



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Michael in Flagstaff, Arizona

Fast Times at San Diego High

Del Mar, San Diego, 5 Days

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Guide Description



AUTHOR NOTE: Throw aside your preconceived notions of San Diego and enjoy both the classic sights and sounds of the city as well as the off-the-wall ones. Don't limit yourself to one area - this large scaled city embraces different cultures within each district, making your experience in Gaslamp completely different from the one in Del Mar. Breathe in the smell of sea salt, listen to today's unique tunes, shout for your favorite song and explore local cuisine.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - San Diego

DAY NOTE: Drive into downtown San Diego from the San Diego Freeway's 10th Street and park on the outskirts of Balboa Park. Walk into the park via a tile adorned bridge where you'll be welcomed with a sea of people, luscious gardens, fountains and an array of museums to choose from. Decide which to visit, but take special notice as you'll want to check out the world famous zoo before the day is done. Ideally, Balboa Park's beauty is found in the architecture and landscape, which can be enjoyed with a simple walking tour on your way into the Zoo.



Balboa Park

The center of the city



The Prado at Balboa Park

in the heart of Balboa Park

Day 2

DAY NOTE: Image yourself in another world. Just minutes from downtown San Diego, this island is home to some of the area's most picturesque homes and views of pristine beaches. The most famous of all - the Hotel Del. No need to stay a night here, enjoy the majestic scenery with a walk on the beach and lunch on the hotel's terrace. The small-town streets are reminiscent of days gone past, in this idyllic Naval based town.

Day 3 - San Diego

DAY NOTE: After two busy days traveling San Diego's farthest and most iconic corners, relax in one of its finest. La Jolla is known for hosting the world's wealthiest, and with homes scattered amongst the rolling hills, this day trip is perfect to simply relax, shop and eat. For that morning pick-me-up, get your coffee to go at San Diego's own Living Room; located at the tipping point of La Jolla's shops on Girard Blvd,. Enjoy your legal addictive while perusing the shops.

A perfect getaway, enjoy a day at La Jolla's well known surfing beach La Jolla Shores followed by a romantic evening for two at George's. Finally, scatter over to The Comedy Store, where well known comedians come on a nightly basis for an evening of refined entertainment.



Living Room Coffeehouse

Point Loma Hideaway

Day 4 - Del Mar

DAY NOTE: The summer wouldn't be anything in San Diego without the Del Mar races. Make note of the summer schedule ahead of time (races typically run from the end of July through September) and enjoy an afternoon of sun dresses, big hats and mint juleps followed by a seaside walk through the newest addition to Del Mar's coastline, L'Auberge.

Just minutes from the beach and Highway 1, Belly Up in Solana Beach is amidst the Cedros Design District, where famed designers, entrepreneurs and the area's most unique shops can be found. The city's alternative music scene is found here, where you can equally enjoy the Wild Note Cafe's scrumptious selection of appetizers and wine selection while waiting for your show in this intimate gathering.



L'Auberge Del Mar

The latest resort of Del Mar

Day 5 - San Diego

DAY NOTE: The Gaslamp Quarter isn't just for a night out on the town. Enjoy an afternoon game with the San Diego Padres, where you can pick up the San Diego Trolley from your hotel. Stroll around the Gaslamp following the 9 innings, as Petco Park is located within the city's center.

After a late afternoon sporting event, use your remaining energy for San Diego's Shout! House, where dueling pianos go at it night after night per the request of the house. Audiences enjoy an open bar and request their favorite songs - everything from the Beatles to Britney Spears - with a fun and quirky interpretation by the house band.



Gaslamp Quarter

The city's entertainment hub



San Diego Trolley

Clang, clang, clang



PETCO Park

Fantastic baseball stadium

Itinerary Overview

things to do
restaurants
hotels
nightlife



Shout! House (The)
Scream and shout

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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: 619 557 9441
www.pradobalboa.com

location:
1549 El Prado
San Diego CA 92101

hours:
Mon-Fri: 11:30am - 3pm Sat-
Sun: 11am - 3pm Dinner: Tue-
Sun at 5pm

2 The Prado at Balboa Park

OUR LOCAL EXPERT SAYS:
Make a reservation, and make a reservation early! During the summer and special occasions everything gets booked quickly!

