



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



maveric2003

Local Food

West Hollywood, Los Angeles, 2 Days

Table of contents:

- Guide Description 2
- Itinerary Overview 3
- Daily Itineraries 4
- Los Angeles Snapshot 7

Guide Description



AUTHOR NOTE: This is a trip in that starts in the heart of Los Angeles and then veers to its suburbs in search of the quintessential locavore food experience. It starts out in the Miracle Mile district of Los Angeles and ends with a nice drive up the coast to Malibu.

Itinerary Overview

Day 1 - Los Angeles, West Hollywood

DAY NOTE: This is an ambitious but rewarding locavore tour. Start your morning out at the Hollywood Farmer's Market - a certified farmers market where you can buy the best and freshest in locally grown agriculture directly from the farmer. After walking around a bit and working up an appet**e, grab some lunch at BLD, where you can find top notch dining with locally grown produce in the company of celebrities and powerful Hollywood executives. After savoring the local delights, head for a stroll down the Farmer's Market at 3rd and Fairfax. No longer the direct-to-consumer market it used to be, the Farmers Market still pulls visitors from around the world. Sample world cuisine made from locally grown products. End your day with a stay at the Standard, Hollywood. Located on the Sunset Strip, it is situated in the heart of one of the most famous streets in the world.



Hollywood Farmers' Market

Farm fresh veggies and food carts Sunday 8 am - 1 pm



BLD

Take your pick



Farmers Market and The Grove

Great food stalls/outdoor shopping extravaganza

Day 2 - Los Angeles

DAY NOTE: Start your morning out by following Sunset all the way to Downtown. Along the way, you'll see the city transform a* you experience the diversity that is Los Angeles. Enjoy brunch at San Antonio Winery, the la*t full fledged winery in Los Angeles. After ba*king in the shadows of downtown, take the 110 freeway to San Pedro and experience Ports O'Call Village. After reveling in the hustle and bustle of the local ma** seafood market, drive up about 40 minutes along the Pacific Coa*t and grab dinner at Malibu Seafood Fresh Fish Market Patio Cafe for some savory local seafood a* you watch the sunset.



Ports O' Call Village

Stroll through a seaside village

Day 1 - Los Angeles, West Hollywood

QUICK NOTE

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contact:

tel: +1 323 463 3171
<http://www.farmernet.com/events/one-cfm>

location:

Corner of Ivar and Selma Avenues
Los Angeles CA 90028

hours:

8:30a-1p Su

1 Hollywood Farmers' Market

DESCRIPTION: This is a slice of Venice Beach in Hollywood. Each Sunday morning this area is taken over by merchants selling everything from produce to handmade baskets. As many people only frequent the area for late-night clubs and gigs, this diversion can be a welcome surprise. There's plenty of free fun to be had exploring the stands for that perfect bargain. Specific offerings vary by week, but you can generally count on a plethora of entertaining toys and games to keep the kids occupied while the bigger kids shop. Admission and parking are free, and no credit cards are accepted. © wcities.com



Photo courtesy of ExperienceLA

contact:

tel: 1 323 930 9744
<http://bldrestaurant.com/>

location:

7450 Beverly Blvd
Los Angeles CA 90036

hours:

Su to We from 08:00 AM to 10:00 PM, Th to Sa from 08:00 AM to 11:00 PM

2 BLD

DESCRIPTION: BLD is the acronym for breakfast, lunch and dinner and that is exactly what you will find here. This neighborhood favorite is a great place to dine, although the prices do tend to pinch. Gorge on pork, turkey, Wagyu beef or even vegan burgers. Don't forget to sample the eclectic range of charcuterie and cheese. The gallery-like interiors have a touch of antiquity. On your way out you can also pick up something from the specialty food store. © wcities.com



citysearch

contact:

tel: 888/315-8883
<http://www.farmersmarketla.com/>

location:

6333 W. 3rd St
Hollywood CA 90036

hours:

Mon-Thurs 10am-9pm;
Fri-Sat 10am-10pm; Sun 11am-8pm

3 Farmers Market and The Grove

DESCRIPTION: Now entering its 8th decade, the original market was little more than an empty lot with wooden stands set up by farmers during the Depression so they could sell directly to city dwellers. Eventually, permanent buildings grew up, including the trademark shingled 10-story clock tower. Today the place has evolved into a sprawling marketplace with a carnival atmosphere, a kind of "turf" version of San Francisco's Fisherman's Wharf. About 70 restaurants, shops, and grocers cater to a mix of workers from the CBS Television City complex, locals, and tourists brought here by the busload.



