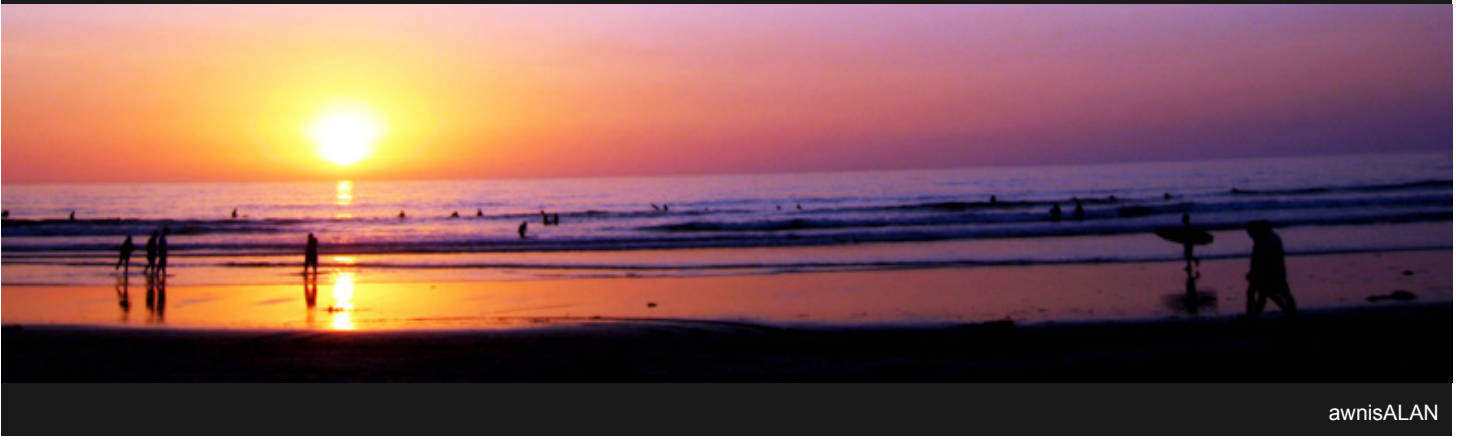




nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



awnisALAN

Family, Fun, La Jolla

La Jolla, 2 Days

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Guide Description









AUTHOR NOTE: La Jolla is an area known for its flashy attractions, it may not seem like a great place to bring the family, but when you think about it, sun, sand, and surf combine to make a great destination. Enjoy the majestic Pacific Ocean, bask in the infamous Southern California sun and enjoy the company of your family. While you are here be sure to enjoy some of that flash mainly in the amazing restaurants you can dine at, whether you want authentic Italian or Mexican food, they have it all. Some other amenities you can enjoy are the accommodations at the La Jolla Shores Hotel, where you will be right on the beach. Also on this seven acre site you will find great restaurants close and convenient.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - La Jolla







DAY NOTE: Once you have checked into the La Jolla Shores Hotel, take a short walk or ride to the Cottage where you can enjoy a great breakfast in a historic building constructed in the early 1900's. The menu includes classics such as fresh omelets, and homemade cakes. I hope you have your swim suits with you because the beach is calling, so head to the Surf Shack and Windansea Beach, where you will be on one of the finest beaches for surfing of sunbathing in the area. This is a cool place because of the historical significance of the Polynesian hut that is here, go check it out yourself. When hunger strikes head to Alfonso's of La Jolla for some amazingly authentic Mexican food. This restaurant serves everything you could think of and then some. It is a low key place so bathing suits are perfect. When your hunger is appeased walk around Girard Avenue and take a look at all of the great shops, ranging from clothing to art galleries, and collectibles. Take your time looking around here it is a cool place. When you are ready for dinner head back to the La Jolla Shores Hotel, shower up and head downstairs and enjoy one of the hotels great restaurant, aptly named The Shores. Here you will find a great selection of steak and seafood, using only fresh and local ingredients, it will be sure to please.

