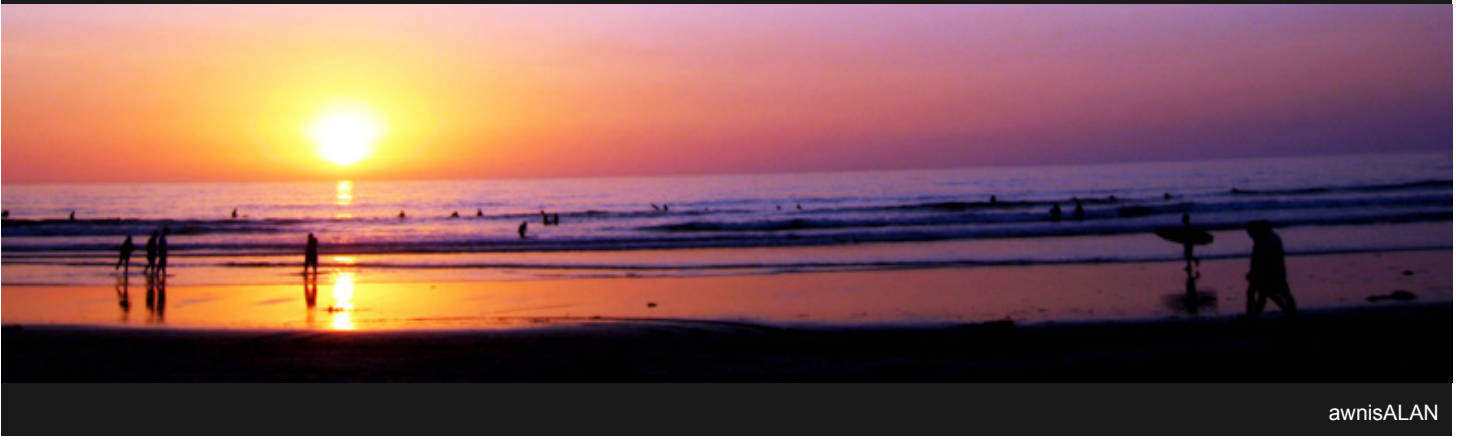




nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



awnisALAN

Sea Side Seduction in Beautiful La Jolla

La Jolla, 3 Days

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Guide Description









AUTHOR NOTE: La Jolla is considered The Jewel of San Diego, it is a destination bursting with passion and life. You will immediately feel this when you check into your fantastic hotel, the Bed and Breakfast Inn at La Jolla. This location is perfect for your stay here, it is centrally located without sacrificing any of the privacy and seclusion you deserve. While you are here in La Jolla, you will stay busy rediscovering how fun playing in the sand can be at the La Jolla Caves and tide pools, you will also dress your best and dine in the clouds at the Sky Room. These activities sound so exhausting so why not treat yourself to a spa day at Gaia Day Spa. La Jolla, The Jewel of San Diego has everything you could ever want for a romantic weekend with a lover fun, sun and exciting nights.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - La Jolla

DAY NOTE: La Jolla is a place where you be out all day enjoying the exciting attractions, or a place where you can spend all day enjoying the hotel of your choice, there is not better choice for either of these options than the Bed and Breakfast Inn at La Jolla. This amazing facility will serve as your home base for the weekend, and it is also amazingly romantic with its choice of fireplace or ocean views. When you are finally able to wrestle yourselves out of bed head to The Cottage and enjoy omelets, or their fresh breads. From here head on over to the Ellen Browning Scripps Park where you will have a great view of the shoreline as well as beautifully manicured lawns that you could walk hand and hand across all day. Only a short walk away are the La Jolla sea caves, these caves serve as portals to another world, one that you and your lover can find eachother anew in, or at the least have a great time. The tide pools of La Jolla cave however are a place where you should travel back in time, have fun playing in the sand and water, enjoy the fascination of finding new creatures and act like children, enjoy one another. In keeping with this new and adventurous day step out and head on down to Sushi on the Rock, try their amazing fresh sushi. After this feast, stroll down Herschel and Wall Street, this is a great place just to visit or to shop at. If you have time to get to Mount Soledad before sunset you will be in for a treat as the sunset is beautiful however the skyline of the city is also beautiful. Walking to the top of the mount may work up an appetite, but have no fear Osteria Romanitca is there to wine and dine you. They have an array of authentic Italian dishes as well as an extensive wine list that will keep you pleased for hours. After you have had enough head back to your romantic suites and enjoy each other for the night.

