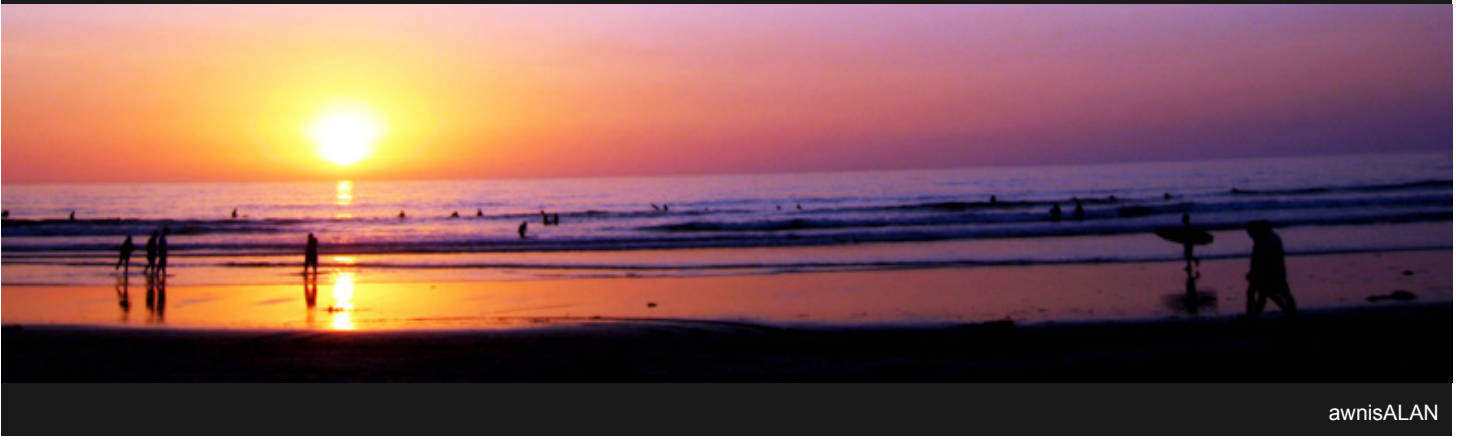




nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



awnisALAN

Surf and Turf La Jolla Style

La Jolla, 2 Days

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Guide Description









AUTHOR NOTE: La Jolla is an amazing place because it offers so many opportunities for adventure and fun. Whether you be on a kayak exploring the caves of La Jolla on the expansive and breathtaking Pacific Ocean, or on terra firma hiking through hundred year old trees at the Torrey Pines State Reserve you will be busy. Speaking of surf and turf, why not enjoy the fresh fish and other great foods, at local eateries, like the Cheese Shop or, dining right on the water at the well know Humphrey's La Jolla Grill. La Jolla offers it all, and in one convenient place, what more can you ask for?

Itinerary Overview







things to do
restaurants
hotels
nightlife

Day 1 - La Jolla

DAY NOTE: Just because you are coming to La Jolla for adventure and the beautiful outdoors, does not mean that you have to sleep outside, no instead stay at the prestigious La Jolla Shores Hotel where you will stay right on the beach. While there you will enjoy the comfort of great location in the city of La Jolla as well as great dining. Your day will be full for the adventure, so it is a good idea to stop by The Cottage and enjoy a great breakfast of traditional American favorites. From here it is off to the Torrey Pines State Reserve where you are free to explore 2000 acres of extremely Torry Pines. This is an awesome place to day hike because it showcases all of the terrain La Jolla has to offer. After this trek through the state reserve, head over to the Cheese Shop, and enjoy a great lunch, or you can get it to go and bring it with you for your next hike on the Guy Fleming Trail. This hike can range from 2 minutes to two hours, the choice is yours. If you plan your trip right you will enjoy a great wildflower bloom. If you are hiking this trail make sure you don't wilt, bring your own water. After this exciting day in the forest, enjoy the luxury of The Shores, shower up in your room, and head downstairs to enjoy absolutely fresh seafood and steak, a perfect end to a busy day..

	La Jolla Shores Hotel Sounds of the surf
	The Cottage Inexpensive La Jolla breakfast
	Torrey Pines State Reserve Twisted Trees
	Cheese Shop Informal Deli
	Guy Fleming Trail Fun in the Sun
	The Shores Seaside Dining

Tour. While on this tour you will experience both the surf and turf of stunning La Jolla. Kayaking the Pacific Ocean, biking through historic La Jolla, these are memories you won't forget. When you return from your tour you will surely be hungry, so be comforted in the fact the Barbarella and its amazing fresh fish and pizzas are only a short walk away, make sure to stay out of the sun and sit in the enclosed patio. The Concerts by the Sea will definitely be a fun time, being that the music style is rather eclectic, and upbeat. Don't be afraid step out and try something new, remember you are on an adventure. You could not say you visited Southern California and did not have authentic Mexican food, that would be absurd, so after the concert head over to Alfonso's of La Jolla. Her you will have an authentic dining experience, and a laid back one at that. Hopefully the concert got you in the mood for some fun tonight, because Moondoggies is the local hot spot. If you feel like dancing in a lively bar atmosphere stay on the first floor, if not head up to the second floor, either way you will have a great time.