Photo courtesy of Farmers Market and The Grove

Retailers sell greeting cards, kitchen implements, candles, and souvenirs, but everyone comes for the food stands, which offer oysters, hot doughnuts, Cajun gumbo, fresh-squeezed orange juice, corned beef sandwiches, fresh-pressed peanut butter, and all kinds of international fast foods. You can still buy produce here -- it's no longer a farm-fresh bargain, but the selection's better than at the grocery store. Don't miss **Kokomo** (tel. **323/933-0773**), a "gourmet" outdoor coffee shop that has become a power breakfast spot for showbiz types. Red turkey hash and sweet-potato fries are the dishes that keep them coming back. The seafood gumbo and gumbo ya ya at the **Gumbo Pot** (tel. **323/933-0358**) are also very popular. At the eastern end of the Farmers Market is the **Grove**, a massive 575,000-square-foot Vegas-style retail complex composed of various architectural styles ranging from Art Deco to Italian Renaissance. Miniature streets link the Grove to the Market via a double-deck electric trolley. Granted, it's all a bit Disney-gaudy, but the locals love it. Where else can you power-shop until noon, check all your bags at a drop-off station, get a spa treatment at **Amadeus Aveda Spa** (tel. **323/297-0311**; www.amadeusspa.com), see a movie at the 14-screen **Grove Theatre** (tel. **323/692-0829**; www.thegrovela.com), have an early dinner at **Maggiano's Little Italy** (tel. **323/965-9665**; www.maggianos.com), and be home by 7pm? © Frommer's

Day 2 - Los Angeles

QUICK NOTE

DAY NOTE: Start your morning out by following Sunset all the way to Downtown. Along the way, you'll see the city transform as you experience the diversity that is Los Angeles. Enjoy brunch at San Antonio Winery, the last full fledged winery in Los Angeles. After basking in the shadows of downtown, take the 110 freeway to San Pedro and experience Ports O'Call Village. After reveling in the hustle and bustle of the local market, drive up about 40 minutes along the Pacific Coast and grab dinner at Malibu Seafood Fresh Fish Market Patio Cafe for some savory local seafood as you watch the sunset.

contact:

tel: +1 310 548 8076
http://www.portoflosangeles.org/recreation_Portsocall.htm

location:

Berth 76 - Nagoya Way
Los Angeles CA 90731

1 Ports O' Call Village

DESCRIPTION: This village is a popular spot in the South Bay for shopping and eating. It feels like a quaint New England fishing village with a splash of Mediterranean style thrown in for good measure. There are plenty of interesting shops selling everything from nautical-inspired gifts to clothing to gourmet food. It's a really great trip for kids who can stroll along with you while snacking on cotton candy or popcorn. Credit cards may be accepted, but will vary by store. © wcities.com



Los Angeles Snapshot

Local Info

People either love it, or they hate it--but no matter what, Los Angeles makes no excuses and changes itself for no one. And you've got to admire that. Made up of dozens of communities, there is no one single experience that can sum up the life and the heartbeat of this city. But what can be noticed about Los Angeles by both tourists and locals alike is the hustle-and-bustle lifestyle, the vibrant and unique neighborhoods, and the extreme diversity that sets it apart from any other city. From the eternal sunshine and Hollywood glitz to all the small communities with their own distinct cultural personalities, this City of Angels will forever be many things to many people.

Downtown

While not exactly in the center of town geographically due to the sprawling nature of the city, Downtown Los Angeles is still teeming with activity. There are cultural hotbeds like Olvera Street and Chinatown that are just minutes away from Los Angeles landmarks such as the Bank of America Building and the Walt Disney Concert Hall. And if you have a hankering for more art and culture while Downtown, the Museum of Contemporary Art(MOCA) is a definite must-see.

Hollywood

The big sign just about says it all--Hollywood is glitz, glamour, and unavoidable. While many people are critical of Hollywood, they still can't help but satiate their curiosity by visiting this busy area. The center of things is, without a doubt, Hollywood Boulevard, location of world-famous tourist spots including Mann's Chinese Theater, the Hollywood Walk of Fame, and the Kodak Theatre where the Oscars are now held annually.

The Miracle Mile/Hancock Park area is another of L.A.'s historical neighborhoods. Here you will find Wilshire Boulevard's Museum Row. The museums are contained within Hancock Park, a small but peaceful oasis in the center of hectic urban activity. To venture into the far distant past, stop by the Brea Tar Pits, La, and to immerse yourself in a famous museum, the LACMA: Los Angeles County Museum of Art is a popular attraction on Miracle Mile.

Ritz West Hollywood is home to one of the city's most famous(or infamous) attractions: the Sunset Strip. Here you'll find most of the city's hippest clubs frequented by up-and-coming actors and socialites, as well as some of the city's finest hotels and shopping, including the upscale Melrose Avenue Shopping District. West Hollywood is also the center of the city's gay and lesbian community, and it puts on one of the flashiest and most exhilarating annual Halloween parades in the state.

Beverly Hills and the Westside

This world-famous city with its world-famous zip code is synonymous with wealth, status, and celebrity. The understated elegance and grace of the residential neighborhoods are balanced out by Rodeo Drive, which offers some of the finest(and most expensive) shopping in the world.

Santa Monica and Beach Cities

Back in the heyday of Route 66, Santa Monica was the end of the line. Today, this beachfront community offers the best in entertainment for all ages on its famous Santa Monica Pier. You can enjoy some carnival-style food and games or take a ride on the ferris wheel for a breathtaking view of the city and shoreline. When you're ready for some shopping, the active Third Street Promenade has a diverse directory of stores and eateries.

The motto of the coastal community of Malibu is "27 miles of scenic beauty," and that about describes it best. The main attraction here is the drive along the Pacific Coast Highway, which takes you past beach after beach on one side of the road and million-dollar hilltop estates on the other. Make sure you have plenty of film and sunscreen. Even at night, the stars just seem brighter.

