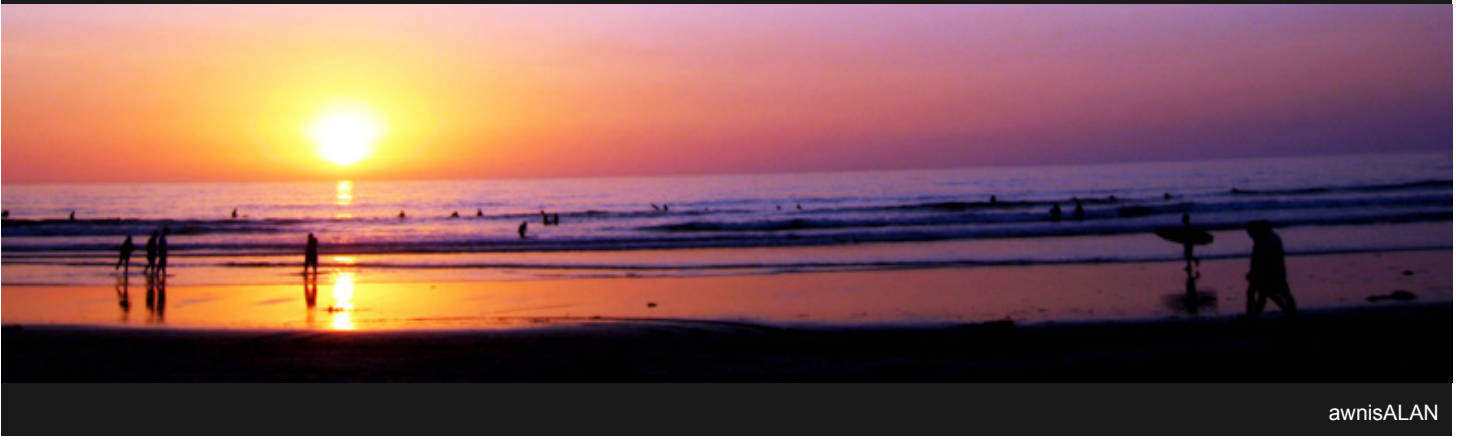




nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



awnisALAN

La Jolla, on a budget

La Jolla, 3 Days

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Guide Description









AUTHOR NOTE: La Jolla is known for its lavish facilities, the name means The Jewel, however do not let that fool you into thinking that it is too expensive. In fact this destination on the Pacific Coast is bursting with incentives and discounts. You can still experience the refined art of the Museum of Contemporary Art, for free. You can experience all the majesty of the mighty Pacific Ocean, for free, and you can have a great time shopping at all the La Jolla hot spots, this stop however is free depending on how well you can control yourself. You may be thinking that you will have to sacrifice and settle for a lower class hotel, however this is not true the La Jolla Inn will treat you like a star, and they have complimentary breakfast, whats not to like.

Itinerary Overview

things to do
restaurants
hotels
nightlife






Day 1 - La Jolla

DAY NOTE: La Jolla is known for its sandy beaches, and killer views, there is no reason that your hotel shouldn't offer these same things. That is exactly what the La Jolla Inn offers, beautiful views, great access to the great beaches, and all for less. Your visit to La Jolla will include great food, as well as a healthy dose of sunny beaches, culture and fun. Today is all about the sun and sand of The Jewel of California. Before you head out for your day in the sun, be sure to take advantage of the La Jolla Inn's complimentary breakfast. Now you are ready to head to Ellen Browning Scripps Park. This beautiful park is located right in the heart of a great array of beach attractions, as well as offering beautiful grounds, perfect for a stroll or a picnic. Once you have enjoyed the park head to the La Jolla Caves, where you will venture through man made tunnels all the way to breathtaking natural caves. The walk is very short and the price is great too. After visiting the caves you will be eager to play in the Tide pools at La Jolla Cove. This is a fun and interactive visit, fun for everyone. Another fun local spot is the Children's Pool Beach, beware the name no longer holds true, now it's the seals beach, they have taken over this wading area, and now call it home. Any of these beautiful locations would be perfect for a picnic and that is what I suggest, take advantage of the weather, and what is better than a sandwich on the beach. After your adventurous day on the mighty Pacific head inland for some authentic Mexican food and Alfonso's of La Jolla. This restaurant provides a great outside dining experience, that will fill up your belly while keeping your wallets full as well.