	The Bed & Breakfast Inn At La Jolla Comfortable Elegance
	The Cottage Inexpensive La Jolla breakfast
	Ellen Browning Scripps Park Breathtaking Views
	La Jolla Caves Below Sea Level
	Tidepools at La Jolla Cove Dream by the Waves
	Sushi on the Rock Elegant sushi at La Jolla coves

 **Herschel and Wall Street**
Food Street

 **Mount Soledad**
La Jolla's city view

 **Osteria Romantica**
Little Italy In La Jolla


Day 2 - La Jolla

DAY NOTE: When you are finally able to wrestle yourselves out of bed be sure to enjoy the breakfast that the Bed and Breakfast offers. When you are ready to start your day head to the Cosmopolitan Fine Arts and take in all the beauty that La Jolla has to offer. This Gallery shows French Impressionist and Post-Impressionist works, and if any of the pieces strike your fancy you can purchase them. If the price tags are a little high for you here head to Girard Avenue and peruse the local independent boutiques for that special something. When hunger strikes head over to the perfectly named Come On In , their fresh baked sandwiches and breads will make you feel you are in a French Villa. Now that your stomachs are full head hand in hand to the impressive Fingerhut Gallery that boasts pieces by names such as Picasso and Rembrandt. For a different style of art the Thomas D. Mangelsen- Images of Nature gallery showcases wildlife in their native habitat in an exquisite way. This is the perfect place to purchase souvenirs or postcards for your family. Be sure to leave yourself plenty of time to get ready being that you will be dining in the clouds tonight at the Sky Room. This heavenly dining experience is secluded and as intimate as a restaurant can possibly be, serving only twelve tables. As impressive as the surroundings are the food is even more better. Enjoy each other all night, or head home to make sure you get a good night's sleep.

 **Cosmopolitan Fine Arts**
Fine Works of Art

 **Girard Avenue**
Local Shops

 **Come On In**
Cafe & Bakeshop

 **Fingerhut Gallery**
Highly Impressive Collection

Itinerary Overview

things to do
restaurants
hotels
nightlife



Thomas D. Mangelsen - Images of Nature

Fantastic Photography



Sky Room

180 degree view of the Pacific



The Bed & Breakfast Inn At La Jolla

Comfortable Elegance



La Jolla Village

Grandeur at its Best



Sante Ristorante

La Jolla Tastemaker



The Bed & Breakfast Inn At La Jolla

Comfortable Elegance

Day 3 - La Jolla

DAY NOTE: There is no better way to start your morning than at the Cottage, where you will enjoy pancakes, waffles, omelets and any other breakfast you can imagine, as well as be visiting a rather historic building. After your hard weekend you should probably treat yourselves to a spa treatment, and Gaia Day Spa is the place, their treatments are directed towards men as well as women, so men have no fear. This is also a great way to try out the spa's products, and if you enjoy them purchase it and you and your partner can do it yourselves later. All of that arduous work at the spa must have worked up an appetite, so head over to George's at the Cove and choose your dining experience, ranging from formal, to casual to open aired, the choice is yours. They specialize in fresh seafood, and when they say fresh they mean it. Now that your bodies are pampered and your appetites are satisfied what else is there to do except shop for some new clothes. The La Jolla Village is a very happening place in La Jolla, and for good reason they have shops that possess nearly anything you could want, see for yourself. When it is time for dinner choose Sante Ristorante, and be sure to enjoy the beautiful weather by eating outside on their terraces. There you will also be serenaded by a piano, and be able to create a nice ambiance with their fire. For all that they do to create a romantic ambiance the food is even better. Before you head home be sure to check out their bar either for a night cap or to enjoy the rest of the night at the lounge.