Venice, just south of Santa Monica, is the city's home to all things eclectic and many things downright bizarre. This small, artsy beach town offers one of the greatest collections of cafes, bars, galleries, antiques and one-of-a-kind shops around. Weekend afternoons on the boardwalk are definitely a memorable experience for any visitor to the city.

San Fernando Valley

On the other side of the Hollywood Hills sits "The Valley," as known by locals. It features a seemingly endless sea of suburban cul-de-sacs, strip malls, funky shops and restaurants. Hollywood makes its presence known in the cities of Burbank and Universal City, which are home to Warner Bros. Studio and Universal Studios. There are two things you can always count on in the Valley: the earthquakes always feel stronger, and the temperature is always 10 degrees hotter.

South Central and Compton

Although the South Central neighborhood of Crenshaw gained worldwide publicity as the center of the infamous 1992 riots, this area is rich in history and culture. South Central also is home to famous Los Angeles landmarks such as the Watts Towers, the historic Shrine Auditorium, and Exposition Park. Within the famed Exposition Park is the Los Angeles Memorial Coliseum, the Natural History Museum of Los Angeles County, the California Science Center, and the IMAX California Science Center. It has also long been a place of culture and diversity, as evidenced by the African American Cultural Center.

Long Beach and the South Bay

Long Beach is a fairly large city in its own right and is a neighbor to the well known district of Orange County. Aside from a plethora of shopping and dining options, this beach community is perhaps best known for the Queen Mary, a Titanic-esque ocean liner now permanently docked here and open for tours. They also have many outdoor activities for tourists to take advantage of, as well as museums and beaches that all can enjoy.

The South Bay is made up of smaller beach towns and quiet neighborhoods such as Hermosa Beach, Redondo Beach, Manhattan Beach and Palos Verdes Estates.

Pasadena and Points East

Pasadena is one of the most prominent communities in the entire state of California. Old Town Pasadena provides one of the greatest clusters of bars, shops, cafes and restaurants in the entire L.A. area. The city is also known for the Norton Simon Museum, which is the largest collection

Los Angeles Snapshot continued

of art owned by one man, and the Rose Bowl. And every New Year's Day, this not-so-sleepy town becomes the focus of the entire world for the annual Tournament of Roses Parade.

East L.A., as evidenced by its name, forms the eastern edge of the city and is a great example of a neighborhood rich in cultural expression.

LAX and Inglewood

LAX is one of the largest airports in the United States, when it comes to the sheer number of people passing through its hallways. The airport is the main feature of the otherwise-sleepy, suburban neighborhood of Westchester. This pocket of quiet, tree-lined streets and neighborhood schools and churches is a refreshing oasis in an often-frenetic city.

Inglewood features a wide variety of restaurants, music and sports venues. Here you will find Hollywood Park Racetrack and the The Forum arena, an entertainment hotspot. Inglewood also hosts the annual Hollywood Black Film Festival, which pays homage to African-American filmmakers of past, present and future.

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History

California's earliest residents were Native Americans. Prior to the mid-18th century, several native peoples dominated the area, most notably those from the Tongva nation.

The earliest key date in the development of Los Angeles is August 2, 1769. It was on that afternoon that a group of Spanish explorers from the east, led by Juan Crespi and Captain Gaspar de Portola, entered what came to be known as Los Angeles, in the area around Elysian Park. It was then that Crespi realized the potential the area had to become a sizable settlement. Then in 1771, Junipero Serra created the Mission San Gabriel Archangel in the present day San Gabriel Valley. It wasn't until 1781 that the town was founded and named "El Pueblo de Nuestra Señora la Reina de los Ángeles del Río de Porciúncula"—quite a mouthful to say and subsequently shortened to Los Angeles.

Throughout the late 18th and early 19th centuries, was only a small farm town that remained part of Mexico, until the Mexican-American War. On March

9th, 1842, Francisco Lopez discovered gold in the Santa Clarita Valley and by 1845, U.S. troops began battling for control of California. On January 9, 1847, Commodore Stockton recaptured Los Angeles for the third and final time, and just days later Mexican general Andres Pico surrendered California to U.S. General John Fremont. A subsequent boundary dispute ensued as to where the borders of the city and county should be, but on April 4, 1850, the city of Los Angeles was incorporated, with California officially entering the union five months later.

The late 1800s and early 1900s saw Los Angeles grow exponentially. One reason for this was the railroads, which finally reached Los Angeles from the East. The railroads resulted in a major expansion of economy and population, as evidenced by the fact that L.A.'s population doubled in the last decade of the 1800s and tripled in the first decade of the 1900s. In 1913, William Mulholland built an aqueduct, which allowed water to be brought to Los Angeles from 200 miles north. This important event, coupled with the earlier railroad boom, is considered to be largely responsible for L.A.'s growth into a major population center.

By the 1920s, many industries were beginning to stake their claim in the city. The most popular of these industries was the budding film industry. Filmmakers from the East came to Southern California for its eternal sunshine and varied landscape. Where else in America could they find perfect weather and largely empty surrounding land, as well as mountains, lakes, forests and beaches all within an hour's drive? As movies and movie-making became more ingrained in American culture during the 1940s and 50s, millions began flocking to L.A. in hopes of becoming a star and striking it rich. By the mid-to-late 1950s, the population of L.A. had reached two million and appeared to be going nowhere but up.

