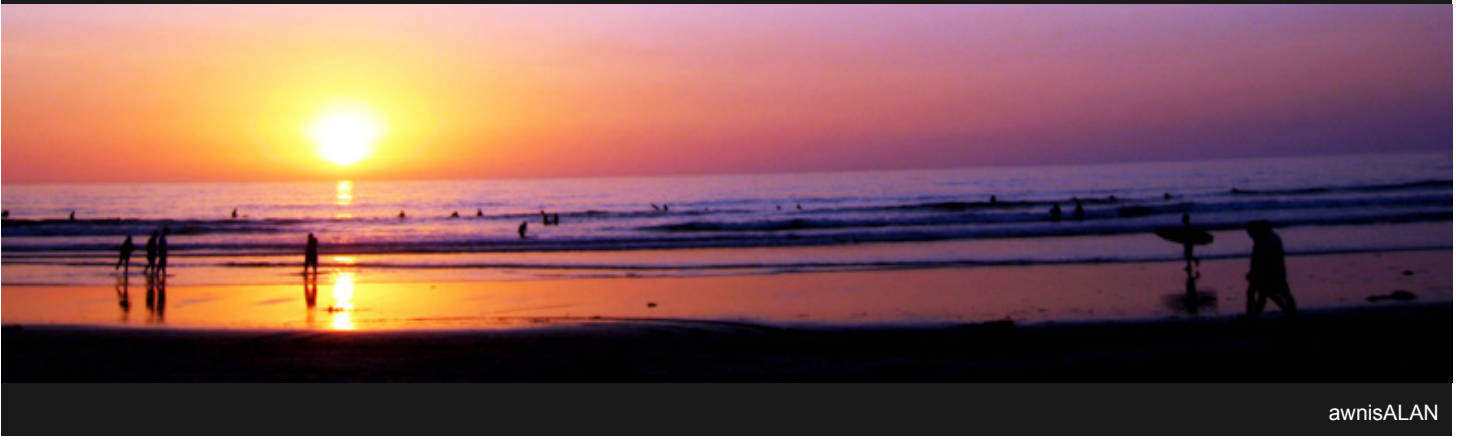




nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



awnisALAN

Be Treated Like a Jewel in La Jolla

La Jolla, 3 Days

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Guide Description









AUTHOR NOTE: La Jolla translates to, "The Jewel" so go ahead and feel like one on your vacation. Dine at the best restaurants, peruse the finest shops, lodge at the famous Torrey Pines and enjoy the fine arts like no one else does. Make your trip to La Jolla memorable, remember it as the trip you spent in absolute luxury.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - La Jolla









DAY NOTE: If you are planning on staying in La Jolla why not center yourself in one of the best places, the Torrey Pines area where you will find shops, golf and spas. At the Lodge at Torrey Pines you are right in the center of all that is La Jolla why still keeping your privacy. For breakfast head to the Barcino Grill where you can dine on Belgian waffles, crepes or any of their other breakfast items. Or you can opt for lunch, which will not be disappointing. From here you can either separate and go to the Spa at Torrey Pines or play the world renowned Torrey Pines Golf Course or stay together and do both together. For lunch enjoy A.R. Valentien where you will overlook the golf course and enjoy wonderful California cuisine. When you are ready to leave the Lodge head to the La Jolla Village for a collection of great shops featuring flowers, clothes, other shops and even a movie if you feel like it. Take your time and explore this area, it will yield more than you think. For dinner Fleming's Prime Steak House and Wine Bar is the place to be, with its beautiful presentation and over 100 wines to compliment its famous steak selection. If after dinner you are up to some late night fun La Jolla Playhouse may be the place for you. If you are interested look into the upcoming schedule.