	La Jolla Shores Hotel Sounds of the surf
	The Cottage Make Yourself at Home
	Surf Shack at Windansea Beach Stack at the Shack
	Alfonso's of La Jolla Heavenly carne asada
	Girard Avenue Local Shops
	The Shores Seaside Dining

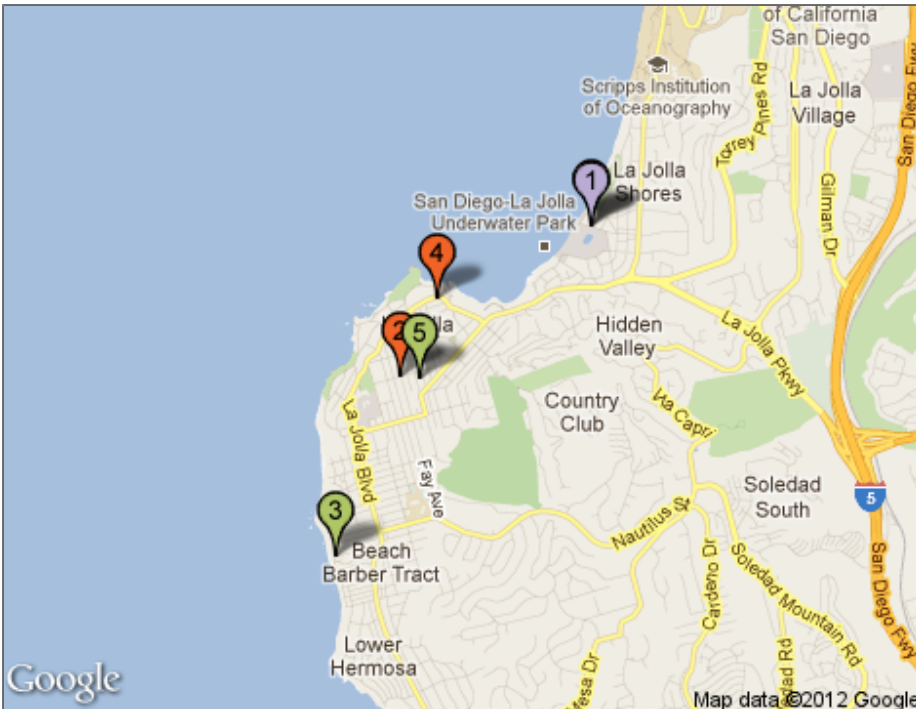
Day 2 - La Jolla

DAY NOTE: Head to Ruby's early this morning because you a big day ahead of you, being that you are about to sail the high seas, and bike around the Jewel of Southern California. Ruby's offers a great selection of breakfasts ranging from burritos to eggs and bacon. Be sure to eat a hearty meal, you will need the

energy. The San Diego Bike and Kayak Tours Inc. will take you on a grand adventure from the Pacific Ocean to the streets of La Jolla, this half day trip will be awesome. Be sure to check their website for and special offers. After you are through traveling the world stop in at BJ's Pizza, Grill and Brewery, for exactly what their name implies. Choose from burgers, pastas, and fresh pizzas. The La Jolla Village is another great place to look around, there is so much here to do that you might want to come back later that night and possibly catch a movie. For dinner Piatti with its infamous bread is a great way to travel to Italy while staying in La Jolla. This restaurant may not be that well known but you will love it, wine and dine until you are content.

	Rudy's Cafe All You Need
	San Diego Bike and Kayak Tours Inc. Adventure Made Easy
	BJ's Pizza, Grill & Brewery After Work Relaxation
	La Jolla Village Grandeur at its Best
	Piatti Do Not Miss the Homemade Bread
	La Jolla Shores Hotel Sounds of the surf

