:30am	(619) 409-1930	Meeting locations vary, please call the number listed to verify current meeting location.
La Mesa Walks	East	<i>City of La Mesa</i> Location varies	Wednesdays, 9am	(619) 667-1322 or recreation@cityoflamesa.us	For more information visit www.cityoflamesa.us/urbantrails or join the "Connect La Mesa" meetup.com group for updates
Mall Walkers	East	<i>SHARP Senior Resource Centers</i> Grossmont Center Mall Food Court 5500 Grossmont Center Drive La Mesa, CA 91942	Saturdays, 8am & 9am	(619) 740-4214	No registration or fees required
Senior Walking Club	East	<i>County of San Diego Parks & Recreation</i> Spring Valley County Park Gazebo 8735 Jamacha Boulevard Spring Valley, CA 91977	Tuesdays & Wednesdays 9-10am	(619) 479-1832	55+ No registration or fees required
CLUB Walk	South	<i>Paradise Valley Hospital</i> Plaza Bonita Food Court (2 nd Level) 3030 Plaza Bonita Road National City, CA 91950	Thursdays, 9-10:30am	(619) 470-4346	Registration required, no fees

		<i>*Enter through the entrance next to The Broken Yolk restaurant on the East side of the mall</i>			
Walkabout International	Varies	<i>Walkabout International</i>	Days & times vary	(619) 231-7463	Meeting locations, days, and times vary. Please visit www.walkabout-int.org to learn more about current groups.
Merry-Go-Round Walk	Central	<i>Walkabout International</i> Zoo Place & Park Boulevard San Diego, CA 92101 <i>*Meet at the Carousel in front of the San Diego Zoo</i>	Sundays, 8:15am-11:15am	(858) 735-7557	Must have a mask with you.
Shelter Island Walk & Talk	North Central	<i>Walkabout International</i> 2230 Shelter Island Drive San Diego, CA 92106 <i>*Meet to the right of Bali Hai by the lamp post and handrails</i>	Thursdays, 10am-11am	(619) 222-3800	Must have a mask with you.
Sunrise Series	Varies	<i>Walkabout International</i>	Mondays & Thursdays, 6:30am	(619) 231-7463	Meeting locations vary. Please visit www.walkabout-int.org to learn more. Must have a mask with you.
Membership Groups					
Front Runners & Walkers (all ages)	Central	<i>Front Runners & Walkers</i> 6 th Avenue & Laurel San Diego, CA 92103	Saturdays, 8am	(619) 857-8719 or Contact Us - Front Runners & Walkers (frwsd.org)	Membership required; due to COVID-19 membership fees have been temporarily waived Membership Form - Front Runners & Walkers (frwsd.org)
Walking Group 'Street Walkers'	North Coastal	<i>Oceanside Newcomers & Friends</i>	Thursdays, 9am	onfcontact@gmail.com	Membership dues \$30 per year; non-members can participate as a guest in any 2 activities
YMCA Walking Club (all ages)	North Central	<i>Ryan Family YMCA</i> 4390 Valeta Street San Diego, CA 92107 <i>*Front entrance meeting area</i>	Wednesdays, 8-8:50am	(619) 226-8888	YMCA membership required. No registration or additional fees. Can participate in the class for free as a guest twice with a guest pass.
YMCA Walking Club (all ages)	North Coastal	<i>Magdalena Ecke Family YMCA</i> 200 Saxony Road Encinitas, CA 92024 <i>*East lobby meeting area</i>	Saturdays, 8:15-9:45am	(760) 942-9622	YMCA membership required. No registration or additional fees. Can participate in the class for

					free as a guest twice with a guest pass.
YMCA Walking Club (all ages)	East	McGrath Family YMCA 12006 Campo Road Spring Valley, CA 91978 *Soccer arena meeting area	Thursdays, 8-8:55am	(619) 462-9622	YMCA membership required. No registration or additional fees. Can participate in the class for free as a guest twice with a guest pass.
MeetUp Groups					
San Diego Walking Group (all ages)	Varies	San Diego Walking Group (San Diego, CA) Meetup			Registration required
Active San Diego Baby Boomers	Varies	Active San Diego Baby Boomers (San Diego, CA) Meetup			Registration required
Connect La Mesa	East	Connect La Mesa - Walks, events, classes, concerts & more (La Mesa, CA) Meetup			Registration required