



**nileGUIDE**

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Michael in Flagstaff, Arizona

# La Jolla, "The Jewel" of San Diego

## **Del Mar, San Diego, 2 Days**

### Table of contents:

Guide Description	2
Itinerary Overview	3
Daily Itineraries	4
San Diego Snapshot	10

# Guide Description



**AUTHOR NOTE:** San Diego is an extremely romantic destination, with its combination of beautiful weather and naturally breath taking views. You and your lover will be sure to enjoy the sensuous undertones as you take a journey together through relaxing spas at Beauty Klinik, enjoy the finest Italian foods at Barone's Trattoria Del Mare, and sip on fine Italian wines by an intimate fire at Stingaree. These amazing days only get better because you will be spending your nights at the Lodge at Torrey Pines, one of the most romantic hotels in La Jolla.

# Itinerary Overview

things to do  
restaurants  
hotels  
nightlife

## Day 1 - San Diego, Del Mar

**DAY NOTE:** It will be hard to tear yourselves from the beautiful Lodge at Torrey Pines but it gets even better than this, there are still beaches to discover, waves to feel crash onto your feet and moments to be made, and all of these you can do just a few feet from your hotel. However, get out and enjoy the "Jewel" of Southern California, La Jolla has a lot to offer and there is no better place to start than Humphrey's By the Bay. This restaurant will offer you an incredible view of Shelter Island while you dine on their well known and diverse brunch. From here it is time to head over to Beauty Kliniek to enjoy as much pampering as you can handle, this facility is geared equally for men and women, so fear not, there is something for everyone. Being pampered is hard work and is sure to work up quite the appetite so head over to Firenze Trattoria to enjoy a romantic lunch in a sun-splashed villa. Seaport Village is the next stop, where you and your newly rejuvenated partner can shop for some new clothes to compliment your new feeling bodies and minds. There are a wide array of shops and eateries here so be sure to look around, not just at the shops but the ponds, gardens and fountains as well. In order to enjoy the beautiful weather that San Diego offers take the opportunity to dine in the atrium at Barone's Trattoria Del Mare. This posh restaurant is decorated in white linens and creates an extremely romantic atmosphere perfect to enjoy Italian food in. From here head to Enoteca del Fornario where you can spend the night with each other sipping on espresso or fine wine. Again you will be able to enjoy the refreshing night outside or inside this beautiful destination.



**Humphrey's**  
Legendary And Cool!



**Beauty Kliniek**  
The royal treatment



**Seaport Village**  
Waterfront shopping and dining



**Enoteca del Fornario**  
An authentic Italian wine bar

stroll outside in the Balboa Park. This sprawling 1200 acre park has a strong cultural feel, with its authentic Spanish architecture as well as its wide variety of activities. Walking through this beautiful sanctuary will be sure to immerse you in the passion that exists within this one of a kind environment, there is so much life and energy to feel here it is contagious. From this massive eden head to Old Venice for an intimate dining experience, where you will sit in a quaint garden and be serenaded by the restaurants live piano. There is also a strong artistic culture in La Jolla and while here you must visit the Fingerhut Gallery that is constantly bringing extremely rare pieces for its patrons to enjoy. This gallery is one of the, "Jewels" that gave La Jolla its name. Before the sun sets on this beautiful day, try to head to the Sunset Cliffs and enjoy the sunset from the bluffs created by the crashing waves, this is an awe inspiring view that will be sure to make you hug tight the person next to you. From here transport yourselves to another world, the three storied Stingaree, where you will eat from a menu consisting of French, Italian, and Mediterranean foods. After dinner you can head to the second floor and enjoy the full bar, with a very intimate lounge setting. However if this is still too busy head to the third floor and enjoy the patio with wonderful fireplace, if you do get cold head down to the first floor and warm up dancing the night away.



