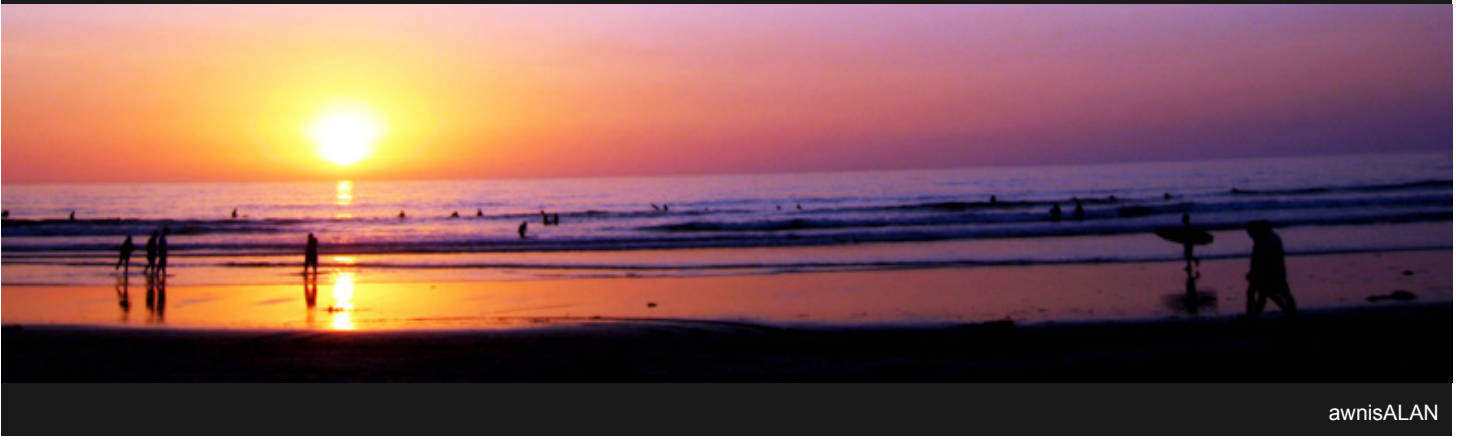




nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



awnisALAN

Offbeat, La Jolla

La Jolla, 2 Days

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Guide Description










AUTHOR NOTE: La Jolla is a beautiful gem located in Southern California right next to the beautiful Pacific Ocean. There is so much beauty to La Jolla, whether it be its many breath taking beaches, posh dining spots or world renowned hotels, however there is so much more. No matter where you stay while in La Jolla you will be treated like royalty however still keep your modesty and stay at the La Jolla Cove Suites. Located near the hustle and bustle of the downtown area you will always have something fun and exciting to do. Art abounds in this culturally minded area, you can find many traditional art galleries, however there are also some that will exhibit mediums you have never even thought of like the La Jolla Fiber Arts with their array of handmade dolls and tapestries. While here on the beach you will also be able to dine at restaurants ranging from Thailand to Tokyo, to the unknown coffee house you always have wanted to find.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - La Jolla









DAY NOTE: The La Jolla Cove Suites will be sure to please with their prime location and contemporarily furnished rooms. You are here to discover La Jolla so head out to the Mission Coffee Cup Cafe, this ultra-casual coffee house is great for a cup of coffee of to eat breakfast and enjoy the paper. From here head to the Quint Contemporary Art, this gallery specializes in contemporary modern art, and they boast a large collection of abstract and representational art as well. The OBernier Gallery is another great spot for contemporary or traditional art, this gallery has an extensive collection of different artists which creates a very nice flow. For lunch Brockton Villa Restaurant with its shore-side dining veranda and fireplace creates an amazing atmosphere that will make you want to spend all afternoon sipping on their hand crafted "Brocktails". When you finally manage to leave Brockton's the La Jolla Fiber Arts will surely satisfy with their eclectic collection of textile pieces such as tapestries, baskets and dolls. The Living Room Coffeehouse is your destination for tonight, this jazz cafe, coffee house restaurant hybrid will be captivating.

