



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Michael in Flagstaff, Arizona

Sun, Surf and Satisfaction an Adventure San Diego

San Diego, La Jolla, 3 Days

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Guide Description

AUTHOR NOTE: San Diego is know as a relaxing retreat, where you sit by a pool and sip cocktails. However there is also another side to this city booming with culture and life. This side is built around the natural wonders at work here, the majestic Pacific Ocean as well as farther inland where you will come across sprawling deserts. Along the way dine at some of San Diego's finest restaurants and take in some of that aforementioned culture and class.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - San Diego

DAY NOTE: San Diego is know for its posh and chic hotels however sometimes that is not exactly what you want. You will be out enjoying San Diego so why not get what you want from a hotel. The Holiday Inn Express is nestled in downtown La Jolla, it is near everything, and for a fraction of the price. They offer free breakfast and are pet friendly so if your pooch is coming along they are prepared to care for them. Now that you are checked in head to the high seas. Well not exactly, the La Jolla Sea Caves Kayak Tour is a great tour that will guide you through the breath taking caves that the waves of Pacific call home. After this trip on water, head to The Prado at Balboa Park to grab a bite to eat. They offer a great selection of fresh seafood with a Spanish Fusion flare. While in sunny San Diego always sit outside on the patio. From sea to land, next stop the Desert Gardens where you will see over 1,300 species of desert flora. From here head to the Blue Sky Ecological Reserve where you will traverse a wide variety of terrain that is the natural habitat of the indigenous animals. Its always better to see the animals where they actually live. After this scramble Shein of Osaka will be sure to hit the spot with either their extensive selection of sushi or they authentic teryaki dishes.



La Jolla Sea Caves Kayak Tour
Kayaking



The Prado at Balboa Park
in the heart of Balboa Park



Desert Garden
Where Balboa's cacti grown strong



Shien of Osaka
Local sushi favorite

Day 2 - San Diego

DAY NOTE: After you manage to tear yourselves away from the comfort of your beds head to The Original Pancake House and feast on their traditional breakfasts made entirely from scratch. Their portions are huge which is perfect because you have a busy day ahead of you at the Anza-Borrego Desert State Park. This sprawling 600,000 acre park. Named after the explorer who discovered the park, there is a certain amount of history that comes with a visit. There are trails of many different lengths so there is something for all ability levels, but remember it is a desert and water is not as plentiful as it was on the ocean yesterday. After you day of hiking in the beautiful desert The Bailey Barbecue will be sure to fill you up right. This meat lovers

paradise is located in the beautiful town of Julian which is a destination for another time. If you have the energy there is usually live music an plenty of dancing to be had, if not your hotel bed is waiting.



Original Pancake House (The)
Traditional breakfast spot

Day 3 - San Diego, La Jolla

DAY NOTE: Kona's Cafe is the perfect way to start your day, alot of other people know this too. The line outside can be a bit long but it will move quickly, while you wait take in all of the locals as the awesome surf videos. From here it is a quick ride to Holland's Bicycles where you will get your new ride. Holland's has been around for a long time making it somewhat of a landmark. When you are ready hop on your newly rented bike and head for Coronado Island. This cool place has amazing views as you ride through neighborhoods of quaint homes. There is also a naval base you can ride past as you make you way through Coronado. All of this pedaling is sure to make you hungry so stop in at the Bay Beach Cafe, which is know for its great food, prices and service. Once you have filled up The Ferry Landing Marketplace will keep you busy for hours with its wide variety of shops, restaurants and art galleries. Once you are finished perusing the marketplace head to Jack's La Jolla Dining Room, if you would prefer to head home and shower befor you dine make sure to make reservations. You need reservations for this highly awarded four and a half star restaruant. The head chef has created a menu you will surely not forget soon. This huge restaurant also has four bars and features live music, a perfect ending for any day.



Kono's Cafe
Breakfast made for the surfer crowd



Jack's La Jolla Dining Room
Contemporary American cuisine

Day 1 - San Diego

QUICK NOTE

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contact:

<http://www.partner.viator.com/en/6793/tours/San-Diego/La-Jolla-Sea-Caves-Kayak-Tour/d736-3654CAVES>

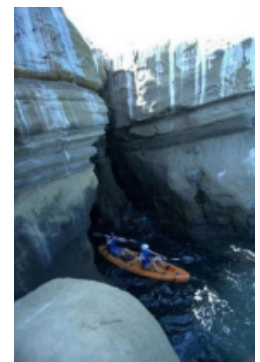
location:

San Diego California

La Jolla Sea Caves Kayak Tour

DESCRIPTION: This is the most popular kayak tour. If you can ride a bike you can kayak. After a brief paddle instruction and safety talk, you take your kayak down to the beach. And launch your kayaks from La Jolla Shores and paddle to the La Jolla Sea Caves taking in the gorgeous views and watching for the abundant wildlife. You can see numerous types of sea birds and usually sea lions, seals and sometimes dolphins. You then kayak into the fascinating kelp beds of the La Jolla Ecological Reserve and enjoy the surf zone on your way back. Kayaking is fun for all ages! No experience necessary. **What to Expect:** Be prepared to get wet! For safety reasons, the tour operator does NOT guarantee going into the caves on tours. This tour is not recommend entering the caves for pregnant women, small children or inexperienced kayakers. This tour is recommended for ages 6 and up. Participants must be able to swim.