**Balboa Park**  
The center of the city



**Old Venice**  
Twinkling lights



**Sunset Cliffs**  
Incredible views

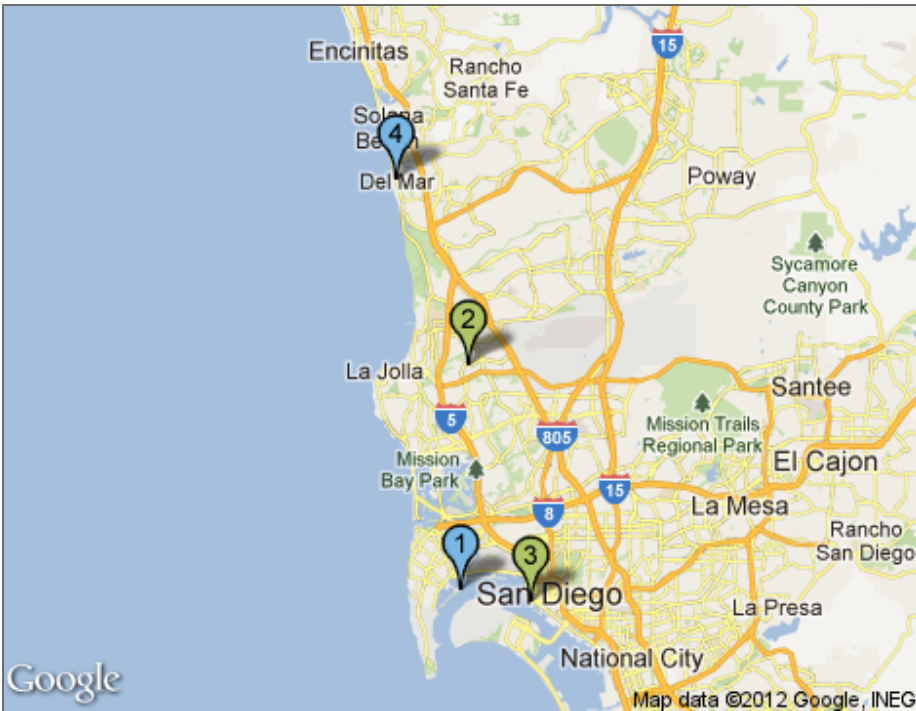


**Stingaree**  
Three-Level Nightclub Deluxe

## Day 2 - San Diego

**DAY NOTE:** When you finally wake from your well deserved night sleep head back in time as you enjoy breakfast at the Crown Room where you will find an extensive brunch selection in an Old World setting, the environment created will be sure to transport you somewhere new and exciting. After this amazing breakfast it is time to enjoy the beautiful La Jolla weather and

# Day 1 - San Diego, Del Mar



## QUICK NOTE

**DAY NOTE:** It will be hard to tear yourselves from the beautiful Lodge at Torrey Pines but it gets even better than this, there are still beaches to discover, waves to feel crash onto your feet and moments to be made, and all of these you can do just a few feet from your hotel. However, get out and enjoy the "Jewel" of Southern California, La Jolla has a lot to offer and there is no better place to start than Humphrey's By the Bay. This restaurant will offer you an incredible view of Shelter Island while you dine on their well known and diverse brunch. From here it is time to head over to Beauty Kliniek to enjoy as much pampering as you can handle, this facility is geared equally for men and women, so fear not, there is something for everyone. Being pampered is hard work and is sure to work up quite the appetite so head over to Firenze Trattoria to enjoy a romantic lunch in a sun-splashed villa. Seaport Village is the next stop, where you and your newly rejuvenated partner can shop for some new clothes to compliment your new feeling bodies and minds. There are a wide array of shops and eateries here so be sure to look around, not just at the shops but the ponds, gardens and fountains as well. In order to enjoy the beautiful weather that San Diego offers take the opportunity to dine in the atrium at Barone's Trattoria Del Mare. This posh restaurant is decorated in white linens and creates an extremely romantic atmosphere perfect to enjoy Italian food in. From here head to Enoteca del Fornario where you can spend the night with each other sipping on espresso or fine wine. Again you will be able to enjoy the refreshing night outside or inside this beautiful destination.

### contact:

tel: 619/523-1010 (general info)  
www.humphreysconcerts.com

### location:

2241 Shelter Island Dr  
San Diego CA 92106

### hours:

Mo to Th from 06:30 AM  
to 02:00 PM, Mo to Th from

## 1 Humphrey's

**DESCRIPTION:** This locally beloved 1,300-seat outdoor venue is set on the water next to bobbing yachts. The annual lineup covers the spectrum of entertainment -- rock, jazz, blues, folk, and comedy. Chris Isaak, Etta James, Lyle Lovett, and San Diego-nurtured Jewel are among the many name acts that have played here. You can often snag a seat in the first seven rows by buying the dinner/concert package (\$63 extra); there are also packages with the adjacent hotel that can get you in the first four rows. Concerts are held from mid-May to October



citysearch

05:30 PM to 09:00 PM,Fr  
from 06:30 AM to 02:00  
PM,Fr from 05:30 PM to  
10:00 PM,Sa from 07:00 AM  
to 02:00 PM,Sa from 05:30  
PM to 09:00 PM,Su from  
10:00 AM to 02:00 PM,Su  
from 05:30 PM to 09:00 PM

only, and most shows go on sale in early April (seats are also available through Ticketmaster). The hotel's indoor lounge, Humphrey's Backstage, also has music nightly. © Frommer's

