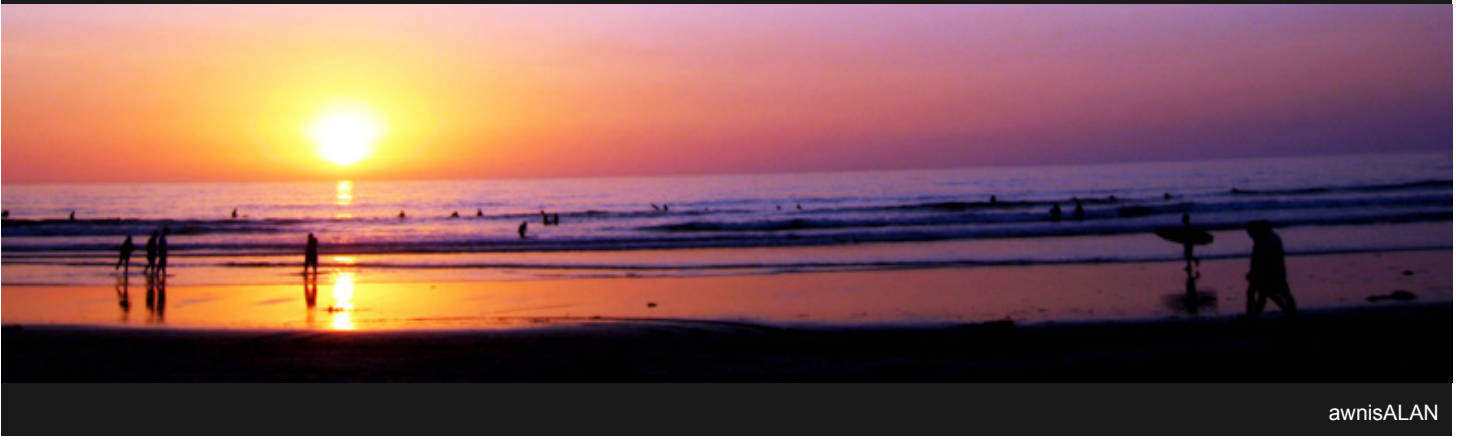




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ALL YOU NEED TO PLAN YOUR PERFECT TRIP



awnisALAN

Local La Jolla - on a Budget

La Jolla, 2 Days

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Guide Description

AUTHOR NOTE: Don't be intimidated by the prestigious scenery of La Jolla - the area gem might be recognized around the nation for its high prices and celebrity clientele, but without it's diversity La Jolla would lack most of its character. With many of the local flavors in this San Diego neighborhood additionally on the lower price scale, you'll easily find a weekend in La Jolla easy on the wallet and still fun.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - La Jolla

DAY NOTE: Start out your day at one of the hidden breakfast places in La Jolla - just on your way in to the center of the city. Come on In! is often packed weekend mornings and packs great specialty dishes (check out their daily menu which often houses the best dishes of the day). Make sure to pack swimwear as the best bet to enjoy La Jolla is at the Shores, a tourist and local attraction where surfers enjoy the waves at all hours, athletes pass by on the surrounding bikepath and neighbors light up the fire pits for bbq's and birthdays. The caves is another enjoyable feature, as is the museum, but all can be taken in without spending too much dough - check out the times for free entrances and see the caves by kayak (a more adventurous version). Enjoy La Jolla's night scene with the newly opened Prospect Bar and Lounge on the second story of the city's main street, where you'll check out the waves with a cocktail in hand.



Come On In
Cafe & Bakeshop



La Jolla Shores
Local surfing and tourist beach



La Jolla Caves
Below Sea Level



Living Room Coffeehouse
Joe with Jazz



**Museum of Contemporary Art San Diego
La Jolla**
Melange of Contemporary & Fine Art



Prospect Bar and Lounge
Prospective Eatery

your evening in the center of La Jolla with a local favorite and nightclub/ sushi bar, Aloha.