	The Lodge at Torrey Pines Miles of Glorious View
	Torrey Pines Golf Course Challenging & Picturesque
	Spa at Torrey Pines (The) Spa & Ayurveda Massages
	A.R.Valentien Dine by the Golf Course
	La Jolla Village Grandeur at its Best
	La Jolla Playhouse San Diego Theater

Day 2 - La Jolla

DAY NOTE: Once you wrestle yourself out of bed, you can take solace in the fact that breakfast is at Humphrey's La Jolla Grill, the sister of Humphrey's by the Bay. This restaurant offers a great view as well as fine selection of breakfast or early lunch entrees. When you are ready to begin your day of art appreciation your

first stop is the Cosmopolitan Fine Arts. This gallery features contemporary French artists work. You will also find American and other European artists work as well. An interesting aspect of this gallery is that the works are all for sale. The next gallery does not sell their pieces being that they can be Picasso's or Matisse and Rembrandt but it is still a great honor to view these works. For lunch Azul la Jolla is a great choice. It sits above La Jolla Cove and gives you a beautiful view of the majestic Pacific. Enjoy eclectic cuisine or dine on traditional favorites such as chicken or fish strips and sticks. Libraries are not usually a destination however the Athenaeum Music and Arts Library is definitely a great destination. Here you will find a sprawling collection of books and videos as well as year round galleries and music. To enjoy some of the wildlife of La Jolla Thomas D. Mangelsen has collected the finest photos of La Jolla animals and brought them together in his gallery Images of Nature. Just a short walk away you will find Nine-Ten a new take on California dining. This restaurant is a only one reason to come here, once you are inside you will see for yourself. One word of advice come hungry.

	Humphrey's La Jolla Grill Flair for Fine Casual Dining
	Cosmopolitan Fine Arts Fine Works of Art
	Fingerhut Gallery Highly Impressive Collection
	Azul La Jolla Mediterranean with a Pacific View
	Athenaeum Music and Arts Library Expand your Horizons
	Thomas D. Mangelsen - Images of Nature Fantastic Photography
	Nine-Ten Grand Colonial's fine dining
	The Lodge at Torrey Pines Miles of Glorious View

Day 3 - La Jolla

DAY NOTE: Wake up and enjoy the beautiful view from your amazing room at the lodge. When hunger comes calling head

Itinerary Overview

things to do
restaurants
hotels
nightlife

to Brockton Villa Restaurant and enjoy some interesting takes on classic meals such as Coast Toast, or enjoy the classics like you know them. The Gaia Day Spa is a great place to be pampered, also it will make you feel like you are in Europe. There are treatments here for both men and women so go ahead and step out and try it. After your treatment you should feel refreshed and ready to go, so why not go and shop at Girard Avenue, where you will find many shops ranging from small businesses to the companies you know and love. Here you can also peruse the local galleries if that strikes your fancy. Located adjacent to Girard Avenue there is Herschel and Wall Street which has a plethora of dining choices, so go ahead and pick one. Maybe pick Tapenade Restaurant where you can dine of works of art created by Jean-Michele Diot, see for yourself.



Brockton Villa
Bungalow Dining



Gaia Day Spa
Goddess Gaia shares Divine Feelings



Girard Avenue
Local Shops



Herschel and Wall Street
Food Street



Tapenade Restaurant
Familiar family fun



The Lodge at Torrey Pines
Miles of Glorious View

Day 1 - La Jolla

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contact:

tel: 800/656-0087

fax: 858/453-7464

www.lodgetorrey.pines.com

location:

11480 N. Torrey Pines Rd

La Jolla CA 92037

1 The Lodge at Torrey Pines

DESCRIPTION: Ten minutes north of La Jolla proper, you'll find this triumphant Craftsman-style creation at the edge of the Torrey Pines Golf Course. The Lodge brims with clinker-brick masonry, art glass windows and doors, Stickley furniture, and exquisite pottery. Most rooms fall into two main categories. The less expensive are an unstinting 520 square feet and lavished with Tiffany-style lamps, period wallpaper, framed Hiroshige prints, and lots of wood accents; views face a courtyard carefully landscaped to mimic the rare seaside environment that exists just beyond the hotel grounds. More expensive rooms overlook the golf course and the ocean in the distance; most of these have balconies, fireplaces, and giant bathrooms with separate tub and shower. The 9,500-square-foot spa specializes in treatments utilizing coastal sage and other local plants, and there's an elegant pool. An excellent restaurant named after painter A.R. Valentien features superb seasonal vegetables; Valentien's wildflower watercolors line the walls, and his personal effects and medals are found in glass bookcases. © Frommer's