As the city grew, more people meant more problems. In 1943, a clash between sailors, marines and local Hispanic gangs broke out, known as the Zoot Suit Riots. For several days and nights, downtown Los Angeles was transformed into a battle-zone. Although the riots were finally quelled by police, this would not be the last time the city witnessed large-scale urban unrest. Devastating race riots erupted in 1965 and again in 1992, after the Rodney

King verdict, giving the city its reputation for being a hotbed of racial tensions. Riots, however, weren't the only problems that affected the history of Los Angeles. Runaway air pollution and the damage caused by several earthquakes—the largest and most memorable of which was the Northridge earthquake in 1994, with a total magnitude of 6.7—have also given the city its fair share of crises to deal with over the years. But with the 21st century has come an increase in the improvement and gentrification in many parts of the city.

Certain things can always be counted on to thrive in L.A.: cultural diversity, beautiful weather, the well-known traffic on the 405 Freeway, and eager souls arriving each day to the City of Angels in search of their own piece of heaven.

©

Hotel Insights

According to the tired but true axiom, the three most important things in real estate are location, location and location. In the universe of Los Angeles, that cannot be stressed enough, and where you stay will have a tremendous impact on your L.A. experience. The following are some of the most-recommended areas to lodge.

Downtown

Downtown Los Angeles contains the heart of the financial and business districts of the city, and is perfect for corporate travelers. All of the best amenities can be found at the swanky The Standard Hotel which truly gives a new meaning to the word "standard," or at the luxurious Millennium Biltmore. Formerly the Regal and famous since 1923, it was home to the Academy Awards during the Golden Age of Hollywood. Those wanting to stay within a budget but who still want singular and eclectic accommodations, might try the charming Best Western Dragon Gate Inn located right in the heart of Chinatown, the Hotel Figueroa with its funky Southwestern motif, or the elegant Miyako Inn and Spa where you can either gratify yourself with a relaxing massage or have a little late night fun at their karaoke bar.

Beverly Hills

For those with means, there is simply no other place to stay in town. World-class luxury and service can be found

Los Angeles Snapshot continued

at the Beverly Hills Hotel, the Beverly Hilton or the Beverly Wilshire Beverly Hills. The world-famous Peninsula is also a high-class, luxurious choice for anyone wanting the best amenities and service. Wherever you choose to stay in this high-end neighborhood, you will be close to some of the very best shopping and dining in the world.

Hollywood

Considering Hollywood's status as a tourist mecca, it should come as no surprise that it offers many places to lodge, especially for those on a budget. The Hollywood Celebrity Hotel and the Best Western Hollywood Hills Hotel offer decent rooms for those who want to keep their costs down. All are close to every famous Hollywood attraction, as well as Universal Studios. You'll be in the thick of the action here, although you may not want to walk alone at night in the darkest parts of Hollywood.

Pasadena

Nestled at the base of the San Gabriel Mountains, Pasadena offers some of the greatest lodging options for those who want to get away from the urban energy of the rest of L.A. If you want only the best, stay in elegant style at the Ritz-Carlton Huntington Hotel. The Pasadena Hilton also offers top-notch amenities and great service. For those looking for something other than a large hotel, try the beautiful and charming Artist's Inn and the Bissell House, both offering personalized luxury and service in a bed-and-breakfast setting.

Santa Monica

Maybe it's the sound of ocean waves that help you sleep easier, or maybe it's being near both shopping and recreation, but either way Santa Monica has proven to be the way to go for many visitors to the area. For those with pockets deeper than the sea, consider the Loews Santa Monica Beach Hotel, the Fairmont Miramar or the ultra-luxurious Shutters on the Beach. All three are located within walking distance of all of Santa Monica's wonders, both natural and man-made, and offer the full royal treatment. For those on more of a budget, the Ocean View Hotel and the classic Art Deco Cadillac Hotel (located in nearby Venice) offer more affordable accommodation while sacrificing very little in the way of amenities or location.

West Hollywood

There's always something to be said for being close to the action. For those who long to be in the center of L.A.'s star-studded nightlife, you can't get much closer than a hotel room in West Hollywood. The Chateau Marmont, the Mondrian and the Sunset Tower Hotel offer accommodations fit for a king (with a bill to match). Meanwhile the Hyatt and the rock'n' roll atmosphere of the Standard Hotel offer great rooms at a fraction of the cost of their neighbors. Just about every hotel in the area is located on Sunset and lies within walking distance of the hottest clubs.

Westwood

This high-end neighborhood not only boasts UCLA, but also offers many bars, restaurants and entertainment options. It also features some of the best accommodations at reasonable prices. The Hilgard House offers wonderful accommodations that isn't exactly cheap, but certainly won't cause you to break the bank. The upscale W Los Angeles is a popular choice featuring world-class service and comfort.

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Restaurants Insights

When it comes to dining and drinking, anything that one can possibly dream up can be found in Los Angeles. Celebrity-only seating on the West Side is countered by family-style seating in Silverlake, and cuisines from Ethiopian to Polish are all here somewhere. With so many choices and a limited time frame, here are some highlights that should not be missed.

