

# Out of the Ordinary Group Adventures

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## Walks and adventures your team should consider!

- Bridges & Neighborhoods of Balboa Park/Bankers Hill
- Torrey Pines State Reserve- 4 Miles of the Greatest Parts!
- Downtown With a Difference Walk
- Secret Spots on Coronado Island
- Balboa Park's Secret Spots
- Secret Canyons & Bridges Near Balboa Park
- Secret beach areas in La Jolla & Bird Rock – Two Different Routes!
- UCSD Campus & Surrounding Neighborhoods
- Hidden Gems in Point Loma, La Playa & Shelter Island
- Solana Beach & The Cedros District
- Kate Sessions Park & The Colorful Neighborhood
- Mission Hills – Spectacular homes & gardens!
- Hidden Gems & Secret Canyons in Neighborhoods of Balboa Park
- Low Tide Beach Walks near Crystal Pier or Del Mar – With sneakers or barefoot.
- Team Building Scavenger Hunts also feature 3.5 to 4.5 miles of walking.

Contact Darlyne or Marc Menkin if you have other areas.

*Marc and Darlyne,*

*“ What a fabulous way to start the weekend exploring Balboa Park with you and some Kaiser Permanente colleagues. It's always a pleasure to spend time with you both and hear about your latest adventures. You really live your brand of fitness, adventure and fun!*

*Thank you for the exceptional tour yesterday. I appreciated how we covered some new terrain and still managed to 'sit and see' some places that we could easily have overlooked. Yesterday, we saw the Cabrillo Bridge from a perspective I've never seen. And stopping in the garden outside the Mingei to look up at the California Tower was stunning.*

*There's a wellness theme of 'sit-and-see'. In fact the newspaper highlighted it today. I've shared some highlights below. Your Get Fit walks accomplished that and so much more. Thank you again for sharing your gifts. “*

*Janette , Kaiser Permanente San Diego*



### **More Info & Benefits with Fitness Walks/Guided Hikes**

- There are No hills on any of these. The walks with Hills are Del Mar and Ocean Beach/Sunset Cliffs
- Our Walking Activities bring people together by encouraging positive dialogue and creative thinking.
- This is a customized experience uniquely designed to fit your goals and vision.
- We can suggest healthy and colorful cafes to enjoy Acai Bowls or food following an adventure.

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