**contact:**

tel: +1 858 457 0191  
fax: +1 858 457 0378  
<http://www.beautykliniek.com>

**location:**

3268 Governor Drive  
San Diego CA 92122

**hours:**

M & F 8a-7p, Tu-Th 8a-8p; Sa  
8a-6p, Su 10a-5p

## 2 Beauty Kliniek

**DESCRIPTION:** A day spent at this spa for men and women is a day well spent indeed. Pamper yourself with the many treatments available here. These include a soak in the thalassotherapy tub, the therapeutic massage, micro-dermabrasion, ayurvedic therapies, botanical facials or salt glows (guaranteed to leave you feeling like a new person). Treatments designed especially for men include the sports hydro bath, executive facial, hot oil scalp treatment and basic pedicure. This is a great place to escape the hectic world outside and treat yourself to a truly tranquil experience. © [wcities.com](http://wcities.com)



**contact:**

tel: +1 619 235 4014  
fax: +1 619 696 0025  
<http://www.spvillage.com/>

**location:**

849 W. Harbor Dr  
San Diego CA 92101

**hours:**

Daily 10a-9p

## 3 Seaport Village

**DESCRIPTION:** Designed as an ersatz Cape Cod community, this choice, 14-acre bayfront outdoor mall provides an idyllic setting that visitors love. Many of the more than 50 shops are of the Southern California cutesy variety, but the atmosphere is pleasant, and there are a few gems. Favorites include the **Tile Shop**, featuring hand-painted tiles from Mexico and beyond; **Best of San Diego**, where you can stock up on all your city-themed souvenir needs; and the **Upstart Crow** bookshop and coffeehouse, with the Crow's Nest children's bookstore inside. Other stores specialize in Scandinavian items, hammocks, travel accessories, and more. There are four sit-down restaurants and a variety of sidewalk eateries, and live music is often scheduled for weekend afternoons; the carousel, with its hand-carved menagerie dating from 1895, is a popular draw with families. You get 2 hours of free parking with purchase (\$3 per hour thereafter). Open daily 10am to 9pm; restaurants have extended hours. © Frommer's



**contact:**

tel: 858 755 8639

**location:**

1555 Camino del Mar  
Del Mar CA 92014

## 4 Enoteca del Fornaio

**DESCRIPTION:** This is a relaxing place to come and sip wine. The wine comes from Northern Italy and you can sample different varieties before ordering. In addition to wine, try the espresso that will keep you awake for hours. If you are in the mood for something a little sweeter, try the frothy Cappuccino. There is a full entree menu offered as well. Half of the bar is



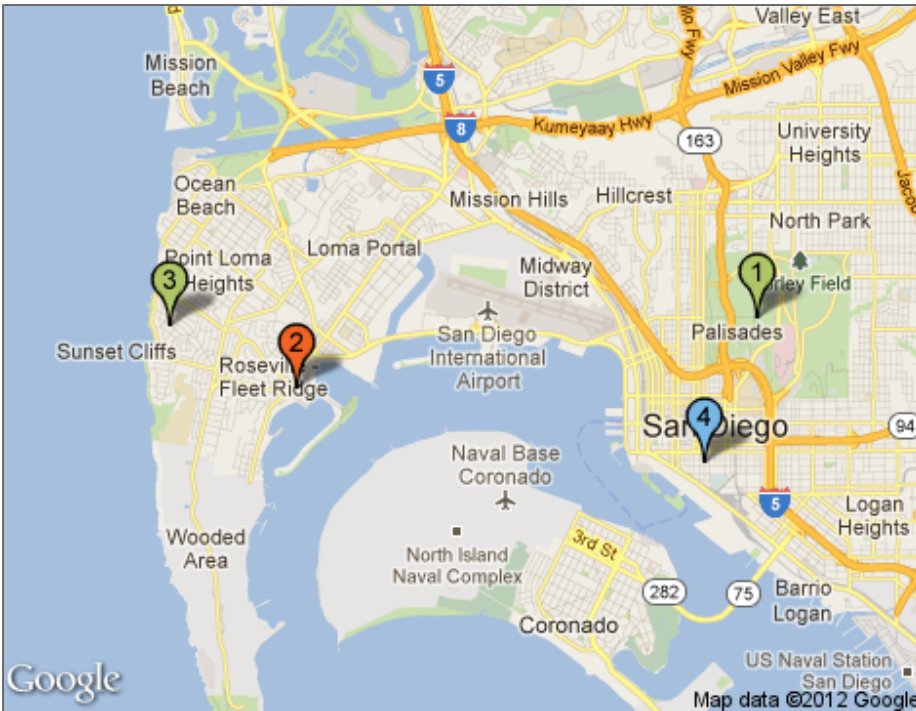
[wcities.com](http://wcities.com)