Downtown

After a prolonged period of economic hardship, downtown L.A. went in for a facelift, replacing the old shabby buildings with new businesses and recreation centers. One of the establishments that helped the downtown comeback is R-23, which quickly gained a reputation for serving unbelievable sushi. Another downtown hot spot is the Water Grill, which offers upscale seafood for the international dining set. If you're looking for a unique and entertaining experience without the sky-high prices, enjoy a meal at Shabu Shabu House Restaurant—a form of Japanese cooking where servers bring you plates of fresh meat, and the customers cook it

themselves in hot pots. And for a more casual but earth-shaking good time, check out Epicentre, which is designed to look like a cafe, post-earthquake.

La Cienega and Beverly Hills

When dining in this celebrity "hot zone," be sure to bring your high-limit credit cards and your best evening attire. Some great options include Chaya Brasserie for a legendary mix of Californian, French and Italian, and of course, the world-famous Spago Beverly Hills headed by Wolfgang Puck. La Cienega Boulevard offers L.A.'s famed "Restaurant Row," which features The Stinking Rose for all your garlic desires, Tokyo Table for delicious but more affordable Japanese cuisine, and the highly favored Fogo de Chao Churrascaria for some Brazilian fare, and many other local favorites.

Hollywood/Melrose

A small step away from the big money of Beverly Hills, these hot spots offer a warmer and hipper version of the same scene. Musso and Frank's Grill offers American cuisine with an old Hollywood style. Joachim Splichal serves the highest of haute cuisine at Patina, and West Hollywood's Asia de Cuba features Asian-Cuban fusion in a dining room decorated all in white. Also in West Hollywood is perhaps the one of the finest Moroccan restaurants in all of Los Angeles, Dar Maghreb, which is more than just dining—it's an unforgettable experience. Finally, for lowbrow gastronomic pleasure that should not be missed, wait in line for the oldest Hollywood tradition, a Chili Cheese Dog from Pink's.

Santa Monica/Venice/Malibu

These beachfront neighborhoods of Santa Monica, Venice and Malibu offer the full range of dining options from earthy-hippie cuisine in Venice to star-studded glamour in Malibu. When not gazing into the deep blue Pacific, be sure to focus your attention on Babalu for down-to-earth Caribbean cuisine, Chez Mimi for one of the most romantic French experiences you will have this side of Paris and Geoffrey's for fresh cuisine with a heart-stopping view of the California coast. Wolfgang Puck's Chinois On Main is a wonderful choice, as well as

Los Angeles Snapshot continued

The Lobster for some delightfully simple but sophisticated seafood dishes.

©

Nightlife Insights

As the entertainment capital of the world, Los Angeles is overflowing with theater, art, dance, film and television. The city has a variety of options for every entertainment taste.

Theaters

The creative activity in the theaters of Los Angeles proves the naysayers wrong: just because the city's more frivolous side is the most publicized, Los Angeles does indeed have a rich history of culture and soul. The Performing Arts Center of Los Angeles County complex in downtown Los Angeles houses many of the city's major theatre venues, including the Dorothy Chandler Pavilion, the Mark Taper Forum, Pantages Theatre, and the Ahmanson Theatre.

Museums

Los Angeles is indeed multi-faceted: with beautiful beaches on one end, trendy clubs on another, and amazing museums spread throughout, it is no wonder people flock here to get a taste of everything it has to offer. The Getty Center is a breathtaking architectural work before you even see the collections inside. The Los Angeles County Museum of Art has impressive permanent collections as well as top-billed shows. If contemporary art is more your cup of tea, then pay a visit to the Museum of Contemporary Art (MOCA) which has featured extremely innovative art exhibitions. L.A. is also home to many smaller, private galleries, concentrated especially in Venice and the Melrose area of Hollywood. If nature and science excite you more than a rare Van Gogh, the California Science Center is a hands-on educational facility that takes science to the extreme while the Natural History Museum has 35 galleries of environmental science displays to explore. For a more serious-minded museum visit, the Los Angeles Museum of Tolerance is a stop for the humanitarian-minded tourist. The museum offers classes in racial diversity and acceptance, and offers tours for school children and interested adults. It is a powerful, moving and informative institution.

For those who have eclectic or more specialized tastes, be sure to check out the Museum of Neon Art, the Vintage Animation Gallery and the Museum In Black.

Cinema

Mann's Chinese Theater on Hollywood Boulevard stands out as one of the most famous cinema houses ever built. Crowds descend upon the faux-Asian theater every day to measure the famous feet and hands imprinted on the sidewalk outside. Across the street from the Mann's Chinese, the Egyptian Theater stands in its Vegas-style glory.

Comedy

With countless small theaters and clubs in Los Angeles, open mic nights for struggling comedians are everywhere. For a more polished performance check out the famous Groundlings. This well-known "training camp" for television shows like Saturday Night Live has an ever-changing lineup of up-and-comers with an occasional star headliner. The Improv and the Comedy Store consistently feature well-known, professional headliners as well as budding new talent.