Special Offer - Book and travel by December 31, 2008 and the price displayed includes 10% off the recommended retail price - BOOK NOW! © Viator



viator

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

1 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



citysearch

the Prado Cheeseburger. The luscious dessert tray varies daily.
© wcities.com

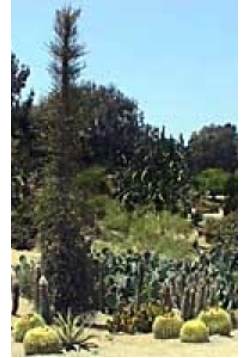
contact:
tel: +1 619 239 0512
<http://www.balboapark.org/in-the-park/detail.php>

location:
Park Avenue and Village
Place
San Diego CA 92101

2 Desert Garden

DESCRIPTION: Desert Park is more than just another garden in the vast circumstance that is Balboa Park. Adjacent to the Inez Grant Parker Memorial Rose Garden and Park Blvd, this relatively small attraction offers visitors a place to relax and enjoy the over 1,300 plants that are housed here. With it's peak bloom during the tourist off-season (January - March), visitors here are often few and far between, making it a home for the spontaneous. Open free to the public year-round, sniff out some of the delectable and intriguing plants that cover this 2.5 acres of land.

© NileGuide



wcities

contact:
tel: 1 858 451 0074
fax: 1 858 451 2485

location:
16769 Bernardo Center Drive
San Diego CA 92127

3 Shien of Osaka

DESCRIPTION: With one wall of this restaurant devoted entirely to a sushi bar, it has become a favorite sushi house to San Diego locals. Customers range in ages and occupations, yet most are regulars who frequently visit this establishment. A variety of sushi options top the menu, but other choices are available. For those not devoted to sushi, the Teriyaki Chicken and Fried Tofu are popular dishes. The more daring patrons may want to try the mushroom served with radish or vegetable tempura. The restaurant remains closed on Sundays. © wcities.com

Day 2 - San Diego

QUICK NOTE

DAY NOTE: After you manage to tear yourselves away from the comfort of your beds head to The Original Pancake House and feast on their traditional breakfasts made entirely from scratch. Their portions are huge which is perfect because you have a busy day ahead of you at the Anza-Borrego Desert State Park. This sprawling 600,000 acre park. Named after the explorer who discovered the park, there is a certain amount of history that comes with a visit. There are trails of many different lengths so there is something for all ability levels, but remember it is a desert and water is not as plentiful as it was on the ocean yesterday. After you day of hiking in the beautiful desert The Bailey Barbecue will be sure to fill you up right. This meat lovers paradise is located in the beautiful town of Julian which is a destination for another time. If you have the energy there is usually live music an plenty of dancing to be had, if not your hotel bed is waiting.

contact:

tel: 1 858 565 1740

fax: 1 858 565 2698

<http://www.originalpancakehouse.com/index2.html>

location:

3906 Convoy Street
San Diego CA 92111

hours:

7a-3p M-Su

1 Original Pancake House (The)

DESCRIPTION: This breakfast spot has been serving San Diego locals for decades. The cooks still make everything from scratch, including fresh-squeezed orange juice. The restaurant still features specially blended coffee, and it still has what is allegedly "the world's most copied menu". Whatever breakfast you are craving for - you will not walk away hungry. The Swedish Pancake is covered with imported Lingo berries from Sweden and is the size of a pie. The Eggs Benedict could feed three. It is easy to see why this spot has won numerous awards. © wcities.com



Photo courtesy of Original Pancake House

Day 3 - San Diego, La Jolla

QUICK NOTE

DAY NOTE: Kono's Cafe is the perfect way to start your day, a lot of other people know this too. The line outside can be a bit long but it will move quickly, while you wait take in all of the locals as the awesome surf videos. From here it is a quick ride to Holland's Bicycles where you will get your new ride. Holland's has been around for a long time making it somewhat of a landmark. When you are ready hop on your newly rented bike and head for Coronado Island. This cool place has amazing views as you ride through neighborhoods of quaint homes. There is also a naval base you can ride past as you make your way through Coronado. All of this pedaling is sure to make you hungry so stop in at the Bay Beach Cafe, which is known for its great food, prices and service. Once you have filled up The Ferry Landing Marketplace will keep you busy for hours with its wide variety of shops, restaurants and art galleries. Once you are finished perusing the marketplace head to Jack's La Jolla Dining Room, if you would prefer to head home and shower before you dine make sure to make reservations. You need reservations for this highly awarded four and a half star restaurant. The head chef has created a menu you will surely not forget soon. This huge restaurant also has four bars and features live music, a perfect ending for any day.

contact:

tel: 1 858 483 1669
<http://www.roadfood.com/Restaurant/Reviews/434/konos-surf-club-cafe>

location:

704 Garnet Avenue
San Diego CA 92109

hours:

M-F 7a-3p, Sa-Su 7a-4p

1 Kono's Cafe

OUR LOCAL EXPERT SAYS:

There's always a huge line during the weekends, but the line goes fast and is worth the wait!