	La Jolla Inn European Bed and Breakfast
	Ellen Browning Scripps Park Breathtaking Views
	La Jolla Caves Below Sea Level
	Tidepools at La Jolla Cove Dream by the Waves
	Children's Pool Cove-side seal watching
	Alfonso's of La Jolla Heavenly carne asada

Day 2 - La Jolla

DAY NOTE: Once you are able to rouse yourself from sleep, head downstairs and enjoy breakfast at the hotel. Day two is all about the arts, with visits to art museums and aquariums. Your morning begins at the Museum of Contemporary Art San Diego La Jolla. This facility offers over 3,000 permanent works, featuring sculptures, paintings, photos, as well as films. One of the best things about this prestigious museum is that it is free every third Thursday, perfect today is a Thursday. From here hop in the car and take a short drive to Sam Woo Barbeque, it is a short drive to get all the way to authentic Cantonese food. Go ahead try it, step out. From here head to the Birch Aquarium and explore its selection of rare and mysterious ocean creatures. This is both a landmark as well as a great place to visit, be sure to check out the website and pick up your free coupons. Another fun stop is the Stuart Collection of Sculpture at University of California, this is not your normal museum, it is art that is everywhere, enjoy wandering the campus enjoying the works of art. I am sure you enjoyed the Sam Woo BBQ so step out again and try La Basil Thai Cuisine, do not be scared when there is no line at the restaurant, it is good. This restaurant provides a great atmosphere, great food as well as a great price.

	La Jolla Inn European Bed and Breakfast
	Museum of Contemporary Art San Diego La Jolla Melange of Contemporary & Fine Art
	Birch Aquarium at Scripps 20,000 leagues of fun
	Stuart Collection of Sculpture at University of California Art Walk: Permanent Outdoor Sculptures on Campus
	La Basil Thai Cuisine Thai Eats







Day 3 - La Jolla

DAY NOTE: Sleep in today, enjoy the morning and do not be in a rush, and when hunger does finally come around head to Harry's Coffee Shop, which is a landmark in itself being that it has been in business for 40 years. There you will find great American favorites as well as a great coffee. You must at least visit the great shopping places in La Jolla, if nothing else just to enjoy the culture and passion of the city. Girard Avenue has a collection

Itinerary Overview

things to do
restaurants
hotels
nightlife

of great independent shops , ranging from clothing to book stores to crafts. Even if you don't buy anything it is great fun. Very close to his avenue is Herschel and Wall Street, where you can find any type of food you desire, so check them all out and enjoy lunch. After you are filled up, drive over to Mount Soledad, this historic site is both educational as well as stunning. When you have reached the top you will have one of the best views of La Jolla and the surrounding Pacific ocean. After your hike hunger is sure to set in, so head over to Rudy's Cafe, they will be sure to have something for even the pickiest eaters, as well as pricing to make everyone happy.

	La Jolla Inn European Bed and Breakfast
	Harry's Coffee Shop A La Jolla landmark
	Girard Avenue Local Shops
	Herschel and Wall Street Food Street
	Mount Soledad La Jolla's city view
	Rudy's Cafe All You Need

will start your day with a delicious complimentary continental breakfast and the daily newspaper, served in the privacy of your room or on our very own sundeck, overlooking the ocean. Then the rest of the day is yours to explore the shops, gourmet restaurants, art galleries and famous beaches of La Jolla. Sea World, the San Diego Zoo and Downtown San Diego are all within a short drive. In the afternoon, complimentary beverages and our award winning home fresh baked cookies are served in the library. Coffee and tea are available throughout the day. We invite you to come and experience La Jolla and the La Jolla Inn. My staff and I will make every effort to make your stay a pleasant one. Regards, Anthony Torbati Owner La Jolla Inn

contact:
tel: +1 619 236 5555

location:
1133 Coast Boulevard
La Jolla CA 92037

hours:
24hrs

2 Ellen Browning Scripps Park

DESCRIPTION: Named for newspaper heiress and early La Jolla resident Ellen Browning Scripps, this community park offers one of the best views along the Southern California coastline. The park overlooks La Jolla Cove where clear Pacific waters crash against the rocky shoreline. Countless tourists and locals flock to this park for daytime picnics on the perfectly manicured lawns surrounded by palm trees. The grounds are also ideal for evening strolls while watching glorious sunsets. For those seeking a glimpse of the local seal population Children's Pool Beach is located at the south end of the park. © wcities.com



wcities

contact:
tel: +1 858 459 0746
<http://www.cavestore.com>

location:
1325 Cave Street
La Jolla CA 92037

hours:
Daily 9a-5p

3 La Jolla Caves

DESCRIPTION: Climb 145 steps down into Sunny Jim Cave, the largest of the grottoes in La Jolla Cove. The area is now run by the Cave Store, which displays historic photographs of La Jolla and offers a small concession where visitors can purchase souvenirs, postcards and T-shirts. A trip here provides a fascinating glimpse into what lies under, as well as over, the scenic California coastline. © wcities.com