	Humphrey's La Jolla Grill Flair for Fine Casual Dining
	San Diego Bike and Kayak Tours Inc. Adventure Made Easy
	Barbarella Local Flavor
	La Jolla Concerts by the Sea Free Airs & Sea Air
	Alfonso's of La Jolla Heavenly carne asada
	Moondoggies Downtown Hot Spot

Day 2 - La Jolla

DAY NOTE: Once you are finally able to wrestle yourself out of your bed at the Shores Hotel, head over to Humphrey's La Jolla Grill, the perfect backdrop for any meal including breakfast. This restaurant is well know both in the San Diego as well as La Jolla areas, and is definitely a place to stop at. Once you have enjoyed your breakfast, the next stop is the San Diego Bike and Kayak

Day 1 - La Jolla

QUICK NOTE

DAY NOTE: Just because you are coming to La Jolla for adventure and the beautiful outdoors, does not mean that you have to sleep outside, no instead stay at the prestigious La Jolla Shores Hotel where you will stay right on the beach. While there you will enjoy the comfort of great location in the city of La Jolla as well as great dining. Your day will be full for the adventure, so it is a good idea to stop by The Cottage and enjoy a great breakfast of traditional American favorites. From here it is off to the Torrey Pines State Reserve where you are free to explore 2000 acres of extremely Torrey Pines. This is an awesome place to day hike because it showcases all of the terrain La Jolla has to offer. After this trek through the state reserve, head over to the Cheese Shop, and enjoy a great lunch, or you can get it to go and bring it with you for your next hike on the Guy Fleming Trail. This hike can range from 2 minutes to two hours, the choice is yours. If you plan your trip right you will enjoy a great wildflower bloom. If you are hiking this trail make sure you don't wilt, bring your own water. After this exciting day in the forest, enjoy the luxury of The Shores, shower up in your room, and head downstairs to enjoy absolutely fresh seafood and steak, a perfect end to a busy day..

contact:

tel: 866/392-8762

fax: 858/456-9346

www.ljshoreshotel.com

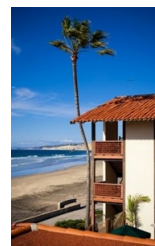
location:

8110 Camino del Oro

La Jolla CA 92037

1 La Jolla Shores Hotel

DESCRIPTION: Formerly known as the Sea Lodge, this three-story 1960s hotel in a mainly residential enclave is under the same management as the La Jolla Beach & Tennis Club next door. It has an identical on-the-sand location, minus the country-club ambience. About half the rooms have some view of the ocean, and the rest look out on the pool or a tiled courtyard. Priced by view and size, the rooms are pretty basic -- as of this writing, though, they're getting a much-needed renovation, including new furniture, carpeting, and flatscreen TVs. Bathrooms feature separate dressing areas with large closets; balconies or patios are standard, and some rooms have fully equipped kitchenettes. From the beach you can gaze toward the top of the cliffs, where La Jolla's village hums with activity (and relentless traffic). Like the B&T, this property is popular with families but also attracts business travelers looking to balance meetings with time on the beach or the tennis court.
© Frommer's



Hotels.com

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

location:
12600 North Torrey Pines Road
La Jolla CA 92037

hours:
Daily 8a

3 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



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contact:
tel: +1 858 459 3921
<http://www.cheeseshoplajolla.com/>

location:
2165 Avenida de la Playa
La Jolla CA 92037

hours:
Su to Th from 08:00 AM to 04:00 PM, Fr to Sa from 08:00 AM to 05:00 PM

4 Cheese Shop

DESCRIPTION: A favorite among locals and businesspeople, this informal shop offers an opportunity to drink coffee and read the newspaper with minimal interruptions. Naturally, cheese varieties are highlighted on the menu, yet customers also have a wide selection of sandwiches and salads available. Try the Smoked Salmon served with onions, capers and cream cheese. Other favorites include Red-Skin Potato Salad and Dijon chicken salad. To top off the meal, fresh-baked muffins and cookies are difficult to resist. Although open early, they do not offer breakfast items. © wcities.com

location:
12600 North Torrey Pines Road
La Jolla CA 92037

5 Guy Fleming Trail

DESCRIPTION: Head for the beach with your hiking gear! Torrey Pines Beach and State Reserve is home to popular hiking trails, particularly noted for the impressive views offered to hikers. The least rigorous route is this one which covers approximately two-thirds of a mile, on a relatively level surface. Along this trail, hikers may view the forest of Torrey Pines as well as various formations constructed of sandstone. During the springtime, wildflowers are in bloom. The trail is ideal for hikers looking for a simple day trip full of natural beauty. © wcities.com