Music

When they are not out partying on the Sunset Strip, rock and roll musicians can be found performing at several Los Angeles venues. The El Rey Theatre and the Palladium are great for watching shows while in the city. The Forum, the Gibson Amphitheatre and the Staples Center are the location of choice for larger rock shows. Classical and jazz concerts are usually found at the Hollywood Bowl and The Greek Theatre.

Sporting Events

L.A. sports fans have plenty to keep them busy with the Los Angeles Lakers, the Clippers, the WNBA's Sparks, the Dodgers and the Kings. If those sports aren't your bag, check out the Hollywood Park Racetrack for some fast-paced betting fun.

Amusement and Theme Parks

Los Angeles and its surrounding areas are home to many world-famous and exciting amusement parks. The most well-known the world over is Disneyland, America's Magic Kingdom and Disney's

California Adventure. Experience the magic of moviemaking at Universal Studios and check out the good-time rides and attractions of Knott's Berry Farm. For roller-coaster thrills go to Six Flags Magic Mountain, and for watersliding chills, don't miss Raging Waters. **Nightclubs**

What's hot in this city changes almost overnight, and word of mouth is everything. However, for a good sampling of what L.A. has to offer, be sure to check out: Area, The Knitting Factory, LAX, and Beauty Bar.

Shopping and Hanging Out

People-watching in Los Angeles can definitely be considered a spectator sport. Although it bears no resemblance to the former hit television show, Melrose is the best sidewalk spectacle. Crammed full of sidewalk cafes, bars, coffeehouses and boutiques, the street is always full of activity and unusual characters.

If true Hollywood stars and Über-Glam shopping are what you are looking for, Rodeo Drive is the ultimate destination. The world-renowned street is always bustling with film stars in baseball caps trying to blend in and Hollywood wives in diamonds trying to stand out. Gucci, Prada and Tiffany & Co. are all represented here, so if you have buying in mind be sure to bring all of your credit cards.

If the ultra-chic shops and thousand-dollar price tags aren't exactly what you seek, Santa Monica's Third Street Promenade offers shoppers a wide variety of upscale boutiques and well-known chains, all under the shining sun of this beach town. Universal City Walk is the Valley's answer to great shopping and entertainment along a stretch of pedestrian walkways. And if you're looking for something downright bizarre or unique, don't leave town without checking out Necromance for all of your Gothic, bone jewelry and dead animal specimen needs or the Wound & Wound Toy Company specializing in amazing wind-up toys from past and present.

©

Things to Do Insights

Walking around Los Angeles is not an easy task. As the world's largest metropolis, Los Angeles has become as famous for cars and traffic as it is for its film industry. So

Los Angeles Snapshot continued

grab a rental, and make your way out to these tourist hot spots.

Downtown

Located in the heart of downtown, the modest Pueblo de Los Angeles remains the city's oldest structure. Built in 1818, it serves as a historical monument to the mission era of California, and also provides tourists with the perfect reason to visit downtown and not miss one of the city's best-kept sightseeing secrets. Located in the middle of the historic pueblo is Olvera Street, an L.A. landmark since the early 1930s. Any day of the year the cobblestone street is alive with inexpensive Mexican delicacies, kitschy shopping and several wandering mariachi bands. If too many hours on Beverly Hills/Rodeo Drive Shopping District have strained the magnetic strip(or the limit) of your credit card, the Garment District offers a great low-cost shopping alternative. The Cooper Building and Santee Alley house designer outlet stores and clothing in all styles, labels and sizes.

Hollywood

The Griffith Observatory is one of the largest in the country. At night you can stargaze from balconies on the outside of the building, as well as from on the roof. Face north in the parking lot and you will get a spectacular view of the Hollywood Sign. Take Hollywood Boulevard approximately three blocks to Vine. At this famous intersection begins the Hollywood Walk of Fame, so named for the bronzed stars placed into the pavement that bear the name of a legendary entertainer in music, movies and television. L'Orangerie is a classy French restaurant near here. Continuing up Hollywood Boulevard you will come to Mann's Chinese Theater, more famous for the front courtyard than for any film ever shown there. The footprints and handprints outside include so many stars, and create such a stir, it's sometimes hard to squeeze your way in.

Malibu and Santa Monica

The beach community of Santa Monica offers great shopping and dining. The Third Street Promenade and The Pier are major centers of activity. Here you can ride roller coasters, shop, eat, fish or just take in the ocean air. Beurivage is a fantastic restaurant with ocean views. When you're ready to hit the coast, head north on the

beautiful Pacific Coast Highway. A few miles north of Malibu is Leo Carillo State Beach. This unique inlet features rock formations and tide pools overflowing with some of the most unusual aquatic life in the world. If you are lucky, you will also be able to see dolphins frolicking just offshore. When you are done here, head south to Venice City Beach.

Mount Wilson

The 110 freeway north ends at Colorado Boulevard, where you will turn right and head into Old Town. In addition to being a quaint historical city, Old Town Pasadena Shopping District is known for world-class restaurants, thriving theater and many antique shops. One of the best features of Old Town is the architecture. An elegant dining option nearby is Bistro 45, which has contemporary French options on its menu. For those who feel confined by gravity and want to get a different perspective of Pasadena, simply follow signs to the Angeles Crest Highway and head up--straight up! This winding(and at times treacherous) mountain road takes you through the Angeles National Forest en route to the Mount Wilson Observatory, some 5000 feet above sea level.