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contact:

tel: +1 800 985 4653 / +1 858

452 3226

<http://www.torrey.pinesgolfcourse.com/>

location:

11480 Torrey Pines Rd

La Jolla CA 92037

hours:

Daily 6a-7p

2 Torrey Pines Golf Course

DESCRIPTION: These two gorgeous municipal 18-hole championship courses are on the coast between La Jolla and Del Mar, only 20 minutes from downtown San Diego. Home of the Buick Invitational Tournament, and the setting for the 2008 U.S. Open, Torrey Pines is second only to Pebble Beach as California's top golf destination. Situated on a bluff overlooking the ocean, the north course has the postcard-perfect signature hole (no. 6), but the south course is more challenging, has more sea-facing play, and benefits from a \$3.5-million overhaul in 2002. In summer, course conditions can be less than ideal due to the sheer number of people lined up to play, and "tee



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scalpers" aren't uncommon. Tee times are taken up to 90 days in advance by automated telephone system (\$39 booking fee). Golf professionals are available for lessons (which assure you a spot on the course), and the pro shop rents clubs. Greens fees on the south course are \$160 weekdays, \$200 weekends; the north course is \$90 weekdays and \$113 weekends. Cart rentals are \$40, and twilight and senior rates are available. **Tip:** First-come, first-served tee times are available from sunup to 7:30am. Single golfers also stand a good chance of getting on the course if they just turn up and get on the waiting list for a threesome. © Frommer's

contact:
tel: +1 800 656 0087
<http://www.spatorreypines.com/>

location:
11480 North Torrey Pines Road
La Jolla CA 92037

3 Spa at Torrey Pines (The)

DESCRIPTION: This Spa is located near the Torrey Pines State Reserve and the Torrey Pines Golf course. It offers a 9,500-square foot spa with 16 treatment rooms, ayurveda massages, thalassotherapy, Cobble Stone massage, honey botanical wrap, and Hydrotherapy treatments. The rooms are well decorated and have top-of-the-line amenities. The resort also offers a variety of activities for its guests, such as, yoga, hikes and nature walks, kayaking, surfing, snorkeling, golf, croquet, and a state-of-the-art fitness room.

contact:
tel: +1 858 453 4420
fax: +1 858 453 7464
<http://www.lodgeattorreypines.com/>

location:
11480 North Torrey Pines Road
La Jolla CA 92037

4 A.R.Valentien

DESCRIPTION: A.R.Valentien, restaurant located in the comfortable Lodge at Torrey Pines is an ideal dining place. Overlooking the Torrey Pines Golf Course you can have your meal along with the amazing view. Named after the renowned Californian artist, this place serves sumptuous meals and refreshing drinks. An ideal place to dine after a day at the course. © wcities.com

contact:
tel: +1 619 232 3101

location:
8657 Villa La Jolla Drive
La Jolla CA 92037

5 La Jolla Village

DESCRIPTION: La Jolla Village is one of the the most happening areas in La Jolla. Situated on the northeast of La Jolla Heights, you can find whatever you name in the village. Shop at the La Jolla Village square where you can purchase flowers, trendy clothes, watch good cinema and even reside in the grand hotels in this area. Visit this place with sufficient time on your hands as there is just too much to do here. © wcities.com



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contact:

tel: +1 858 550 1010
<http://www.lajollaplayhouse.com/>

location:

2910 La Jolla Village D
La Jolla CA 92037

hours:

M noon-6p, Tu-Sa noon-8p,
Su noon-7p

6 **La Jolla Playhouse**

DESCRIPTION: La Jolla Playhouse is one of the premiere venues on the West Coast, bringing a healthy dose of live theater to San Diego. A non-profit professional theater associated with the University of California, San Diego, the theater provides a number of educational opportunities for children, teens, and adults alike. The Playhouse sponsors roughly six productions per year; previous productions that originated at the Playhouse before finding Broadway success include The Who's Tommy, Billy Crystal's 700 Sundays, and Jersey Boys. © wcities.com