	Coffee Cup Cafe Most Crowded Spot in Town
	Quint Contemporary Art Cutting-Edge Gallery
	OBernier Gallery Original Works of Art
	Brockton Villa Bungalow Dining
	La Jolla Fiber Arts Specialist Gallery
	Living Room Coffeehouse Joe with Jazz
	La Jolla Cove Suites Village Close & A World Away

Day 2 - La Jolla

DAY NOTE: Waking up overlooking the Pacific Ocean at La Jolla Cove Suites will surely be one of the highlights of you stay. Take your time enjoying the view The Cottage serves breakfast all day, so they are ready when you are. Their Mediterranean

inspired omelets will be sure to hit the spot, and be sure to try their fresh made pastries. From here head to the Birch Aquarium, part of the world renowned Scripps's properties this aquarium boasts some of the rarest ocean dwelling creatures, such a sea horses, sharks and other cool animals. When you have traveled the ocean voyage to Joseph Bellows Gallery for a different kind of art, a mixture of vintage and contemporary pieces ranging from books to other cool collectibles which are all for sale. All of this art viewing will surely make you hungry so head to Thailand and enjoy some authentic foods, of just go to Spice and Rice Thai Kitchen, the choice is yours. This dining experience will surely make you feel you have traveled around the world, even though it is not the most intimate experience the food is well worth it. Head to Girard Avenue for some shopping at their independent boutiques where you can find whatever style of clothing you like. You will also find many cool shops that you should at least check out. August is the month that the Sherwood Auditorium hold Summerfest which is a collection of many bands who play here. If you are interested check the line-up and plan accordingly. After the show head to Roppongi named after a nightclub in Tokyo. This restaurant has a very diverse menu featuring duck quesadilla and many other seafood dishes, fresh from the Pacific. For some dessert after dinner or anytime during the day go to Michele Coulon Dessertier and enjoy her hand crafted pieces that look so good you don't want to eat them, however they look so good you must.

	The Cottage Inexpensive La Jolla breakfast
	Birch Aquarium at Scripps 20,000 leagues of fun
	Joseph Bellows Gallery Flash Works
	Spice and Rice Thai Kitchen Flavors of Thai
	Girard Avenue Local Shops
	Sherwood Auditorium Theatrics, La Jolla Style
	Roppongi Feng shui environment
	Michele Coulon Dessertier Eat Your Cake Too

Itinerary Overview

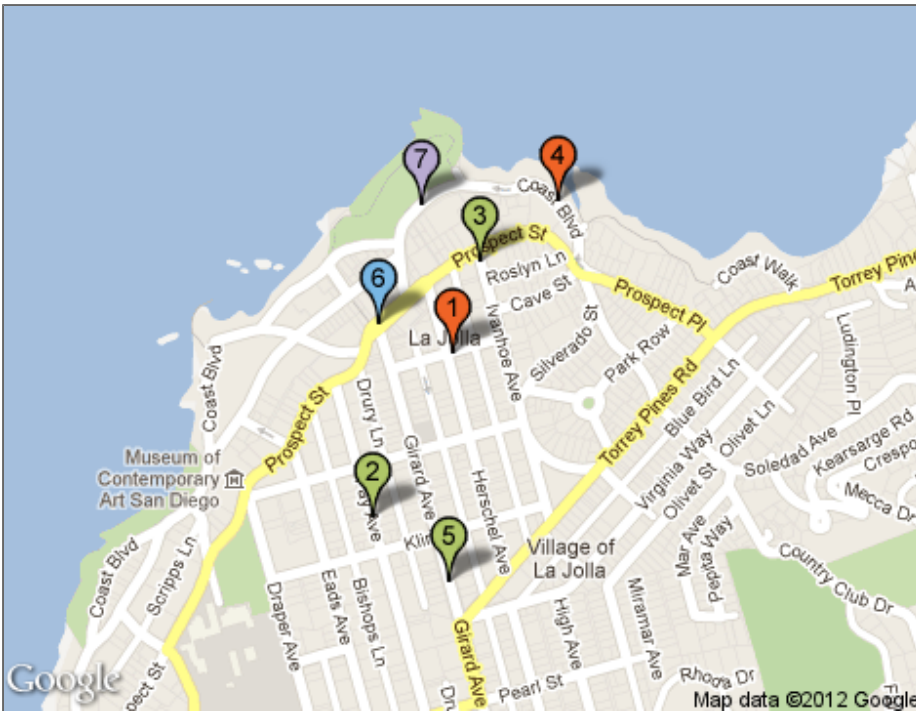
things to do
restaurants
hotels
nightlife



La Jolla Cove Suites

Village Close & A World Away

Day 1 - La Jolla



QUICK NOTE

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contact:
tel: +1 858 551 8514

location:
1109 Wall St
La Jolla CA 92037

hours:
Daily 8a-3p

1 Coffee Cup Cafe

DESCRIPTION: The decor is virtually non-existent and the atmosphere is ultra-casual, yet this place is arguably the most crowded cafe in all of La Jolla. It is not on the beaten path of La Jolla's main streets, making it a well-kept secret among locals who flock here daily. Expect a busy and noisy atmosphere, compliments of the full-view kitchen. Breakfast options include Blackberry Pancakes and Mission French Toast. With sandwiches and other lunch options available, this makes for an excellent meeting spot or just a spot to meet new people. © wcities.com