DESCRIPTION: Graciously housed in the House of Hospitality, this venue has hosted myriad weddings, parties and intimate dinners. Casual elegance with a Spanish-fusion flavor is on the menu in the heart of Balboa Park. Zesty seafood paella, wild mushroom risotto, or adobo braised pork will all have your taste buds shouting "olé." The Chicken Milanese is richly flavored with garlic and sage, served with rosemary-infused potatoes with arugula in a tomato concasse. If you want plainer food, try the Prado Cheeseburger. The luscious dessert tray varies daily. © wcities.com



citysearch

Day 2

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contact:

tel: 619/325-4445

fax: +1 619 325 4446

www.livingroomcafe.com

location:

2541 San Diego Ave

San Diego CA 92199

hours:

Sun-Thurs 7am-10pm; Fri-Sat
7am-midnight

1 Living Room Coffeehouse

DESCRIPTION: Grab a patio table in the courtyard of this lovely old house and enjoy the people-watching; indoors you'll find faux antiques, appropriately weathered for a lived-in feel. The pastries are fine, but it's the light meals -- breakfast, lunch, and dinner -- that are best. Breakfast includes omelets and waffles, while the rest of the fare is posted on a chalkboard menu. Try the turkey lasagna, chicken Dijon, tuna melt, or one of several hearty entree salads. Exotic iced and hot coffee drinks include the Emerald Isle (espresso, white chocolate, and mint). Other locations are in La Jolla at 1010 Prospect St. (tel. **858/459-1187**); in Point Loma at 1018 Rosecrans St. (tel. **619/222-6852**); and in the College area near San Diego State University, at 5900 El Cajon Blvd. (tel. **619/286-8434**). © Frommer's



Photo courtesy of Living Room
Coffeehouse

Day 4 - Del Mar

QUICK NOTE

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contact:

tel: +1 858 259-1515 / (800)
245-9757

fax: +1 858 755 4940
<http://www.laubergedelmar.com/>

location:

1540 Camino Del Mar
Del Mar CA 92014



L'Auberge Del Mar

DESCRIPTION: L'Auberge Del Mar is located in San Diego North's coastal village of Del Mar. Experience Four-Diamond service, casual elegance, gourmet dining, spa pampering, world-class golf, and tennis on your next overnight escape, retreat, meeting, wedding or celebration. Whether it's business or pleasure, prepare to be pampered on your next trip to San Diego if you stay at this resort. © wcities.com



Day 5 - San Diego

QUICK NOTE

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contact:

tel: +1 619 233 5227
(Gaslamp Quarter
Association)
<http://www.gaslamp.org>

location:

Gaslamp Quarter
San Diego CA 92101

1 Gaslamp Quarter

OUR LOCAL EXPERT SAYS:

When visiting for the day, park in any one of the garages - but make sure to find the cheapest (usually around \$10)- unless you can find street parking

DESCRIPTION: Vibrant, eclectic, and endlessly entertaining, the Gaslamp Quarter covers more than 16 city blocks of downtown San Diego in the area once infamously known as Stingaree, with hundreds of specialty shops and dozens of trendy restaurants, bars and avant-garde playhouses. Most of the shops keep late hours, so delightful shopping, drinking, and dining can occur virtually simultaneously. Cutting-edge women's fashions elbow up against exclusive art galleries, and once-run down-hotels have undergone multi-million dollar makeovers and found new and chic lives. The San Diego Convention Center is just steps away from the Gaslamp, and during major conventions the flow of souvenir-hunting attendees floods the area. For an upscale shopping mall experience, the adjacent Horton Plaza offers major department stores and a hundred or so mall shops set in an architecturally amusing maze of bridges, stairways, and intricately tiled walls. If you have just a few hours to devote to shopping - or San Diego itself - spend the time and the money here. Credit card acceptance varies by business. © wcities.com



Photo courtesy of Gaslamp Quarter

contact:

tel: +1 619 233 3004
<http://www.sdcommute.com>

location:

1050 Kettner Boulevard
San Diego CA 92101

hours:

5a-12:30a M-F, 24 hrs Sa

2 San Diego Trolley

DESCRIPTION: One of the best bargains in this city is the fare to hop aboard one of the bright red trolleys that can quickly whisk you away to major attractions. Stops include notable places such as the Convention Center, the Gaslamp District, Seaport Village, Horton Plaza, the Embarcadero and Old Town. You can even travel south all the way to the San Ysidro stop, where then you can easily walk across the border to Tijuana, Mexico. This route is particularly popular on Saturdays. Self-ticketing machines line the tracks at the major boarding



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

History

While today San Diego is recognized for its picturesque beaches, family friendly activities and historical landmarks, during 20,000 BC the area was home to some of the richest herds of Caribou, bison and more. Eventually the natives most commonly referred to as the San Dieguito

people began culturing the area just east of Rancho Santa Fe; descendants from the area moved to La Jolla (commonly referred to as La Jolla peoples) and established themselves around San Diego's modern day La Jolla Beach and Tennis Club. Named after the Catholic Saint Didacus, more often referred by his nickname San Diego, by Sebastian Vizcaino in 1602, the area was actually originally "San Miguel" by Spain's explorer Juan Rodriguez Cabrillo. With Cabrillo's death just a few months later, San Miguel (today's Point Loma) was no longer under Spain's flagship and Vizcaino took over.

The area, Point Loma and Mission Bay, had been inhabited by Kumeyaay Indians for 10,000 years. Plans to Christianize the area started immediately, as threats from "alta California" begin to loom. Father Junipero Serra – the infamous leader and founder of "El Camino Real" – began establishing the Mission San Diego de Alcalá, which marked the end of his famous California mission trail. The missionary crew got help by several European ships and two land groups, all of whom established camp in today's Old Town. The colonization was completed by 1797 when San Diego's Mission welcomed California's largest number of occupants. When Mexico won its independence from Spain, San Diego ("baja California") fell under the rule of the reigning country; the Presidio Hills welcomed some of the first residents to the area while California followed command under Mexico.

By 1825 San Diego is named the unofficial capital of both lower and upper California and just ten years later the first mayor was elected. That same year seaman Richard Henry Dana stepped onto San Diego's land following detailed accounts of his time at sea. The Mexican-American War ensues, finishing up in a bloody battle in today's Escondido. By 1850, just three years after California's brutal win against Mexico, San Diego is named one of 27 original California counties – spanning as far east as the Colorado River into modern-day's Imperial County and the cities San Bernardino and Riverside. The city's first mayor is elected that year, while Cabrillo Monument's iconic image is captured for the first time on paper.

San Diego, now with a little more than 700 in its city, establishes the Weekly Union, which in just a few short years will become the San Diego Union-Tribune following mergers of the Union and Evening Tribune. John D. Spreckels is the paper's sole owner, who manages the business until 1928. Prominent businessman Alonzo Horton begins building the first wharf in the area in 1869 and later goes on to become one of the wealthiest men in the area – owning several blocks in today's downtown San Diego, among other establishments.

Gold rush hits San Diego in 1870, where mines produce \$2 million in gold (though the industry only lasts for another six years). The city continues to grow in population, nearly doubling in size as the city directory is published and the San Diego Society of Natural History is established. Typical city institutions finally begin to fashion a growing commerce with the establishment of several organizations like the Russ School, which will eventually be taught by Kate Sessions. When the transcontinental railroad reaches San Diego in 1885 the area begins promoting one of its most feasible resources – itself (today tourism makes up one of San Diego's biggest money-makers). The first tourists come just as construction for the Hotel del Coronado begins, welcoming guests in 1886 following the peninsula's acquisition by Elisha S. Babcock and H.L. Story.

Sessions, who began establishing a nursery upon her arrival to San Diego, purchases 36 acres of "City Park" which before long becomes known as Balboa Park. Eventually buildings are constructed in Balboa Park as San Diego hosts the 1915 Panama-California Exposition, while a large Organ Pavilion donated by resident Spreckels is also added to the venue. San Diego's now world famous San Diego Zoo is created only after Dr. Harry Wegforth, who hoped to quarantine animals for the 1915 Expo, petitioned for a permanent park.

Today's San Diego State University opened up as the State Normal School in 1899 in Normal Heights as a two year training college. Just four years later the Scripps Institution of Oceanography is established by University of California Zoology Professor William E. Ritter and

San Diego Snapshot continued

Ellen Browning Scripps. Not before too long the University of San Diego is founded in Linda Vista (1954), followed merely a decade later by the University of California, San Diego in La Jolla.