---

outside and half inside. Those who like to order a cigar with their wine can enjoy them in the outdoor half of the patio. © wcities.com

---

# Day 2 - San Diego



## QUICK NOTE

**DAY NOTE:** When you finally wake from your well deserved night sleep head back in time as you enjoy breakfast at the Crown Room where you will find an extensive brunch selection in an Old World setting, the environment created will be sure to transport you somewhere new and exciting. After this amazing breakfast it is time to enjoy the beautiful La Jolla weather and stroll outside in the Balboa Park. This sprawling 1200 acre park has a strong cultural feel, with its authentic Spanish architecture as well as its wide variety of activities. Walking through this beautiful sanctuary will be sure to immerse you in the passion that exists within this one of a kind environment, there is so much life and energy to feel here it is contagious. From this massive eden head to Old Venice for an intimate dining experience, where you will sit in a quaint garden and be serenaded by the restaurant's live piano. There is also a strong artistic culture in La Jolla and while here you must visit the Fingerhut Gallery that is constantly bringing extremely rare pieces for its patrons to enjoy. This gallery is one of the "Jewels" that gave La Jolla its name. Before the sun sets on this beautiful day, try to head to the Sunset Cliffs and enjoy the sunset from the bluffs created by the crashing waves, this is an awe inspiring view that will be sure to make you hug tight the person next to you. From here transport yourselves to another world, the three storied Stingaree, where you will eat from a menu consisting of French, Italian, and Mediterranean foods. After dinner you can head to the second floor and enjoy the full bar, with a very intimate lounge setting. However if this is still too busy head to the third floor and enjoy the patio with wonderful fireplace, if you do get cold head down to the first floor and warm up dancing the night away.

**contact:**  
tel: +1 619 239 0512  
<http://www.balboapark.org>

**location:**  
1549 El Prado  
San Diego CA 92101

## 1 Balboa Park

**DESCRIPTION:** The world-renowned San Diego Zoo is only one part of this magnificent 1,200-acre city park that was built for the 1915-1916 Panama-California Expo. California's Hispanic roots were celebrated as the city erected breathtakingly ornate Spanish-style buildings, which were eventually permanently restored. So much more than just an urban park, it is home to the zoo, 14 museums, a pipe organ



pavilion, botanical gardens, international cultural centers, theaters and performance venues, an antique carousel, off leash dog parks, sports fields, hiking trails, a tennis center, municipal pool, and a miniature-scale train. The December Nights Celebration is held the first weekend of December annually and this popular event is an opportunity for the whole family to enjoy pageants, plays, food and music all in the tradition of the Christmas holidays. © wcities.com

**contact:**

tel: 619 222 5888  
<http://www.oldvenicerestaurant.com/>

**location:**

2910 Canon Street  
San Diego CA 92106

**hours:**

11a-10p M-Th, 11a-11p F-Sa,  
4p-10p Su

**2 Old Venice**

**DESCRIPTION:** A romantic evening is in store at this homey, yet tastefully decorated small restaurant in an unassuming part of San Diego. Candlelight flickers bathe you with soft light as you sit at your white linen table set with silver and fine crystal. Al fresco dining on the garden patio is also available. Live piano music on weekends lends even more romance to this setting, as do the embers in the fireplace. The cuisine is strictly Italian. Also offered is a full bar, offering over 40 wines by the glass. © wcities.com



