

**Gary C Worrell**

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**From:** Worrell, Gary C. [Gary.Worrell@jhuapl.edu]  
**Sent:** 19 October, 2005 12:44  
**To:** gcw@igx.net  
**Subject:** Postcard  
**Attachments:** PointLomaMap.gif; PointLomaWestCoast.jpg; PhilGecko.jpg

Hello from the club at Denver International Airport.

I had a couple of hours to waste yesterday while waiting for a colleague to arrive, so I decided to take my camera to Point Loma (see map). I had been eating entirely too much the past few days and decided to walk some of it off on the Bayside Trail, located at the Cabrillo National Monument (green flag on the map). The trail is 3.3km round trip (you walk to the end, then turn around and walk back). From the beginning of the trail to the end, the elevation changes from 350' to 77' (GPS). When I walked back, I walked to the Old Point Loma Lighthouse, which is at 400'. On the trail I met Phil (see picture), and literally hundreds of his cousins.

The Bayside Trail looks onto the entrance to San Diego Bay, but on the other side of Point Loma is the Pacific. All the way down at the water level, the waves and tides create a tidal pool ecosystem (blue flag on the map) that's teeming with critters. The third photo shows the view from where I sat for about a half hour, watching the surf and feeling the pain in my legs from walking the trail on the opposite side. Arguably one of the most scenic views of the west coast.

Cheers,  
G.

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