Museum Row

This stretch of Wilshire Boulevard is also known as Museum Row, and with good reason. Most of the city's main museums are located here, as well as several small but influential, art galleries, such as the Vintage Animation Gallery and the Los Angeles Contemporary Exhibitions. After checking them out, take a quick drive up Fairfax to another Los Angeles historical monument, Canter's Deli. This Jewish-American diner has been a long Hollywood tradition. After your first bite of a Canter's Deli sandwich you will know why stars, locals and tourists have made this eatery a Los Angeles must-see location. After indulging in all the best that Canter's has to offer, finish the day off with the astounding glamour of the mansions in Hancock Park, a neighborhood dotted with homes built in the golden years of Hollywood. If you'd like to do something more adventurous, the La Brea Tar Pits are just a short drive away.

If you are planning on checking out a few centrally-located things, going on foot is fine. However, if you want to explore the parts of this sprawling city that are hard to

get to, planning a day with a tour company is recommended.

Walking Tours Los Angeles Conservancy(+1 213 623 2489/ <http://www.laconservancy.org/>) OffN Running Tours(+1 310 246 1418/ <http://offnrunningtours.com>) Red Line Tours(+1 323 402 1074 x31/ <http://www.redlinetours.com/>)

Trolley Tours Beverly Hills Trolley Tour(+1 310 285 2438/ http://www.beverlyhills.org/presence/connect/CoBH/Homepage/For+Visitors/What+to+Do/Cultural+Events,+Activities+and+Tours/LG-CM-Trolley_Tours)

Studio Tours Universal Studios(+1 800 8 6483 7725/ <http://www.universalstudioshollywood.com>) Warner Bros. Studio Tour(+1 818 972 8687/ <http://www2.warnerbros.com/vipstudiotour/>) Paramount Studio Tour(+1 323 956 1777/ <http://www.paramount.com/studio/>) Sony Pictures Studio Tour(+1 323 520 8687/ <http://www.sonypicturesstudios.com/>)

Bus Tours Starline Tours(+1 800 959 3131/ <http://www.starlinetours.com/>) Columbia Tour Shuttle(+1 213 739 5757) Guideline Tours(+1 800 604 8433/ <http://www.guidelinetours.com/>)

Adventure Tours Catalina Adventure Tours(+1 310 510 2888/ +1 562 432 8828/ <http://www.catalinaadventuretours.com/>) Descanso Beach Ocean Sports(+1 310 510 1226/ +1 310 510 1588/ <http://www.kayakcatalinaisland.com/>)

Fishing Tours Discovery Tours--Flying Fish Boat Trip(+1 310 510 2000)

Boat Tours Los Angeles Harbor Cruise(+1 310 831 0996) Star Party Cruises(+1 562 799 7000/ <http://www.reggae-boat.com/>) Crystal Cruises(+1 866 446 6625/ <http://www.crystalcruises.com/>)

Air Tours Helitac Aviation(+1 213 483 6898/ <http://www.helitac.com>) Hollywood Aviators(+1 818 994 2004/ <http://www.hollywoodaviators.com/>)

Sports Tours Big League Tours(+1 866 619 1748/ +1 317 534 2475/ <http://bigleaguertours.com/>)

Los Angeles Snapshot continued

Segway Tours Segway Los Angeles(+1 310 395 1395/ <http://www.segway.la/rental.php>)

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Travel Tips

Getting There

Air

Los Angeles International Airport(LAX)+1 310 646 5252<http://www.lawa.org/lax/>

LAX is located 16 miles from downtown.

Bob Hope Airport(BUR)+1 818 840 8840<http://www.burbankairport.com/>

BUR is located three miles from downtown.

LAX provides service to the following airlines:

Aeromexico(+1 800 237 6639/<http://www.aeromexico.com/>) Air New Zealand(+1 800 262 1234/<http://www.airnewzealand.com/usa/>) Airtran Airways(+1 800 247 8726/<http://www.airtran.com/>) American(+1 800 433 7300/<http://www.aa.com/>) Alaska Airlines(+1 800 252 7522/<http://www.alaskaair.com/>) British Airways(+1 800 247 9297/<http://www.britishairways.com/>) China Airlines(+1 800 227 5118/<http://www.china-airlines.com/>) Continental(+1 800 525 0280/<http://www.continental.com/>) Delta(+1 800 221 1212/<http://www.delta.com/>) Frontier(+1 800 265 5505/<http://www.frontierairlines.com/>) Hawaiian Airlines(+1 800 367 5320/<http://www.hawaiianair.com/>) Japan Airways(+1 800 525 3663/<http://www.jal.co.jp/>) Korean Airlines(+1 800 438 5000/<http://www.koreanair.com/>) Lufthansa(+1 800 241 6522/<http://www.lufthansa-usa.com/>) Northwest(+1 800 225 2525/<http://www.nwa.com/>) QANTAS(+1 800 227 4500/<http://www.qantas.com.au/>) Singapore Airlines(+1 800 742 3333/<http://www.singaporeair.com/>) Southwest(+1 800 435 9792/<http://www.southwest.com/>) Sun Country(+1 800 359 6786/<http://www.suncountry.com/>) United(+1 800 241 6522/<http://www.ual.com/>) US Airways(+1 800 428 4322/<http://www.usairways.com/>)