Day 1 - La Jolla



QUICK NOTE

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contact:
tel: 866/392-8762
fax: 858/456-9346
www.ljshoreshotel.com

location:
8110 Camino del Oro
La Jolla CA 92037

1 La Jolla Shores Hotel

DESCRIPTION: Formerly known as the Sea Lodge, this three-story 1960s hotel in a mainly residential enclave is under the same management as the La Jolla Beach & Tennis Club next door. It has an identical on-the-sand location, minus the country-club ambience. About half the rooms have some view of the ocean, and the rest look out on the pool or a tiled courtyard. Priced by view and size, the rooms are pretty basic -- as of this writing, though, they're getting a much-needed renovation, including new furniture, carpeting, and flatscreen TVs. Bathrooms feature separate dressing areas with large closets; balconies or patios are standard, and some rooms have fully equipped kitchenettes. From the beach you can gaze toward the top of the cliffs, where La Jolla's village hums with



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activity (and relentless traffic). Like the B&T, this property is popular with families but also attracts business travelers looking to balance meetings with time on the beach or the tennis court. © Frommer's

contact:

tel: 858/454-8409
fax: +1 858 454 0284
www.cottagelajolla.com

location:

7702 Fay Ave
La Jolla CA 92037

hours:

Daily 7:30am-3pm; dinner
(June-Aug only) Tues-Sat
5-9:30pm

2 The Cottage

DESCRIPTION: La Jolla's best -- and friendliest -- breakfast is served at this turn-of-the-20th-century bungalow. The cottage is light and airy, but most diners opt for tables outside, where a charming white picket fence encloses the trellis-shaded brick patio. Omelets and egg dishes feature Mediterranean, Cal-Latino, and classic American touches. Homemade granola is a favorite as well (it's even packaged and sold to take home). The Cottage also bakes its own muffins, rolls, and coffee cakes. While breakfast dishes are served all day, toward lunchtime the kitchen begins turning out freshly made, healthful soups, light meals, and sandwiches. Summer dinners (never heavy, always tasty) are a delight, particularly when you're seated before dark on a balmy seaside night. If you like what you taste, The Cottage sells a cookbook that includes many of its most popular recipes. © Frommer's



Photo courtesy of Cottage

contact:

tel: +1 619 221 8900
<http://www.sandiego.gov/lifeguards/beaches/windan.shtml>

location:

6800 Neptune Place
La Jolla CA 92037

3 Surf Shack at Windansea Beach

DESCRIPTION: Catch the spectacle of beautiful sunrise and sunsets at the Windansea Beach of La Jolla. The hot spot for surfing and sunbathing—the beach is always crowded with people of all generations. Its main attraction is the Surf Shack, which is a side-less hut created in Polynesian style by the early century Windansea surfers. Rebuilt at least three times, the Surf Shack is proudly designated as an historical landmark by the San Diego Historical Resources Board in 1998. © wcities.com



Photo courtesy of Surf Shack at Windansea Beach

contact:

tel: 1 858 454 2232
<http://alfonsosoflajolla.com/>

location:

1251 Prospect Street
La Jolla CA 92037

hours:

Su from 11:00 AM to 10:00 PM, Mo to Sa from 11:00 AM to 11:00 PM

4 Alfonso's of La Jolla

DESCRIPTION: As you are passing through the picturesque city of La Jolla, stop by this inexpensive, popular Mexican restaurant. The outdoor seating is most popular, offering bright red tables and greenery. Inside, the wooden bar holds a prominent spot, decorated in colorful Mexican blankets. For your meal, consider Steak Picado, which includes beef sautéed with Mexican sausage. Pollo Sasonadao is also popular, served on weekends only. Of course, the most famous entree on this restaurant's menu is the Carne Asada Alfonso. Savor charcoal-broiled steak, served with cheese enchiladas, refried beans, rice and tortilla. © wcities.com



wcities

location:
Girard Avenue
La Jolla CA 92037

5 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: 8584560600
www.theshoresrestaurant.com

location:
8110 Camino Del Oro
La Jolla CA 92037

hours:
Mo to Su from 07:00 AM
to 11:30 AM, Mo to Su from
11:30 AM to 02:30 PM, Mo to
Su from 05:00 PM to 10:00
PM