Photo courtesy of Old Venice

**contact:**

tel: +1 619 236 5555

**location:**

Located along Sunset Cliffs  
Boulevard  
Point Loma CA 92106

**3 Sunset Cliffs**

**DESCRIPTION:** Sunset Cliffs might be a familiar name to many locals, but the real beaches and cliffs of the area are found by only a select few. Natives can often be seen walking to and from the boardwalk lined streets of Ocean Beach, crossing over cliffs of all shapes and sizes in order to find the perfect beach spot. Lined by some of the area's greatest views, this area in Ocean Beach is spread out for many and showcases some of the real beauty of the area. Pack a picnic and enjoy lunch on the grassy knolls that float atop some of the higher spots, or creep down into the secret beach alcoves where only a sprinkling of natives call home. Ocean Beach's Sunset Cliffs are a place to visit when the weather is fine and you're feeling a bit adventurous.  
© NileGuide



**contact:**

tel: 619/544-9500  
<http://www.stingsandiego.com/>

**location:**

454 Sixth Ave  
San Diego CA 92101

**hours:**

Tuesday & Wednesday open  
5pm, Thursday-Saturday

**4 Stingaree**

**DESCRIPTION:** This \$6-million, three-level club has become a hot destination in the Gaslamp Quarter since opening in 2005. It has more than 22,000 square feet of space, a fine dining component, a handful of bars and private nooks, and a rooftop deck with cabanas and fire pit. While the cover charge (\$20) is definitely contemporary, the decor is chicly mod and retro. The name is a throwback, too -- back in San Diego's Wild West days, this area was known as the Stingaree. © Frommer's



citysearch

Day 2 - continued...

---

open 6pm-2am, Sunday &  
Monday closed

---

# San Diego Snapshot

## Local Info

Semi-tropical San Diego, with its mean temperature of 70 degrees, Mediterranean-like white-washed stucco buildings and strong cultural influences from southern neighbor Mexico, is as close to visiting a foreign country as visitors could get and yet, is as American as apple pie.

The heart of this bustling city lies at the foot of the harbor just minutes by car from Lindbergh Field, where most travelers disembark. Spanning from the North County beach areas to the South Bay cities along the Mexican border, San Diego is one of the top ten largest cities in the United States, and while all of these areas fall under the San Diego umbrella, each individual community maintains its own personality, geography and identity. In San Diego's case, the whole is truly greater than the sum of its parts.

## Downtown

Less than three miles from the airport is downtown proper. This thriving commercial area with its active waterfront is a bustling, colorful combination of major hotels, convention facilities, restaurants, nightclubs and shopping venues. Its focal point is Horton Plaza, an architectural masterpiece that holds trendy shops, lively restaurants, a movie theatre and even an ice rink during the holiday season. Horton is ideal for parking and within walking distance to any of the restaurants, shops or clubs just outside its walls.

Just east of Horton Plaza is the Gaslamp District, a 16-block source of civic pride. Once slated for destruction, this area has been reclaimed by the people of San Diego thanks to the 1970s Redevelopment Plan. Where once dilapidated warehouses and run-down Victorian houses stood, and where no one dared to enter after dark, the Gaslamp District has now become the pulse of the city. The area even includes Balboa Theater, a historic venue that until recently was closed for reconstruction and now opens its doors for local plays, ballets and more.

Due west of downtown is the Embarcadero, a fun daytime location where visitors can take in leisurely views of the bay, hop aboard a harbor cruise (including the infamous "booze cruise" of the Bay, better known as the Bahia Belle) and enjoy

seafood at its finest. For shopping, visit Seaport Village, a 14-acre shopping and dining complex designed to emulate early California-style architecture.

## Balboa Park

No visit to San Diego would be complete without a trip to Balboa Park. Home to the world-famous San Diego Zoo, the park is much more than a beautiful place to see exotic animals. Gardens and grounds in Balboa Park were established as a city park for the people in 1868. In preparation for hosting the Panama-California Exposition of 1915, a celebration of the opening of the Panama Canal, founding fathers, architects and master gardeners collaborated to create the fine Spanish Colonial Revival-style buildings and gardens that still grace the grounds today. Additional buildings were raised on the site in the early 1930s, this time incorporating the look and feel of the Mayan civilization and California's early indigenous peoples. Within the confines of the park, visitors can enjoy scores of museums and art galleries including the Museum of Man, San Diego Museum of Art, Timken Museum of Art and Spreckel's Organ Pavilion (for a dollar saving Balboa Park experience, visit the park on the first Tuesday of any month, where admission to the museums are free).