BUR provides service to the following airlines:

Alaska Airlines(+1 800 252 7522/<http://www.alaskaair.com/>) Aloha

Airlines(+1 800 367 5250/<http://www.alohaairlines.com/>) American(+1 800 433 7300/<http://www.aa.com/>) Southwest(+1 800 435 9792/<http://www.southwest.com/>) United(+1 800 241 6522/<http://www.ual.com/>) US Airways:(+1 800 428 4322/<http://www.usairways.com/>)

Airport Parking Service: Park'N Fly at Park One(+1 800 763 6895/<http://www.pfnetwork.com/>)

Shuttle: A free shuttle bus service provides transportation from the airport to the Los Angeles County Metropolitan Transportation Authority Bus Center(+1 800 266 6883/<http://www.mta.net/>). From there, city buses are available to serve the Los Angeles area. Other Public bus companies include Culver City Bus Lines(+1 310 253 6500), Santa Monica Big Blue Bus(+1 800 266 6883) and Torrance Transit(+1 800 266 6883). The shuttle can be picked up under the LAX Shuttle& Airline Connections sign on the Lower/Arrival Level in front of each terminal.

Metropolitan Express(+1 800 338 3898) is a bus service that provides transportation from LAX to downtown Los Angeles. Union Station/LAX FlyAway(+1 866 435 9529) is a 24 hour service that provides airport shuttle service from Union Station to LAX for a small fare.

Taxi: The following companies provide taxis that can easily be located at the Lower/Arrival Level in front of each terminal:

Authorized Taxicab Supervision(ATS) (+1 323 776 5324) Beverly Hills Cab Company(+1 310 273 6611) Independent Taxi Owners Association(+1 213 666 0045) L.A. Taxi/United Checker Cab(+1 213 627 7000;+1 310 715 1968)

Car Rental: Alamo(+1 800 327 9633/<http://www.goalamo.com/>) Avis(+1 800 331 1212/<http://www.avis.com/>) Budget(+1 800 527 0700/<http://www.budget.com/>) Dollar(+1 800 800 4000/<http://www.dollar.com/>) Enterprise(+1 800 736 8222/<http://www.enterprise.com/>) Hertz(+1 800 654 3131/<http://www.hertz.com/>) National(+1 800 227 7368/<http://www.nationalcar.com/>)

Car-Share

Another attractive ground transportation option is Zipcar, which operates in certain U.S. cities. This new breed of rental car allows you to rent on an hourly basis rather

than a daily basis. Be sure to register online before your trip. Zipcar(+1 877 353 9227/<http://www.zipcar.com/>)

Train

Amtrak(+1 800 872 7245/<http://www.amtrak.com/>), located at 800 N Alameda Street, provides service to Los Angeles via several national routes including Coast Starlight, Pacific Surfliner, Southwest Chief and Sunset Limited.

Bus

Greyhound(+1 800 231 2222/<http://www.greyhound.com/>) accesses Los Angeles from major cities around the country. The downtown bus station(+1 213 629 8401), located at 1716 E 7th Street, is open 24 hours daily.

Car

Approach Los Angeles from the east by Interstate 10, from the northeast and southwest by Interstate 5 and south via Interstate 5 and take Interstate 110 from the south.

Getting Around

Public Transit

The Metropolitan Transportation Authority(+1 800 266 6883/<http://www.metro.net/>) provides local and express bus service throughout Los Angeles and to major surrounding attractions including Disneyland and Universal Studios Hollywood. Other services include the Green Line light rail and the Metro Red Line subway.

If rollin' like a celebrity is your wish, call on New Century Limo(+1 800 250 9434/ <http://www.newcenturylimo.com/>).

Traffic Information

To find out city traffic information go to<http://www.traffic.com/>

If traveling overseas, take the safety precaution of registering your trip at<https://travelregistration.state.gov> and for helpful, practical advice about traveling technicalities and safety standards check out<http://travel.state.gov/>.

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Fun Facts

Los Angeles State: California **Country:** United States

Los Angeles Snapshot continued

Los Angeles By The Numbers:

Population: 3,849,368(city);
13,000,000(Metropolitan) Elevation: 256 ft/
78 m Average Annual Rainfall: 14 in/ 36 cm
Average January Temperature: 57°F/ 14°C
Average July Temperature: 72°F/ 22°C

Quick Facts:

Major Industries: tourism,entertainment,
communications, shipping, manufacturing,
finance,oil Electricity: 110 volts, 60Hz,
standard two pin plugs Time Zone:
GMT-8(GMT-7 daylight saving time); Pacific
Standard Time(PST) Country Dialing Code:
1 Area Codes: 213, 310, 323, 626, 818(1
and the area code must be dialed even for
local calls)

Did You Know?

Los Angeles allows visitors to glimpse
millions of years of geologic history. At
theLa Brea Tar Pits you can see residue of
the days when dinosaurs walked the Earth,
and the tar is still oozing in some places.
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