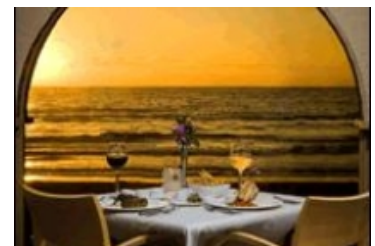
contact:
tel: 8584560600
www.theshoresrestaurant.com

location:
8110 Camino Del Oro
La Jolla CA 92037

hours:
Mo to Su from 07:00 AM to 11:30 AM, Mo to Su from

6 The Shores

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



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Day 1 - continued...

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

Day 2 - La Jolla

QUICK NOTE

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contact:

tel: +1 858 452 4000

fax: +1 858 453 9909

[http://www.humphreysgrill.sig
nonsandiego.com](http://www.humphreysgrill.sig
nonsandiego.com)

location:

3299 Holiday Court
La Jolla CA 92037

1 Humphrey's La Jolla Grill

DESCRIPTION: Sister restaurant to Humphrey's by the Bay in San Diego, the Grill offers fine food perched on top of the Sheraton La Jolla Hotel. Light, open Asian-flavored decor provides a cheerful background for breakfast, lunch and dinner. The signature Prix Fixe meal offers dramatic dining for two, beginning with a bottle of Chardonnay or Merlot, proceeding with a soup or salad course, a selection from eight entrees and a shared dessert. Entree choices include Halibut Macadamia, Prime Rib, Filet Mignon or the "Taste of San Diego" shrimp. © wcities.com



citysearch

contact:

tel: +1 858 454 1010

fax: +1 858 454 1010

[http://www.sandiegobikeandk
ayaktours.com/](http://www.sandiegobikeandk
ayaktours.com/)

location:

2222 Avenida De La Playa
La Jolla CA 92037

hours:

Daily 8a

2 San Diego Bike and Kayak Tours Inc.

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



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Pacific Beach Boardwalk towards La Jolla Cove. Packages are available year round, and be sure to check the website for ticketing information, special deals, and group events. © wcities.com

contact:

tel: 8584547373
fax: +1 858 454 8383
www.BarbarellaRestaurant.com

location:

2171 Avenida De La Playa
La Jolla CA 92037

hours:

Mo to Th from 09:00 AM to 10:00 PM, Fr to Th from 09:00 AM to 11:00 PM, Sa to Su from 08:00 AM to 10:00 PM

3 Barbarella

DESCRIPTION: This restaurant is a few blocks from the beach and offers sidewalk tables and an enclosed patio with fireplaces. The menu changes daily, but offerings include wood-fired pizza, stone-roasted whole fish, and fritti. © wcities.com



Photo courtesy of Barbarella

contact:

<http://www.ljconcertsbythesea.org>

location:

1133 Coast Boulevard
La Jolla CA 92037

4 La Jolla Concerts by the Sea

DESCRIPTION: This annual concert series has become a tradition for locals. The concert series is held at Ellen Browning Scripps Park. Street parking is free on Sundays, but hard to find; expect to walk several blocks. The concert series begins the first Sunday in June and ends Labor Day weekend. Some seating is provided but fills up fast; bring folding chairs or a blanket if possible. Food (hot dogs, sodas, popcorn) is available onsite and proceeds go to support the concert series. Limited disabled access is offered. Admission is free © wcities.com



contact:

tel: 1 858 454 2232
<http://alfonsoflajolla.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

5 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

contact:

tel: +1 858 454 9664
fax: +1 858 454 4431
<http://www.moondoggies.com/>

location:

909 Prospect Street
La Jolla CA 92037

hours:

Su-W 11a-Mid, F-Sa 11a-2a

6 Moondoggies

DESCRIPTION: This bar is a hot spot among locals, particularly on weekend nights. The indoor decor combines burgundy colors and dark woods, accompanied by numerous televisions, all tuned to current sporting events. The second-story balcony is somewhat quieter. Customers frequently order tasty appetizers, including Spinach Dip and Chicken Tenders. The full menu showcases Seafood Jumbalaya Pasta and Lobster Tacos. At the bar, specialty drinks steal the show. Try the Dogaritta, with Cuervo 1800, Grand Marnier, Cointreau, sweet and sour, along with a splash of orange juice, shaken and served on the rocks © wcities.com



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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.

©