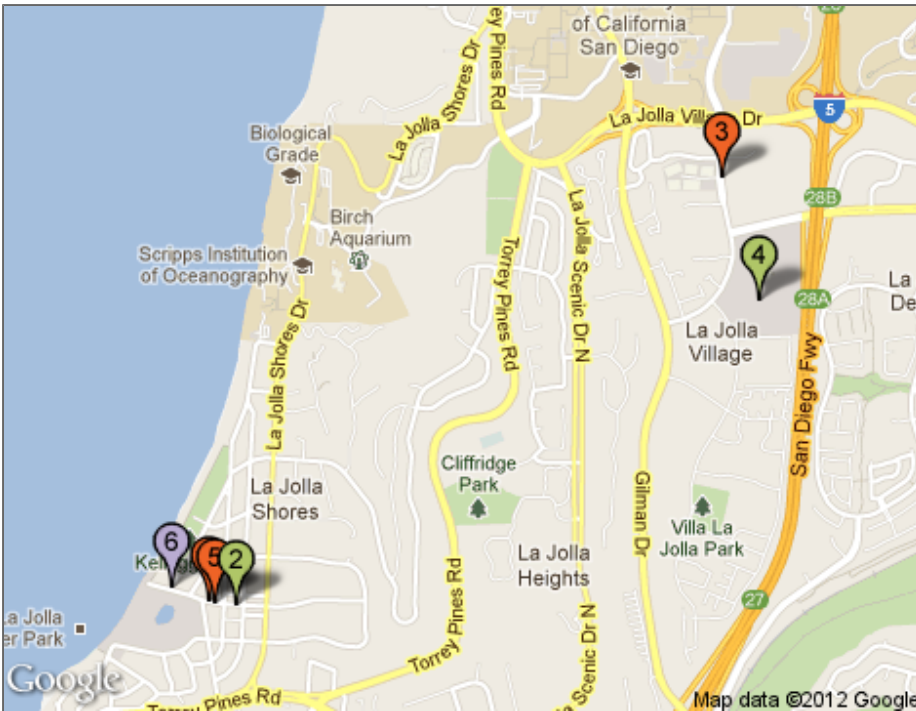
6 The Shores

DESCRIPTION: The Shores Steak & Seafood restaurant combines classic steakhouse favorites and innovative coastal cuisine with spectacular oceanfront views. Their focus is on exceptional quality and fresh local ingredients. The restaurant's surf-side views and inviting atmosphere make for a dining experience you won't soon forget. The restaurant is located at the Sea Lodge Hotel on La Jolla Shores. Call or visit their website for menus and reservations. © wcities.com



citysearch

Day 2 - La Jolla



QUICK NOTE

DAY NOTE: Head to Rudy's early this morning because you have a big day ahead of you, being that you are about to sail the high seas, and bike around the Jewel of Southern California. Rudy's offers a great selection of breakfasts ranging from burritos to eggs and bacon. Be sure to eat a hearty meal, you will need the energy. The San Diego Bike and Kayak Tours Inc. will take you on a grand adventure from the Pacific Ocean to the streets of La Jolla, this half day trip will be awesome. Be sure to check their website for any special offers. After you are through traveling the world stop in at BJ's Pizza, Grill and Brewery, for exactly what their name implies. Choose from burgers, pastas, and fresh pizzas. The La Jolla Village is another great place to look around, there is so much here to do that you might want to come back later that night and possibly catch a movie. For dinner Piatti with its infamous bread is a great way to travel to Italy while staying in La Jolla. This restaurant may not be that well known but you will love it, wine and dine until you are content.

contact:
tel: +1 858 454 5665
<http://www.rudyscafeca.com/>

location:
2168 Avenida De La Playa
La Jolla CA 92037

hours:
M-Su 6a-7p

1 Rudy's Cafe

DESCRIPTION: If you've spent the morning at the Scripps Beach, and are wondering where to head to, to calm your hunger pangs - Rudy's Cafe is just two blocks away. Kick start your day with a steaming mug of coffee and a burrito or just stop by for lunch. All you tea lovers can add this place to your favorite hangouts list - Herbal, Floral, Black, and Green Teas are all imported and served at this cafe. Vegetarians too, will find what they want, as there are various vegan items on the menu. Feast on homemade soups and crisp salads or munch on Pannini Grilled Sandwiches. If you're a fan of Cafe Moto products, here's where you'll find them. © wcities.com



citysearch

contact:

tel: +1 858 454 1010
fax: +1 858 454 1010
<http://www.sandiegobikeandkayaktours.com/>

location:

2222 Avenida De La Playa
La Jolla CA 92037

hours:

Daily 8a

2 San Diego Bike and Kayak Tours Inc.

DESCRIPTION: For a truly one of a kind excursion in the San Diego area, take to the seas-- and what better way than aboard a kayak? San Diego Bike and Kayak Tours Inc. offers great packages to suit the needs of every visitor, from sea-savvy boaters to inexperienced newcomers. They have also set up a variety of combination tours that pair kayak trips with bike rides or snorkeling. Regardless of which option you choose, after you leave the rush of the city, the excitement really begins. For those interested in kayaking, you'll discover a coastline dotted with marine life sure to delight nature lovers, and hidden caves that conceal mysteries ready to be explored. For a closer look, you can hop into the ocean for some snorkeling and get up close with the gentle Leopard Sharks and colorful Garibaldi fish. If you prefer to remain on solid ground, the bike tours are a great choice for catching some of the best sights of the city. The Freefall Tour is a popular choice, beginning with panoramic views at the top of Mt. Soledad and cruising past sites like the Pacific Beach Boardwalk towards La Jolla Cove. Packages are available year round, and be sure to check the website for ticketing information, special deals, and group events. © wcities.com



wcities

contact:

tel: +1 858 455 0662
fax: +1 858 455 9358
<http://www.bjsbrewhouse.com/>

location:

8873 Villa La Jolla D
La Jolla CA 92037

hours:

M-Th, Su 11a-10:30p, F-Sa
11a-11p

3 BJ's Pizza, Grill & Brewery

DESCRIPTION: This is the perfect spot for relaxation after a long day at work. Bring a spouse, friend or co-worker, and order pizza and brew here. Try one of the specialty pizzas, such as Buffalo Chicken or Spinach & Artichoke Pizza. If pizza is not your preference, consider one of the giant stuffed potatoes. The Italian Potato offers homemade meatballs, stuffed in a giant potato with marinara sauce, provolone cheese and Parmesan. Burgers and pasta round out the menu, along with a long list of brews. © wcities.com



Photo courtesy of BJ's Pizza Grill & Brewery

contact:

tel: +1 619 232 3101

location:

8657 Villa La Jolla Drive
La Jolla CA 92037

4 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



wcities

contact:

tel: 858/454-1589
fax: +1 858 454 1799
www.piatti.com

location:

2182 Avenida de la Playa
La Jolla CA 92037

hours:

Mon-Thurs 11:30am-10pm;
Fri 11:30am-11pm; Sat
11am-11pm; Sun 11am-10pm

5 Piatti

DESCRIPTION: La Jolla's version of the reliable neighborhood hangout is this pasta-centric trattoria, a couple blocks inland from La Jolla Shores. You're likely to be surrounded by a crew of regulars that pop in weekly and know the staff by name. You won't feel left out, however, and the food is well priced. The lemon herb-roasted chicken and bistecca (rib-eye) are fantastic, but it's the pastas that parade out to most tables. Try orecchiette bathed in gorgonzola, grilled chicken, and sun-dried tomatoes, or pappardelle "fantasia"--shrimp-crowned ribbons of saffron pasta, primed with garlic, tomato, and white wine. Those who are concerned with carbo-loading can substitute spinach for pasta. Beneath the romantic sprawl of an enormous ficus tree, the outdoor patio is always ideal, thanks to the cozy heaters. © Frommer's



Photo courtesy of Piatti

contact:

tel: 866/392-8762
fax: 858/456-9346
www.ljshoreshotel.com

location:

8110 Camino del Oro
La Jolla CA 92037

6 La Jolla Shores Hotel

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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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