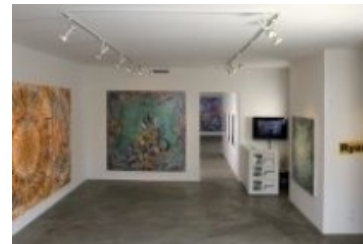
wcities

contact:
tel: +1 858 454 3409
fax: +1 858 454 3421
<http://www.quintgallery.com>

location:
7739 Fay Avenue
La Jolla CA 92037

2 Quint Contemporary Art

DESCRIPTION: La Jolla has become world famous for its distinguished art galleries. This particular establishment is a top gallery for contemporary modern art in oil, watercolor, mixed media and photography. Sculpture in various media is also shown. The gallery has a strong list of abstract and representational artists, who cover still life, landscape and inspirational themes. A different artist is featured in exhibition each month. Viewing can also be arranged by appointment. © wcities.com



wcities

contact:
tel: +1 858 459 5004
fax: +1 858 459 5290

location:
7979 Ivanhoe Avenue
La Jolla CA 92037

hours:
Su-F 11a-5p, Sa 11a-6p

3 OBernier Gallery

DESCRIPTION: View both contemporary and traditional fine art at this distinguished gallery in downtown La Jolla. Paintings, framed and unframed, range from very bright to mildly subtle colors. In addition, the establishment displays a vast range of sculptures. The gallery represents a long list of featured artists including Braslow, Guilloume, Nakamura, Slabbinck and Velazquez. Art collectors may view the original works during regular business hours or call for a customized appointment. © wcities.com



wcities

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

4 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:

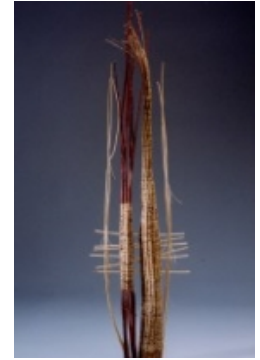
tel: +1 858 454 6732
fax: +1 858 454 6641
<http://www.lajollafiberarts.com/>

location:

7644 Girard Ave
La Jolla CA 92037

5 La Jolla Fiber Arts

DESCRIPTION: La Jolla hosts numerous prestigious art galleries, but this particular establishment is truly original. This is a charming gallery devoted entirely to textile arts by both local and nationally known artists. In the colorful medium, the current collection includes exquisite art couture, woven and fiber adornments and jewelry, hand-woven tapestries and art quilts. Basketry and handmade dolls are also featured. In addition, the gallery provides featured exhibition displays of named artists. © wcities.com



La Jolla Fiber Arts

contact:

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

location:

1010 Prospect Street
La Jolla CA 92037

hours:

Daily 6a-Mid

6 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

contact:

tel: 888/525-6552
fax: 858/551-3405
www.lajollacove.com

location:

1155 Coast Blvd
La Jolla CA 92037

7 La Jolla Cove Suites

DESCRIPTION: Tucked in beside prime ocean-view condos across from Ellen Browning Scripps Park, this family-run 1950s-era catbird seat actually sits closer to the ocean than its pricey uphill neighbor La Valencia. The to-die-for ocean view is completely unobstructed, and La Jolla Cove -- one of California's prettiest swimming spots -- is steps away. The six-story property is peaceful at night, but village dining and shopping are only a short walk away. You'll pay according to the quality of your view; about 80% of guest quarters gaze upon the ocean. Most rooms are wonderfully spacious, each featuring a fully equipped kitchen, plus a private balcony or patio; they have functional but almost institutional furnishings. An ocean-view rooftop deck offers lounge chairs and cafe tables; breakfast is served up there each morning, indoors or outdoors depending on the weather. © Frommer's



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Day 2 - La Jolla



QUICK NOTE

DAY NOTE: Waking up overlooking the Pacific Ocean at La Jolla Cove Suites will surely be one of the highlights of your stay. Take your time enjoying the view. The Cottage serves breakfast all day, so they are ready when you are. Their Mediterranean inspired omelets will be sure to hit the spot, and be sure to try their fresh made pastries. From here head to the Birch Aquarium, part of the world renowned Scripps properties this aquarium boasts some of the rarest ocean dwelling creatures, such as sea horses, sharks and other cool animals. When you have traveled the ocean voyage to Joseph Bellows Gallery for a different kind of art, a mixture of vintage and contemporary pieces ranging from books to other cool collectibles which are all for sale. All of this art viewing will surely make you hungry so head to Thailand and enjoy some authentic foods, or just go to Spice and Rice Thai Kitchen, the choice is yours. This dining experience will surely make you feel you have traveled around the world, even though it is not the most intimate experience the food is well worth it. Head to Girard Avenue for some shopping at their independent boutiques where you can find whatever style of clothing you like. You will also find many cool shops that you should at least check out. August is the month that the Sherwood Auditorium hold Summerfest which is a collection of many bands who play here. If you are interested check the line-up and plan accordingly. After the show head to Roppongi named after a nightclub in Tokyo. This restaurant has a very diverse menu featuring duck quesadilla and many other seafood dishes, fresh from the Pacific. For some dessert after dinner or anytime during the day go to Michele Coulon Dessertier and enjoy her hand crafted pieces that look so good you don't want to eat them, however they look so good you must.