San Diego becomes a Mecca for entertainment, with the 1929 establishment of the Fox Theatre, a prominent movie house and current home to the San Diego Symphony (Copley Symphony Hall) along with Balboa Park's Fine Arts Gallery. These mark just one of many that improve San Diego's artistic endeavors, with Del Mar Fairgrounds construction through a Work Progress Authority project and the San Diego's Civic Center debut.

The San Diego Padres moved from minor-league to Major League in 1968, opening up their season at the new San Diego Stadium (which would eventually become Petco Park). Sports become more prominent in the area beyond baseball with Escondido's Olympic training venue opening and the Super Bowl held in Qualcomm Stadium.

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Nightlife Insights

Art

Nightclubs

Theater

Film

Music

Sports

©

Travel Tips

Getting There

Air

San Diego International Airport (SAN) +1 619 400 2400 <http://www.san.org>

SAN is located three miles from downtown and services the following airlines:

Aero Mexico (+1 800 237 6639/ <http://www.aeromexico.com>) Alaska Airlines (+1 800 426 0333/ <http://www.alaskaair.com>) Aloha Airlines (+1 800 367 5250/ <http://www.alohaairlines.com>) American Airlines (+1 800 433 7300/ <http://www.aa.com>) Continental (+1 800 525 0280/ <http://www.continental.com>) Delta (+1 800 221 1212/ <http://www.delta.com>) Hawaiian Airlines (+1 800 367 5320/ <http://www.hawaiianair.com>) Jet Blue (+1 800 538 2583/ <http://www.jetblue.com>) Northwest (+1 800 225 2525/ <http://www.nwa.com>) Southwest (+1 800 434 9792/ <http://www.southwest.com>) United (+1 800 241 6522/ <http://www.ual.com>) US Airways (+1 800 428 4322/ <http://www.usairways.com>)

From the Airport

Bus: There is public transportation to and from the airport via bus on Flyer Route no. 992.

Shuttle: There are also a number of taxis and shuttle services that offer airport transit including:

Airport Shuttle (+1 619 234 4403)
Yellow Cab (+1 619 234 6161/ <http://www.driveu.com>)
San Diego Cab (+1 619 226 8294)

Car Rental: Alamo (+1 800 327 9633/ <http://www.alamo.com>) Avis (+1 800 831 2847/ <http://www.avis.com>) Enterprise (+1 800 736 8227/ http://www.enterprise.com/car_rental/home.do) Flexcar (+1 619 262 3539/ <http://www.flexcar.com/undergrad>) Budget (+1 800 527 0700/ <http://www.budget.com>) Hertz (+1 800 654 3131/ <http://www.hertz.com>) Thrifty (+1 800 367 2277/ <http://www.thrifty.com>)

Car Share

Another attractive ground transportation option is Flexcar, 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. Flexcar (+1 877 353 9227/ <http://www.flexcar.com>)

Train

Amtrak (+1 800 872 7245/ <http://www.amtrak.com>) offers frequent services to San Diego.

Bus

San Diego is serviced by Greyhound (+1 800 231 2222/ <http://www.greyhound.com>) bus lines which provide transportation to destinations throughout America.

Car

San Diego is accessible by I-5, I-15, and US 15.

Getting Around

Public Transit

The Metropolitan Transit System (MTS, 1+ 619 238 0100/ <http://www.sdcommute.com>) offers a comprehensive system of buses, trolleys, light rail trains, and commuter trains to destinations throughout San Diego.

N.B. 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/>

©

Fun Facts

San Diego State: California **Country:** United States

San Diego by the Numbers:

Population: 1.25 million
Average Winter Temperature: 60 degrees F/15.5 degrees C
Average Summer Temperature: 71 degrees F/22 degrees C

Quick Facts:

Electricity: 110 volts, 60Hz, standard two pin plugs
Time Zone: GMT-8
Country Dialing Code: 1
Area Codes: 619, 760, 858

Did You Know?

From San Diego, you can walk across the border to Mexico!

Ever heard of a Zambian Sable Antelope? Well, the world-famous San Diego Zoo has one!

Orientation:

San Diego is located 120 miles south of Los Angeles and 20 miles north of Tijuana, Mexico.

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