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Day 2 - La Jolla

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contact:

tel: +1 858 452 4000

fax: +1 858 453 9909

<http://www.humphreysgrill.signonsandiego.com>

location:

3299 Holiday Court
La Jolla CA 92037

1 Humphrey's La Jolla Grill

DESCRIPTION: Sister restaurant to Humphrey's by the Bay in San Diego, the Grill offers fine food perched on top of the Sheraton La Jolla Hotel. Light, open Asian-flavored decor provides a cheerful background for breakfast, lunch and dinner. The signature Prix Fixe meal offers dramatic dining for two, beginning with a bottle of Chardonnay or Merlot, proceeding with a soup or salad course, a selection from eight entrees and a shared dessert. Entree choices include Halibut Macadamia, Prime Rib, Filet Mignon or the "Taste of San Diego" shrimp. © wcities.com



citysearch

contact:

tel: +1 858 456 9506

<http://www.cosmopolitanart.com>

location:

7932 Girard Avenue
La Jolla CA 92037

hours:

Su-F 10a-6p, Sa 10a-8p

2 Cosmopolitan Fine Arts

DESCRIPTION: This establishment features contemporary French impressionist and post-impressionist works of art. Step into the small gallery and feel as if you have entered another world. As classical music plays overhead, view paintings from Blanchard, Cortes, Labrofont, La Loue, Loir and Marcel Dyf. In addition to French art, the gallery also represents a small group of American and European contemporary artists, including Park, Dy'ans, Briks, Roos and others. The pieces are framed and displayed in groups, separated by the artist. All works of art may be purchased. See website for more. © wcities.com



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contact:
tel: +1 858 456 9900
fax: +1 858 456 9913
<http://www.fingerhutart.com>

location:
1205 Prospect St
La Jolla CA 92037

hours:
Tu-Sa 10a-10p, Su-M
noon-6p

3 Fingerhut Gallery

DESCRIPTION: Among the plethora of art galleries in La Jolla, this establishment is particularly notable for its highly impressive collection. Featured works have included *Head of a Woman* by Pablo Picasso, *The Clown's Funeral* by Henri Matisse, and *Self Portrait with Raised Sabre* by Rembrandt. In addition to the incredible selection of paintings, lithographs and prints, the gallery also features sculptures by Jiang and Wilkinson. Serving the La Jolla community for several years, this gallery has continually searched the globe for works by established masters and talented newcomers. © wcities.com



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contact:
tel: 8584549616
<http://www.azul-lajolla.com>

location:
1250 Prospect Street
La Jolla CA 92037

hours:
Tu to Sa from 11:30 AM to
02:30 PM, Su from 10:00 AM
to 02:30 PM

4 Azul La Jolla

DESCRIPTION: This restaurant is located on a hill just above La Jolla Cove, featuring an unobstructed view of the Pacific Ocean. Beautiful green plants and white tablecloths enhance the elegant atmosphere. While the menu changes daily, regular patrons order the Paella Mariscos (rice and shellfish) or the Herb-Crusted Rack of Lamb when available. Children can choose from a special menu, offering pizza, chicken strips and fish sticks. House wine is offered. You may bring your own bottle, but a USD15 corkage fee applies. © wcities.com



Photo courtesy of Azul La Jolla

contact:
tel: +1 858 454 5872
<http://www.ljathenaeum.org/>

location:
1008 Wall Street
La Jolla CA 92037

hours:
Tu 10a-5:30p, W 10a-8:30p,
Th-Sa 10a-5:30p

5 Athenaeum Music and Arts Library

DESCRIPTION: Expand your knowledge and appreciation for both music and the arts at this expansive library. This location holds collections of videos, books, periodicals and other literature all devoted to fine arts. Beyond the library, Athenaeum holds year-round exhibitions of fine art as well as concerts, featuring jazz and chamber music. Studio art classes are also available to the public. © wcities.com



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contact:

tel: +1 858 551 9553 / +1 888
238 0285
<http://www.mangelsen.com/>

location:

7916 Girard Avenue
La Jolla CA 92037

hours:

Su-Th 10a-6p, F 10a-8:30p,
Sa 10a-10p

6 Thomas D. Mangelsen - Images of Nature

DESCRIPTION: Believe it or not, in the refined coastal town of La Jolla, you can experience all the beauty and power of animals in their native habitat. World-famous nature photographer Thomas D. Mangelsen has gathered his most impressive work at this La Jolla Village gallery. Finely framed art is available. Guests may also purchase prints of his work in the form of posters, art cards, calendars, journals, books, screen savers and videos. See website for online galleries, online shopping and more. © wcities.com



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contact:

tel: 858/964-5400
www.nine-ten.com

location:

910 Prospect St
La Jolla CA 92037

hours:

Daily 6:30-11am (Sun
breakfast until 12:30pm),
11:30am-2:30pm, and 6-10pm

7 Nine-Ten

DESCRIPTION: This warmly stylish space is the place for market-fresh cuisine, prepared by Jason Knibb, another member of San Diego's cadre of skilled young chefs. Knibb, who was mentored by such culinary figures as Wolfgang Puck, Roy Yamaguchi, and Hans Rockenwagner, presides over a shifting, seasonal menu that's best enjoyed via small-plate grazings. Past offerings have included espresso and chocolate-braised boneless short ribs, Maine scallops with apple risotto, and harissa marinated shrimp. Or better yet, turn yourself over to the "Mercy of the Chef," a five-course tasting menu for \$80, or \$120 with wine pairings (your whole table has to play along, though). When you're looking for a classy fine-dining experience without the old-guard attitude, this hotel eatery fits the bill very nicely. © Frommer's



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contact:

tel: 800/656-0087
fax: 858/453-7464
www.lodgetorrey-pines.com

location:

11480 N. Torrey Pines Rd
La Jolla CA 92037

8 The Lodge at Torrey Pines

DESCRIPTION: Ten minutes north of La Jolla proper, you'll find this triumphant Craftsman-style creation at the edge of the Torrey Pines Golf Course. The Lodge brims with clinker-brick masonry, art glass windows and doors, Stickley furniture, and exquisite pottery. Most rooms fall into two main categories. The less expensive are an unstinting 520 square feet and lavished with Tiffany-style lamps, period wallpaper, framed Hiroshige prints, and lots of wood accents; views face a courtyard carefully landscaped to mimic the rare seaside environment that exists just beyond the hotel grounds. More expensive rooms overlook the golf course and the ocean in the distance; most of these have balconies, fireplaces, and giant bathrooms with separate tub and shower. The 9,500-square-foot spa specializes in treatments utilizing coastal sage and other local plants, and there's an elegant pool. An excellent restaurant named after painter A.R. Valentien features superb seasonal vegetables; Valentien's wildflower watercolors line the walls, and his personal effects and medals are found in glass bookcases. © Frommer's



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Day 3 - La Jolla

QUICK NOTE

DAY NOTE: Wake up and enjoy the beautiful view from your amazing room at the lodge. When hunger comes calling head to Brockton Villa Restaurant and enjoy some interesting takes on classic meals such as Coast Toast, or enjoy the classics like you know them. The Gaia Day Spa is a great place to be pampered, also it will make you feel like you are in Europe. There are treatments here for both men and women so go ahead and step out and try it. After your treatment you should feel refreshed and ready to go, so why not go and shop at Girard Avenue, where you will find many shops ranging from small businesses to the companies you know and love. Here you can also peruse the local galleries if that strikes your fancy. Located adjacent to Girard Avenue there is Hershcel and Wall Street which has a plethora of dining choices, so go ahead and pick one. Maybe pick Tapenade Restaurant where you can dine of works of art created by Jean-Michele Diot, see for yourself.

contact:

tel: 858/454-7393

fax: +1 858 454 2895

www.brocktonvilla.com

location:

1235 Coast Blvd
La Jolla CA 92037

hours:

Mon 8am-3pm; Tues-Sun
8am-9pm

1 Brockton Villa

DESCRIPTION: A restored 1894 beach bungalow, this charming cafe is named for an early resident's hometown (Brockton, MA) and occupies a breathtaking perch overlooking La Jolla Cove. The biggest buzz is at breakfast, when you can enjoy such inventive dishes as soufflé-like "Coast Toast" and Greek "steamers" (eggs scrambled with an espresso steamer, and then mixed with feta cheese, tomato, and basil). Breakfasts are served until noon weekdays, until 3pm weekends. Lunch highlights include homemade soups and salads, as well as such sandwiches as the grilled organic salmon BLT. The somewhat less successful supper menu includes seafood and steak dishes, plus paella, pastas, and grilled meats. But any time you can actually enjoy this spectacular sea view, Brockton's food tastes good. **Note:** Steep stairs from the street limit wheelchair access. © Frommer's



Photo courtesy of Brockton Villa Restaurant

contact:

tel: +1 858 456 8797

fax: +1 858 456 0286

http://www.gaiadayspa.com/

location:

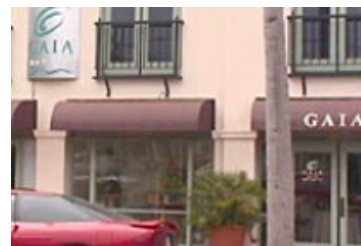
1299 Prospect St
La Jolla CA 92037

hours:

Wed-Fri 9am-8pm Sat
9am-7pm Sun 10am-6pm
Mon-Tues 9am-6pm

2 Gaia Day Spa

DESCRIPTION: The French touch is evident at this day spa featuring seaweeds and marine algae treatments and products from the Brittany coast of France. Enjoy an Austrian moor mud soak, oxygen facial therapy, or your choice of several Vichy salt glow treatments. While women favor most of the treatments, men can also schedule the Gentleman's Facial. Many of the special products used are available in home-use versions and are sold in the Spa Boutique © wcities.com



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location:

Girard Avenue
La Jolla CA 92037

3 Girard Avenue

DESCRIPTION: The quaint Girard Avenue offers visitors a chance to experience shopping within small, local businesses. There are a number of art galleries, books stores and craft shops that are

not affiliated with any corporation. If you are looking for the most modern and fashionable clothing for women, try Melange. Anyone looking for art should be sure to make a stop at Cosmopolitan Fine Arts. Once you are through shopping and in need of some tasty "on-the-go" food, try Girard Gourmet. © wcities.com

contact:

tel: +1 619 236 1212
fax: +1 619 230 7084

location:

Herschel Avenue
La Jolla CA 92037

4 Herschel and Wall Street

DESCRIPTION: This is one place that can truly cater to your every whim. Herschel and Wall Street has innumerable restaurants ranging from coffee shops to diners, seafood restaurants to French Bistros and Mexican joints. Pamper your taste buds here and then as the finishing touch head to the Creamery for some delectable desserts. © wcities.com

contact:

tel: 8585517500x1
fax: +1 858 551 9913
www.tapenaderestaurant.com

location:

7612 Fay Avenue
La Jolla CA 92037

hours:

Tu to Fr from 11:30 AM to 02:30 PM, Su to Th from 05:30 PM to 09:30 PM, Fr to Sa from 05:30 PM to 10:00 PM

5 Tapenade Restaurant

DESCRIPTION: If cooking is an art, Jean-Michele Diot, chef and owner of Tapenade, is a master craftsman. Using his experience and expertise from working in kitchens of New York and Paris, Diot has finally given San Diego its best French restaurant. Be it Curried Scallops on Corn Pancakes, Chilled Cantaloupe Gazpacho, Grilled Tuna, or Chicken Brochettes...everything is extraordinary. The most recommended desserts on the menu remain the Pithiviers, a dish of puff pastry wrapped around a sweet filling, Apple Galette in bittersweet dark chocolate, Pots de Creme, and Hazelnut Financiers. The restaurant is expensive but perfect for those who want to wine and dine in style. © wcities.com



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contact:

tel: 800/656-0087
fax: 858/453-7464
www.lodgetorrey pines.com

location:

11480 N. Torrey Pines Rd
La Jolla CA 92037

6 The Lodge at Torrey Pines

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La Jolla Snapshot

Local Info

From art galleries and trendy boutiques to world-class golf courses and stunning beaches, La Jolla's attractions please travelers from far and wide. Each district is uniquely different, yet all are similar with respect to one important facet: top-notch quality.