contact:

tel: +1 858 454 8409
fax: +1 858 454 0284
<http://www.cottagelajolla.com/>

location:

7702 Fay Ave
La Jolla CA 92037

1 The Cottage

OUR LOCAL EXPERT SAYS:

While you might be frightened away by the huge crowd that constantly surrounds the Cottage's white picket fence, don't fret - a fast turnaround, coffee and coffee cake make your wait a breeze!



DESCRIPTION: Start your day out right with breakfast at this beautiful little bungalow. It will not matter if you are a late riser, since breakfast entrees are served all day. Favorite menu items include the many different types of omelets that reflect American, Mediterranean and Asian touches. Fresh baked goods are made on the premises including muffins, breakfast breads and brownies. Later in the day, the kitchen offers tasty soups and sandwiches. © wcities.com

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

location:
2300 Expedition Way
La Jolla CA 92161

hours:
Daily 9am-5pm

2 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: +1 858 456 5620
fax: +1 858 456 5621
<http://www.josephbellows.com>
/

location:
7661 Girard Avenue
La Jolla CA 92037

3 Joseph Bellows Gallery

DESCRIPTION: Combining vintage and the contemporary is what Joseph Bellows Gallery aims to achieve. With a variety of photographic art on display, the collection spans over three different rooms. The gallery not only provides artists to showcase their works but also aids prospective buyers to land what they are looking for, with consultation services along the way. Also up for grabs are a variety of books on art related subjects. Keep tabs on the website for exhibitions on works by individual artists. Open Saturday by appointment. © wcities.com



Photo courtesy of Joseph Bellows Gallery

contact:
tel: +1 858 456 0466

location:
7734 Girard Avenue
La Jolla CA 92037

hours:
M-Th 11a-3p, F-Sa 5p-11p,
Sa 11a-3p, Su 5p-10p

4 Spice and Rice Thai Kitchen

DESCRIPTION: The most die-hard Thai food lover will be pleased by the taste and presentation of the food at Spice and Rice. The house specialty known as "Gold Bags", rice paper wraps filled with your choice of pork or glazed duck, is a unique take on food that is already bursting with savory flavors. Like their prices, this restaurant is small, but don't be discouraged by rubbing your elbows with the regulars; this place is too good to pass up. © wcities.com

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: +1 858 459 3728
fax: +1 858 459 3727
<http://www.ljms.org/>

location:

700 Prospect Street
La Jolla CA 92037

6 Sherwood Auditorium

DESCRIPTION: Sherwood Auditorium in The La Jolla Museum of Contemporary Art, is well on its way to fame. It hosts events like The La Jolla SummerFest organized by the La Jolla Music Society and classical music recitals by local and international talent. This is paradise for any music lover who wants a taste of all that's great on the music scene. © wcities.com

contact:

tel: 1 858 551 5252
www.roppongiusa.com

location:

875 Prospect
La Jolla CA 92037

hours:

Fr to Sa from 05:00 PM to
10:30 PM, Su to Th from 05:00
PM to 09:30 PM

7 Roppongi

DESCRIPTION: Eclectic array of Asian Fusion fare in a Feng Shui environment. Alive with unique flavors and an exciting ambiance.



citysearch

contact:

tel: +1 858 456 5098
<http://www.dessertier.com>

location:

7556 Fay Avenue
La Jolla CA 92037

hours:

M-Sa 9a-4p

8 Michele Coulon Dessertier

DESCRIPTION: Michele Coulon, the chef of this dessertier, loved baking desserts from a young age as she grew up in a family with generations of chefs. She aims to create desserts that are beautiful and elegant, but that above all you can't wait to bite into. The Dessertier uses local, organic products and Belgian chocolate to create their wedding cakes, desserts by the dozen, and a petit menu of savory luncheon plates. Lunch is served from 11:30 a.m. - 3:30 p.m. every day except Sunday. © wcities.com

contact:

tel: 888/525-6552
fax: 858/551-3405
www.lajollacove.com

location:

1155 Coast Blvd
La Jolla CA 92037

9 La Jolla Cove Suites

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tables; breakfast is served up there each morning, indoors or outdoors depending on the weather. © Frommer's

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.

©