Harry's Coffee Shop
A La Jolla landmark



Torrey Pines State Reserve
Twisted Trees



Torrey Pines Gliderport
Paragliding and hangliding



Mount Soledad
La Jolla's city view

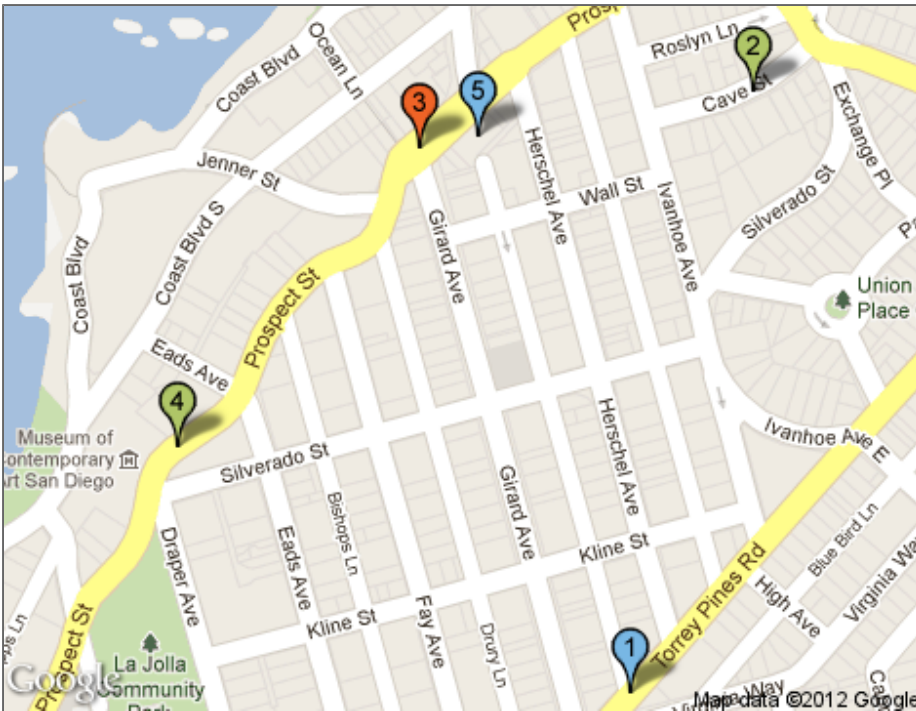


Aloha Sushi & Hawaiian Grille
Sail away to Hawaiian paradise

Day 2 - La Jolla

DAY NOTE: Spend your second day in La Jolla admit the so-called "University City/La Jolla" area of Torrey Pines State Reserve (another beach just up the path from Del Mar) and Mount Soledad. The views from Mt. Soledad are worthwhile, so pack a camera and a light jacket (it's high up there and often windy) and drive through the surrounding neighborhood for a glance at some of the area's most gorgeous homes (many of which have an ocean view). Enjoy breakfast at the local joint Harry's before you head off toward Torrey Pines, and finally finish

Day 1 - La Jolla



QUICK NOTE

DAY NOTE: Start out your day at one of the hidden breakfast places in La Jolla - just on your way in to the center of the city, Come on In! is often packed weekend mornings and packs great specialty dishes (check out their daily menu which often houses the best dishes of the day). Make sure to pack swimwear as the best bet to enjoy La Jolla is at the Shores, a tourist and local attraction where surfers enjoy the waves at all hours, athletes pass by on the surrounding bikepath and neighbors light up the fire pits for bbq's and birthdays. The caves is another enjoyable feature, as is the museum, but all can be taken in without spending too much dough - check out the times for free entrances and see the caves by kayak (a more adventurous version). Enjoy La Jolla's night scene with the newly opened Prospect Bar and Lounge on the second story of the city's main street, where you'll check out the waves with a cocktail in hand.

contact:

tel: +1 858 551 1063
fax: +1 858 551 1863
<http://www.comeonincafe.com>

location:

1030 Torrey Pines Road
La Jolla CA 92037

hours:

M-F 7a-9:30p, Sa-Su
8a-9:30p

1 Come On In

DESCRIPTION: This restaurant's country French decor will put you at ease as you savor your meal or baked goods. Sit outside and take in a bit of sunshine as you visit with friends or read the newspaper. Try the Spinach Sandwich or the Curried Chicken Sandwich. The Pasta Salad also comes highly recommended. As for the baked goods, try the Blueberry Coconut Coffeecake, the Cream Pecan Coffeecake or one of the delicious breads. Standard items like fresh scones, muffins and a variety of cookies are also available. © wcities.com



wcities

contact:

tel: 619-221-8899
<http://www.a-zsandiegobeaches.com/lajollashores.htm>

La Jolla Shores

DESCRIPTION:

Just minutes from downtown La Jolla and surrounded by the University of California, San Diego's famed Scripps institute of Oceanography, La Jolla Shores is home to some of San Diego's most

location:

Calle Frescota
La Jolla CA 92037

diverse sea life and tourists. Just blocks from the La Jolla Hotel, beaches are packed with the surrounding tourist destinations for restaurants, outdoor activities (kayak rentals, scuba tours and surfboard rentals) and California beach shopping. The beach is often most crowded during late spring and summer months. If you're looking to learn how to surf, this is the place, as amateur surfers enjoy the mild waves and won't pound on you for being a tourist. What makes the Shores even more enjoyable is its grassy knolls directly adjacent to the beach (and adorning running path). With bar-b-que pits, tons of space and several park benches as well as picnic tables, the Shores offers enough space for large parties looking to harmonize both the beach and sunny California's weather - but get there early during the prime months as spots are taken quick. © NileGuide

contact:

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

2 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

location:

1325 Cave Street
La Jolla CA 92037

hours:

Daily 9a-5p

contact:

tel: +1 858 459 1187
fax: +1 858 551 0973
<http://www.livingroomcafe.com/lajolla.html>

3 Living Room Coffeehouse

DESCRIPTION: Only steps away from the famous La Jolla Shore, this establishment is always crowded with locals, ranging from college students to business professionals. An eclectic assortment of tables and chairs is accompanied by lively jazz music playing overhead. In addition, a surprisingly extensive menu features breakfast, lunch and dinner. Popular entrees include the Tuna Melt, Shrimp Pasta Salad and Turkey Lasagna. Meanwhile, dozens of pastries line a glass display case at the order counter. Choose from tarts, cakes, croissants and danish. © wcities.com



wcities

location:

1010 Prospect Street
La Jolla CA 92037

hours:

Daily 6a-Mid

contact:

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

4 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

location:

700 Prospect Street
La Jolla CA 92037

hours:

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

contact:

tel: +1 858 454 8092
<http://www.prospectbar.com/>

location:

1025 Prospect Street
La Jolla CA 92037

hours:

M 4p-2a, W-F 4p-2a, Sa-Su
9a-2a



Prospect Bar and Lounge

DESCRIPTION: It has become La Jolla's main attraction thanks to its breathtaking coastal views and vast menu of cocktail and happy hour specials. Prospect Bar & Grill is the new La Jolla hot spot for all adventures after the sun goes down and beyond, with great guest DJs hitting the smaller, upscale venue on the weekends, special events happening year round and drink specials every night. Not only that, but during the afternoons the bar serves up some great eats like burgers or grill, making the Prospect Bar & Grill somewhere to hit no matter what time of day.
© NileGuide

contact:

tel: +1 858 755 2063
http://www.torreypine.org

location:

12600 North Torrey Pines Road
La Jolla CA 92037

hours:

Daily 8a

2 Torrey Pines State Reserve

DESCRIPTION: One of only two places on the California coast where these gnarled, once nearly extinct specimens grow, visitors will witness more than 3000 Torrey Pines in this untamed 2000-acre reserve. You will also see cliffs, mesas, canyons, beaches and wetlands. Discover eight trails ranging from a 20-minute walk to a two-hour hike. Trail maps are available at the Visitor's Lodge, where you'll also find a modest natural history museum (complete with souvenir shop). Despite the shade, it can be hot in the summer - bring your own water. See website for maps, online resources and more. © wcities.com



wcities

contact:

tel: +1 858 452 9858 / +1 877 359 8326(Toll Free)
fax: +1 858 452 9983
http://www.flytorrey.com

location:

2800 Torrey Pines Scenic D
La Jolla CA 92037

3 Torrey Pines Gliderport

DESCRIPTION: Wanna soar over the sea? Since 1928, adventurers have been soaring from the cliffs at this location. Paragliding lessons and hangliding lessons are available. The fastest way to experience flight is to go tandem with an instructor for a 20-minute ground school followed by a 25-minute in-air flight. Reservations are required for lessons, none accepted for tandem flights, just call for weather conditions before coming. For the less bold, sit and watch the activity from the outdoor cafe or browse through the High Flying Gift Shop. The Gliderport has been selected as number six in the top ten ultimate adventure camps in America by the Outdoor Life Network. © wcities.com



wcities

contact:

tel: +1 858 459 2314
fax: +1 858 459 2485
http://www.soledadmemorial.com/

location:

6905 La Jolla Scenic Drive South
La Jolla CA 92037

4 Mount Soledad

OUR LOCAL EXPERT SAYS:

No matter the time of day or year you're heading to Mt. Soledad, make sure to bring a sweater as the breeze at this height is strong!

DESCRIPTION: Head up the hill from downtown La Jolla's scenic beach arena and you'll see what everyone is talking about - the view from Mt. Soledad, the historic spot that 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



wcities

contact:

tel: 858-551-5000

<http://www.alohasushilounge.com>

location:

7731 Fay Ave

La Jolla CA 92037

5 Aloha Sushi & Hawaiian Grille

DESCRIPTION: Aloha Sushi doesn't just welcome sushi lovers with its Hawaiian inspired ambiance (complete with flowers adorning every table and tiki lights) but also with its excellent cuisine. Apart from selling outstanding sushi, where special rolls are the perfect complement to your exotic drink special (night happy hour specials are the ideal time to visit this place), this small, La Jolla sushi bar offers a lively night club experience once the sun goes down. With cabanas stretching to the back of the lot, sushi is accompanied by loud music, strobe lights and dancing. It's perfect for a large party who want to feel like they are in downtown San Diego without making the trek into the city. For fans of something cooked, their grill is equally superb, with large sized portions. With its great location and a resort-like ambiance, it's a great place to treat yourself.
© NileGuide



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.

©