The Cottage

Make Yourself at Home



Gaia Day Spa

Goddess Gaia shares Divine Feelings



Georges California Modern

Choose Your Taste Level

Day 1 - La Jolla



QUICK NOTE

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contact:

tel: 888/988-8481

fax: 858/456-1510

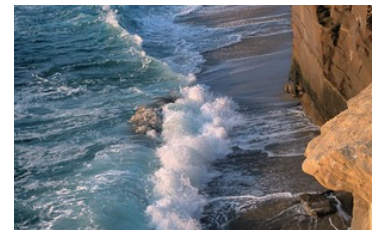
<http://www.bedandbreakfast.com/california-la-jolla-bedbreakfastinnatljolla.html>

location:

7753 Draper Avenue

1 The Bed & Breakfast Inn At La Jolla

DESCRIPTION: Come, be our guest in this lovely, historical jewel of a B&B located in the heart of La Jolla by the Sea and minutes from San Diego's other main attractions. Relax in the lush garden, or browse in our library with a refreshing cup of tea. Experience the romance and tranquility of cool sea breezes; warm, sun-kissed beaches, and glorious sunsets. Picnic on the cliffs while the locals seals clown about for your



more at BedandBreakfast.com

La Jolla CA 92037

amusement, or enjoy a smooth cafe latte at one of the many outdoor cafe. Dine at restaurants renown for their fine cuisine. Designer and antique shops abound. Fine art galleries and the Museum of Contemporary Art are only steps away. Deluxe rooms - some with fireplaces and ocean views, fresh fruits, flowers, fine sherry and terry robes await you. Come to the Bed & Breakfast Inn at La Jolla, where business becomes pleasure and romance creates memories.

contact:

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

location:

7702 Fay Ave
La Jolla CA 92037

2 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: +1 619 236 5555

location:

1133 Coast Boulevard
La Jolla CA 92037

hours:

24hrs

3 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



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contact:

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

location:

1325 Cave Street
La Jolla CA 92037

hours:

Daily 9a-5p

4 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

5 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: +1 858 456 1138
<http://www.sushiontherock.com/>

location:
7734 Girard Ave
La Jolla CA 92037

6 Sushi on the Rock

OUR LOCAL EXPERT SAYS:

Since they don't take reservations, be prepared to wait - no matter the day or time there will be a line of people waiting to get a slippery when wet or oyster shooter

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

DESCRIPTION: Sushi on the Rock in downtown La Jolla might have some off the wall names for their sushi, which just goes to show how adventurous they are with their raw fish. Don't bring any hesitation to the dinner table, as this up scale sushi restaurant is worth every penny when going "slippery when wet" (one of the house favorite rolls). From cooked entrees to delectable desserts and a huge selection of appetizers to get the entire party excited, Sushi on the Rock is where to head when craving crustacean. With a loud dining DJ cart, make sure to sit close to your party as you might have trouble hearing over the beats of the bar - yet not so overpowering you feel lost.

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

location:
Herschel Avenue
La Jolla CA 92037

7 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: +1 858 459 2314
fax: +1 858 459 2485
<http://www.soledadmemorial.com/>

location:
6905 La Jolla Scenic Drive
South
La Jolla CA 92037

8 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



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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: +1 858 551 1221

fax: +1 858 551 1221

<http://www.osteriaromantica.com/>

location:

2151 Avenida De La Playa
La Jolla CA 92037

hours:

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

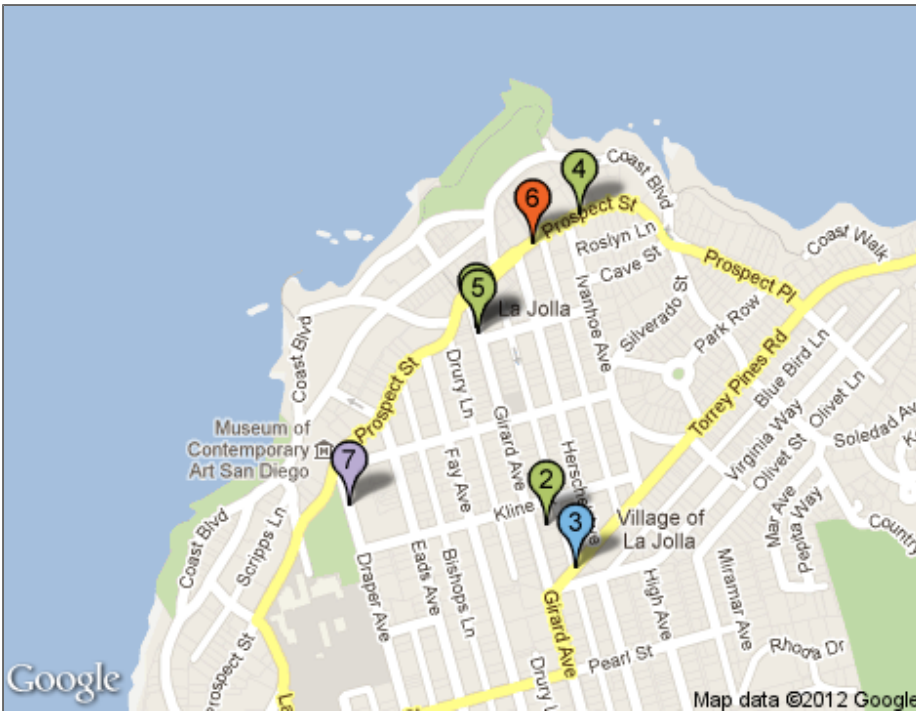
9 Osteria Romantica

DESCRIPTION: Osteria Romantica—truly is romantic and is reminiscent of Italy in La Jolla. Sip on a wide variety of Chilean, South African, American, Italian and Israeli wines while listening to Pavarotti and a host of other famous singers serenading you. You could sit on the outdoor patio and munch on the delicious di pollo or mortadella as you watch the crowd pass by. Also be sure to check out Osteria Romantica special of the month, it's a real catch! © wcities.com



citysearch

Day 2 - La Jolla



QUICK NOTE

DAY NOTE: When you are finally able to wrestle yourselves out of bed be sure to enjoy the breakfast that the Bed and Breakfast offers. When you are ready to start your day head to the Cosmopolitan Fine Arts and take in all the beauty that La Jolla has to offer. This Gallery shows French Impressionist and Post-Impressionist works, and if any of the pieces strike your fancy you can purchase them. If the price tags are a little high for you here head to Girard Avenue and peruse the local independent boutiques for that special something. When hunger strikes head over to the perfectly named Come On In , their fresh baked sandwiches and breads will make you feel you are in a French Villa. Now that your stomachs are full head hand in hand to the impressive Fingerhut Gallery that boasts pieces by names such as Picasso and Rembrandt. For a different style of art the Thomas D. Mangelsen- Images of Nature gallery showcases wildlife in their native habitat in an exquisite way. This is the perfect place to purchase souvenirs or postcards for your family. Be sure to leave yourself plenty of time to get ready being that you will be dining in the clouds tonight at the Sky Room. This heavenly dining experience is secluded and as intimate as a restaurant can possibly be, serving only twelve tables. As impressive as the surroundings are the food is even more better. Enjoy each other all night, or head home to make sure you get a good night's sleep.

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

1 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



wcities

location:

Girard Avenue
La Jolla CA 92037

2 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: +1 858 551 1063
fax: +1 858 551 1863
<http://www.comeonincafe.com>

3 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

location:

1030 Torrey Pines Road
La Jolla CA 92037

hours:

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

4 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



wcities

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

5 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



wcities

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

contact:

tel: 1 858 551 3744
www.lavalencia.com

location:

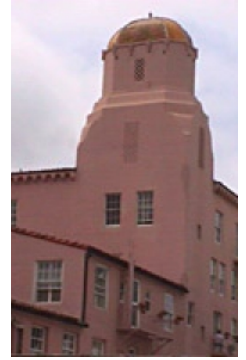
1132 Prospect St
La Jolla CA 92037

hours:

We to Su from 05:30 PM to
09:30 PM

6 Sky Room

DESCRIPTION: The Sky Room offers an elegant sophisticated dining experience, bringing back an era of formal service. With only 12 booths and tables, guests are able to see the striking 180-degree view of the Pacific Ocean from any vantage point in the restaurant.



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contact:

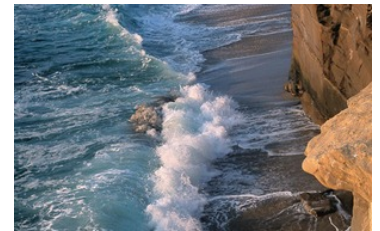
tel: 888/988-8481
fax: 858/456-1510
<http://www.bedandbreakfast.com/california-la-jolla-bedbreakfastinnatljolla.html>

location:

7753 Draper Avenue
La Jolla CA 92037

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more at BedandBreakfast.com

Day 3 - La Jolla



QUICK NOTE

DAY NOTE: There is no better way to start your morning than at the Cottage, where you will enjoy pancakes, waffles, omelets and any other breakfast you can imagine, as well as be visiting a rather historic building. After your hard weekend you should probably treat yourselves to a spa treatment, and Gaia Day Spa is the place, their treatments are directed towards men as well as women, so men have no fear. This is also a great way to try out the spa's products, and if you enjoy them purchase it and you and your partner can do it yourselves later. All of that arduous work at the spa must have worked up an appetite, so head over to George's at the Cove and choose your dining experience, ranging from formal, to casual to open aired, the choice is yours. They specialize in fresh seafood, and when they say fresh they mean it. Now that your bodies are pampered and your appetites are satisfied what else is there to do except shop for some new clothes. The La Jolla Village is a very happening place in La Jolla, and for good reason they have shops that possess nearly anything you could want, see for yourself. When it is time for dinner choose Sante Ristorante, and be sure to enjoy the beautiful weather by eating outside on their terraces. There you will also be serenaded by a piano, and be able to create a nice ambiance with their fire. For all that they do to create a romantic ambiance the food is even better. Before you head home be sure to check out their bar either for a night cap or to enjoy the rest of the night at the lounge.

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

1 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,



Photo courtesy of Cottage

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

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



wcities

contact:

tel: 858/454-4244
fax: +1 858 454 5458
www.georgesatthecove.com

location:

1250 Prospect St
La Jolla CA 92037

hours:

Sun-Thurs 5:30-10pm; Fri-Sat
5-10:30pm. Ocean Terrace
Bistro: Daily 11am-10pm (Fri-
Sat till 10:30pm)

3 Georges California Modern

DESCRIPTION: This is perhaps La Jolla's signature restaurant. It has it all: stunning ocean views, style, impeccable service, and above all, a world-class chef. Not resting on its considerable laurels, however, Georges closed briefly in early 2007, undergoing a \$2.5-million renovation. It re-emerged with a slightly new name and a new design-forward environment. Most importantly, though, Trey Foshee can still be found in the kitchen. Foshee, named one of America's top 10 chefs by Food & Wine, has been set loose stylistically; there's a larger, more adventurous menu than before, incorporating more cross-cultural influences and still driven by the freshest local ingredients available. Fine food and incomparable views at more modest prices are upstairs at the **Ocean Terrace** and **George's Bar**. These two spaces offer indoor and outdoor seating, as well as food from the same kitchen as the pricey main dining room. Lunch is served here daily. © Frommer's



citysearch

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: +1 858 454 1315
<http://www.santeristorante.com/>

location:

7811 Hershel Ave
La Jolla CA 92037

hours:

M-F 11:30a-2:30p & 5p, Sa
noon-3p

5 Sante Ristorante

DESCRIPTION: There simply are not enough superlatives to describe this romantic fine dining venue. Guests may dine along two sidewalk terraces or in the courtyard. Another option is the formal dining room, which is covered in dark woods, contrasted by the white tablecloths. The bar offers a fireplace, piano music and celebrity photos. As for the menu, popular pasta entrees include Linguine alla Vongole e Asparagi (linguine with white clam sauce and asparagus) and Pappardelle Tartufate (white noodles with zucchini, mushrooms and truffle oil). An extensive list of both California and Italian wines is available. © wcities.com



wcities

contact:

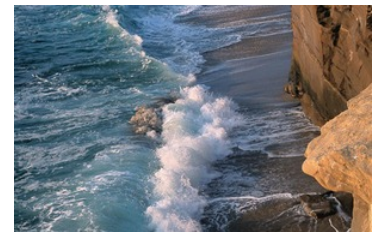
tel: 888/988-8481
fax: 858/456-1510
<http://www.bedandbreakfast.com/california-la-jolla-bedbreakfastinnatljolla.html>

location:

7753 Draper Avenue
La Jolla CA 92037

6 The Bed & Breakfast Inn At La Jolla

DESCRIPTION: Come, be our guest in this lovely, historical jewel of a B&B located in the heart of La Jolla by the Sea and minutes from San Diego's other main attractions. Relax in the lush garden, or browse in our library with a refreshing cup of tea. Experience the romance and tranquility of cool sea breezes; warm, sun-kissed beaches, and glorious sunsets. Picnic on the cliffs while the locals seals clown about for your amusement, or enjoy a smooth cafe latte at one of the many outdoor cafe. Dine at restaurants renown for their fine cuisine. Designer and antique shops abound. Fine art galleries and the Museum of Contemporary Art are only steps away. Deluxe rooms - some with fireplaces and ocean views, fresh fruits, flowers, fine sherry and terry robes await you. Come to the Bed & Breakfast Inn at La Jolla, where business becomes pleasure and romance creates memories.



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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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