## Old Town

For a taste of what San Diego was like in its earliest years, take in the sights and sounds of this colorful settlement now preserved as a state historic park. Famous as the first European settlement in California, this area is also well known for its glorious year-round gardens, mouth-watering Mexican dishes, lilting Mariachi music and free-flowing margarita; though typically touristy, there are some true tortilla souls that can be found amongst all the trendy trinkets. Be sure to spend a little time browsing through Bazaar del Mundo, truly a marketplace of the world. While it might be typical to dine on Mexican cuisine inspired by the San Diego history, for an extravagant just a block from all the "fiesta" rush, Harney Sushi is a local favorite that flavors fish in unheard of ways.

Within easy walking distance from the center of Old Town is the Presidio, a must-see while in San Diego. This structure, now a historic landmark, is where Junipero

Serra established the first of the Spanish missions in California.

## La Jolla

A short drive up the coast takes visitors to La Jolla, "the jewel" in Spanish. Despite its dense population, the people of this affluent city have somehow managed to maintain its natural beauty. Cliffs along the main streets overlook the beaches and coves along the Pacific Ocean; tropical vegetation creeps and climbs across red-tiled roofs and verandas; and sunsets at La Jolla Shores are simply spectacular. Enjoy the village's serene center, where fish restaurants, chic boutiques and La Jolla locals are in abundance, like George's at the Cove- famous for their modern, American ambiance and cuisine- as well as Warwick's Books, ideal for every school/project need.

Beyond breathtaking oceanfront scenery, which can be enjoyed on bike, by walking or just by driving along La Jolla Boulevard, this seaside community is also home to the Birch Aquarium, which features the largest oceanographic display in the United States. Just up the hill from the town center, the Aquarium is located just across the street from the University of California, San Diego, whose 25,000 university students make up the majority of the area.

## North County

Travel a few miles further north along the coastal drive to reach Del Mar, a smaller beach community that supports itself with farmer's markets, surfers and restaurants. Famous for its racetrack founded by Bing Crosby and fellow Hollywood cronies during the 1940s, this seaside town offers as much to families as it does to racing aficionados. Beaches here are clean and family friendly; boutiques and open-air restaurants line the main street, giving it a Riviera-like quality. The city even boasts the new L'Auberge, which took over the Hollywood favorite resort Stratford Inn and remains a residence for socialites and affluent guests year round in Del Mar's average 70 degree temperature.

Moving inland, the city of Escondido is a quieter, more rural version of San Diego, replete with avocado and livestock ranches, vineyards and granite-strewn hillsides. The community hosts the San Diego Zoo's 2,200-acre Wild Animal Park, an extension of the city's world-famous zoo providing

## San Diego Snapshot continued

visitors a look at animals in the wild. Bates Nut Farm is another rare feature for the area, where visitors from around the county enjoy the biggest pumpkin patch as well as hundreds of vast acres open to the public to enjoy while snacking on delicious nuts.

Just north of this city, visitors can find the renowned Carlsbad Flower Fields and LEGOLAND California, great for those with young children in tow. Carlsbad's beaches also offers big time surfers some of the best waves in the area, where locals are always welcome.

### South Bay

Visitors would be remiss if they never traveled south from the city proper into

the area referred to as the South Bay. The main city in this area is Chula Vista, home to one of San Diego's greatest music and entertainment venues, the Coors Amphitheatre. This entertainment complex provides state-of-the-art acoustics, VIP tables complete with cocktail table service, stadium seating and picnic seating on grassy knolls. Adjacent to the amphitheater, visitors (and especially their children) can cool off in the watery fun at Knott's Soak City U.S.A.

The most renaissance of the south bay cities has become North Park, a relatively untapped area that is now home to some of the area's most unique restaurants,

live music venues, bars/ nightclubs and more. Just a shuffle inland and you'll find a hubbub of activity on 30th Avenue that houses local bars- like the Bar Pink Cocktail Lounge- and the hidden Italian adventure Alexander's on 30th.

While each district of San Diego has an original flair, the various sections blend seamlessly into a thriving, cosmopolitan city. From the North County beaches to the downtown shopping districts, San Diego's first-class attractions consistently please tourists and locals alike.

© NileGuide