wcities

contact:
tel: +1 858 454 1444

location:
1100 Coast Boulevard
La Jolla CA 92037

4 Tidepools at La Jolla Cove

DESCRIPTION: Visit the La Jolla Cove which is a tiny beach in between the nearby sandstone cliffs for its extraordinary beauty. This most photographed beach in Southern California is worth visiting for its tide pools. At high tides, the rocks on the sandy part of the beach trap water and leave behind a tide pool. Adults and kids alike love the idea of peering into them and enjoying around them. However, do check the tide times before you go to the beach, as the tide pools at La Jolla Cove can be enjoyed best at low tides. © wcities.com



Photo courtesy of the sun hums

contact:

tel: +1 858 221 8884
<http://www.sandiego.gov/lifeguards/beaches/pool.shtml>

location:

850 Coast Boulevard
La Jolla CA 92037

5 Children's Pool

DESCRIPTION: Originally designed as a safe place for children to wade, this pool is now a haven for sunbathing seals. As the seals took over, the spot's popularity increased, bringing in even more children. But nowadays, the children are only spectators, as the area is often closed to swimmers because of seal-made pollution. The man-made cove is also a popular spot for scuba divers. You can venture out across the water walkway, watching seals and humans—both in their shiny black suits and flippers—slip away into the ocean. Nearby, you will find the beautiful La Jolla Cove and tide pools. © wcities.com



wcities

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

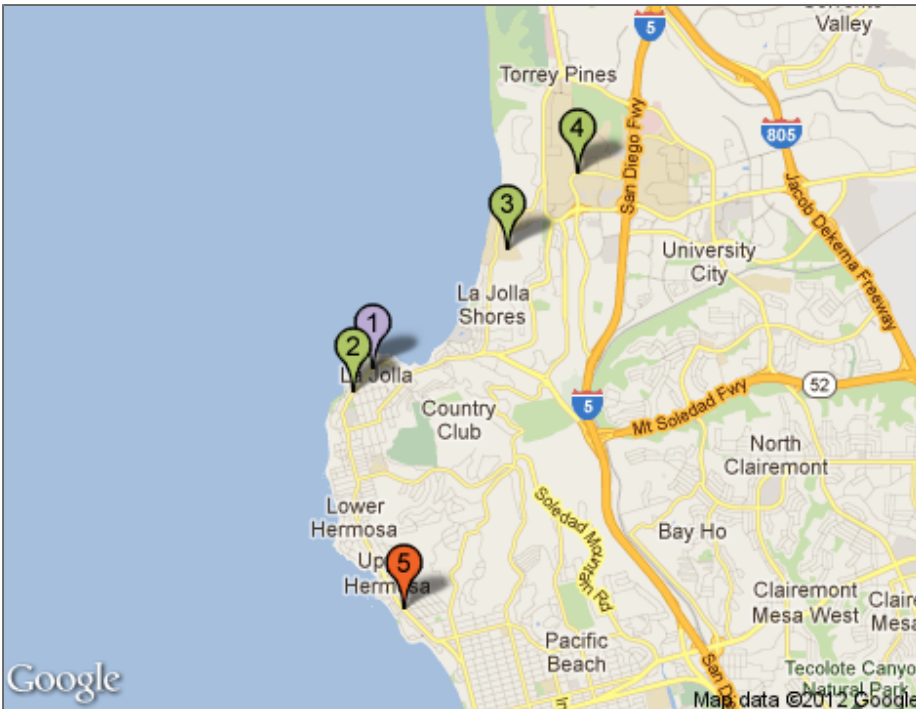
6 Alfonso's of La Jolla

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

Day 2 - La Jolla



QUICK NOTE

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contact:

<http://www.bedandbreakfast.com/california-la-jolla-lajollainn.html>

location:

1110 Prospect Street
La Jolla CA 92037

1 La Jolla Inn

DESCRIPTION: Thank you for your interest in the La Jolla Inn. We are a small, non-smoking European Inn located in the heart of La Jolla just steps away from the deep blue Pacific Ocean. We have 23 European style rooms, including 2 suites. Most rooms offer a private balcony with lovely ocean views. The rooms feature handmade quilts and flower bedecked balconies with sublime views of the Pacific Ocean! All of our rooms feature a queen size bed, cable, coffee makers, hair dryers, refrigerators, air conditioning, iron and ironing boards. We will start your day with a delicious complimentary continental breakfast and the daily newspaper, served in the privacy of your room or on our very own sundeck, overlooking the ocean. Then the rest of the day is yours to explore the shops, gourmet



more at BedandBreakfast.com

restaurants, art galleries and famous beaches of La Jolla. Sea World, the San Diego Zoo and Downtown San Diego are all within a short drive. In the afternoon, complimentary beverages and our award winning home fresh baked cookies are served in the library. Coffee and tea are available throughout the day. We invite you to come and experience La Jolla and the La Jolla Inn. My staff and I will make every effort to make your stay a pleasant one. Regards, Anthony Torbati Owner La Jolla Inn

contact:

tel: +1 858 454 3541
fax: +1 858 454 6985
<http://www.mcasd.org>

location:

700 Prospect Street
La Jolla CA 92037

hours:

M-W 11a-5p, Th 11a-7p, Sa-Su 11a-5p

2 Museum of Contemporary Art San Diego La Jolla

DESCRIPTION: MCASD La Jolla has a permanent collection of more than 3,000 works from different genres created after the 50s. There are paintings, sculptures, works on paper, photography, video, film, and installation. MCASD is an established patron of the arts and has helped many artists achieve success. MCASD maintains an extensive collection of minimalist, pop, conceptual, installation, Latin American, and Californian art. MCASD's downtown San Diego location is also worth a stop. On the third Thursday of each month, the museum is open from 11 am to 7 pm. For more information please see the website. © wcities.com



wcities

contact:

tel: +1 858 534 3474
fax: +1 858 534 7114
<http://www.aquarium.ucsd.edu>

location:

2300 Expedition Way
La Jolla CA 92161

hours:

Daily 9am-5pm

3 Birch Aquarium at Scripps

DESCRIPTION: Lovers of all types of marine life will delight in a tour of this world-renowned aquarium and oceanographic museum. Splendid examples of marine life of all sizes, shapes and colors are here on display from the cool Pacific Northwest to the warm waters off Mexico. An extension of the famous Scripps Institute of Oceanography, the mission here is to promote ocean sciences through hands-on experience. A snack shop and gift shop are on premises. Admission required. © wcities.com

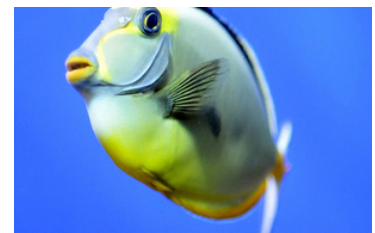


Photo courtesy of SD Dirk

contact:

tel: +1 858 534 2117
fax: +1 858 534 9713
<http://stuartcollection.ucsd.edu/>

location:

9500 Gilman Drive
La Jolla CA 92037

4 Stuart Collection of Sculpture at University of California

DESCRIPTION: The Stuart Collection of Sculpture at the University of California is like no other. You will find artwork at every nook and corner of the university campus. Download the map from the website and you will be able to track down your favourite artist. This project is one of its kind and seeks to encourage artists. It also hopes to enrich the cultural understanding of not only the UCSD campus but also of the local community. Many works from artists who have designed works for period specific collections from the 1970's can be found here. You will find artists like Jenny Holzer, Robert Irwin, John Baldessari, Bruce Nauman and Alexis Smith amongst many other. © wcities.com



Photo courtesy of Stuart Collection of Sculpture at University of California

contact:

tel: +1 858 456 7889
http://sandiego.citysearch.com/profile/42636161/la_jolla_ca/la_basil_thai_cuisine.html

location:

5525 La Jolla Boulevard
La Jolla CA 92037

hours:

M-F 11a-3p & 5p-10p, Sa
noon-10p, Su 3p-9p

5 La Basil Thai Cuisine

DESCRIPTION: Despite the fact that this restaurant doesn't get very busy, the hooked diners who keep returning will tell you La Basil consistently serves fresh and delicious food. Known for their house curry, this place is surprisingly cheap considering the variety on the menu and the classy feel given by the lighting and decorations. For a charming and low-key evening of dining, preferably with a date, this spot is worth hunting down. © wcities.com

Day 3 - La Jolla



QUICK NOTE

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contact:

<http://www.bedandbreakfast.com/california-la-jolla-lajollainn.html>

location:

1110 Prospect Street
La Jolla CA 92037

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overlooks the ocean, the city's landscape and more - is worth every minute. On a sparkling day (which San Diego has many of), Mt. Soledad's view is breathtaking - from La Jolla's pristine beaches, downtown's skyscrapers, the Mission Beach bay and all the tiny people, this is a picture-perfect spot. In addition, the Mt. Soledad view pays memorium to the Veterans of the area, with a sky scraping cross and personal stories of the lives lost at war; an American flag plays toward a historic backdrop in these iconic pictures as well.

© NileGuide

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

6 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

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.

©