Business District

While La Jolla is most well known for its incredible shoreline, the city's upscale business district is hardly modest. Located on the eastern side of La Jolla, law firms, financial institutions and tech industry outposts dominate this district, along with modern shopping centers and a wealthy residential area. The world-famous Scripps Memorial Hospital & Medical Research Center resides here, as well as the San Diego Mormon Temple, a remarkable place of worship that, oddly enough resembles an ice castle.

Perhaps the most notable establishment in this region of La Jolla is the University of California at San Diego, which hosts a world-renowned medical school and a number of other rigorous academic programs. If you're in town in the spring, embark on a Grunion Run with some of the University's marine biologists. Prefer indoor entertainment? The University is home to one of the region's most popular attractions, the La Jolla Playhouse, founded by Hollywood stars and now famous for showcasing new, cutting-edge plays.

Another popular site in the vicinity is Mount Soledad, where you'll find the colossal and controversial Easter Cross, as well as a breathtaking panoramic view of the whole county, from the northernmost beaches to the Mexican border.

La Jolla Village

Known to locals as "the Village," La Jolla's downtown area, though geographically

tiny, is jam packed with enough shops, restaurants, hotels, salons and galleries to draw hordes of wealthy patrons from around the region and around the globe. Girard Avenue is widely acknowledged to be La Jolla's main drag (home to everything from surf shops like World Core to fine-art galleries like Images of Nature and elegant boutiques like Neroli), although Prospect Street has often been dubbed "the Rodeo Drive of San Diego" (thanks to specialty shops like such as Aja and perhaps despite neighborhood haunts like John Cole's Book Shop). Art lovers will be glad to know that the San Diego Museum of Contemporary Art is located here in the village, along with smaller operations like the Cosmopolitan Fine Arts gallery.

If neither art nor shopping are your cups of tea, La Jolla Village also features the La Jolla Recreation Center and La Jolla Woman's Club, great places to spend an afternoon, both in buildings designed by renowned architect Irving Gill.

After a day of patronizing the arts and spending some cash at upscale boutiques, travelers need not venture out of the Village for a delectable meal. The Spot and Roppongi are popular establishments. Nightlife also flourishes in the area, as top comedians perform at the La Jolla branch of the Comedy Store.

Shoreline

Perhaps the most memorable of La Jolla's districts is the Shoreline. La Jolla is home to one of the most spectacular waterfronts in Southern California, complete with remarkable caves, cliffs, beaches and sunsets. Children young and old gather in droves for unbelievable seal watching at Children's Pool Beach. Nearby Ellen Browning Scripps Park is a green and inviting cliff-top open space perfect for a picnic, a mid-afternoon snooze or a game of volleyball. If you get tired of

the sun, venture into La Jolla Caves, an underground cavern just as much a part of the local ecosystem as the shore itself.

La Jolla's beaches are eminently welcoming to surfers, sunbathers, snorkelers, scuba divers and swimmers, and all of these activities make for superb means by which to enjoy this geographically dramatic stretch of coast. Feel at home in the chop? Treat yourself to a surfing lesson courtesy of Surf Diva. If Earth-bound thrills such as these prove too tame, take to the skies! Paragliding and hang gliding are offered at Torrey Pines Gliderport.

Travel a short distance north from La Jolla Cove and see marine life up close at Birch Aquarium. This world-famous oceanographic museum, operated by the Scripps Institute of Oceanography, showcases marine life native to the entire continental shelf, from the sounds of the Pacific Northwest to the warm waters of Baja.

Even though La Jolla's beaches and caves are heralded throughout Southern California, one of the coastline's most popular attractions has nothing to do with sand or surf. Torrey Pines Golf Course, the only public course on the PGA circuit, offers two challenging 18-hole courses, and spectacular views of the surrounding natural beauty.

After so much activity, complete the day by dining just above the waters of the Pacific. George's At The Cove and the Crab Catcher, both perched on the cliffs above the cove, draw diners from all around the region eager to feast on tasty food and breath-taking ocean views. Cody's, on the other hand, is a neighborhood favorite with a splendid view of Ellen Browning Scripps Park across the street.

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