DESCRIPTION: Kono's serves up a beach breakfast that's popular with locals and tourists alike, which can lead to an intimidating line- but it moves quickly and there are surf videos to watch and quotes of the week to laugh about. If customers choose to walk outside (burgers and other lunch foods are available, and breakfast is served all day), their meal comes with a view: the ocean and all the characters strolling by. Kono's is as casual as the beach, and plates are big and inexpensive.
© wcities.com



yelp

contact:

tel: 1 858 456 8111
www.jackslajolla.com

location:

7863 Girard Avenue
La Jolla CA 92037

2 Jack's La Jolla Dining Room

DESCRIPTION: Jack's La Jolla Dining Room offers contemporary American Cuisine in an elegant, yet comfortable atmosphere. Chef Tony DiSalvo, formerly Chef de cuisine at world famous Jean Georges in New York, is responsible for Jack's earning four & 1/2 stars from The Reader and making Jack's One of the Top Six San Diego Restaurants according to The Gayot Guide. Jack's was also voted One of The Top 10 New Restaurants in the USA by MSN. The Dining Room is just one of four restaurants to choose from. Jack's four bars have live nightly live entertainment including a piano bar, jazz trio and dancing to the best DJs in town. Jack's boasts an extensive wine list and is the proud recipient of the Award of Excellence from the Wine Spectator. It is all under one roof in the heart of La Jolla.



Photo courtesy of jackslajolla

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.

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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 Alcala, 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.

©

La Jolla Snapshot

Local Info

From art galleries and trendy boutiques to world-class golf courses and stunning beaches, La Jolla's attractions please travelers from far and wide. Each district is uniquely different, yet all are similar with respect to one important facet: top-notch quality.

Business District

While La Jolla is most well known for its incredible shoreline, the city's upscale business district is hardly modest. Located on the eastern side of La Jolla, law firms, financial institutions and tech industry outposts dominate this district, along with modern shopping centers and a wealthy residential area. The world-famous Scripps Memorial Hospital & Medical Research Center resides here, as well as the San Diego Mormon Temple, a remarkable place of worship that, oddly enough resembles an ice castle.

Perhaps the most notable establishment in this region of La Jolla is the University of California at San Diego, which hosts a world-renowned medical school and a number of other rigorous academic programs. If you're in town in the spring, embark on a Grunion Run with some of the University's marine biologists. Prefer indoor entertainment? The University is home to one of the region's most popular attractions, the La Jolla Playhouse, founded by Hollywood stars and now famous for showcasing new, cutting-edge plays.

Another popular site in the vicinity is Mount Soledad, where you'll find the colossal and controversial Easter Cross, as well as a breathtaking panoramic view of the whole county, from the northernmost beaches to the Mexican border.

La Jolla Village

Known to locals as "the Village," La Jolla's downtown area, though geographically tiny, is jam packed with enough shops, restaurants, hotels, salons and galleries to draw hordes of wealthy patrons from around the region and around the globe. Girard Avenue is widely acknowledged to

be La Jolla's main drag (home to everything from surf shops like World Core to fine-art galleries like Images of Nature and elegant boutiques like Neroli), although Prospect Street has often been dubbed "the Rodeo Drive of San Diego" (thanks to specialty shops like such as Aja and perhaps despite neighborhood haunts like John Cole's Book Shop). Art lovers will be glad to know that the San Diego Museum of Contemporary Art is located here in the village, along with smaller operations like the Cosmopolitan Fine Arts gallery.

If neither art nor shopping are your cups of tea, La Jolla Village also features the La Jolla Recreation Center and La Jolla Woman's Club, great places to spend an afternoon, both in buildings designed by renowned architect Irving Gill.

After a day of patronizing the arts and spending some cash at upscale boutiques, travelers need not venture out of the Village for a delectable meal. The Spot and Roppongi are popular establishments. Nightlife also flourishes in the area, as top comedians perform at the La Jolla branch of the Comedy Store.

Shoreline

Perhaps the most memorable of La Jolla's districts is the Shoreline. La Jolla is home to one of the most spectacular waterfronts in Southern California, complete with remarkable caves, cliffs, beaches and sunsets. Children young and old gather in droves for unbelievable seal watching at Children's Pool Beach. Nearby Ellen Browning Scripps Park is a green and inviting cliff-top open space perfect for a picnic, a mid-afternoon snooze or a game of volleyball. If you get tired of the sun, venture into La Jolla Caves, an underground cavern just as much a part of the local ecosystem as the shore itself.

La Jolla's beaches are eminently welcoming to surfers, sunbathers, snorkelers, scuba divers and swimmers, and all of these activities make for superb means by which to enjoy this geographically dramatic stretch of coast. Feel at home in the chop? Treat yourself to a surfing lesson courtesy of

Surf Diva. If Earth-bound thrills such as these prove too tame, take to the skies! Paragliding and hang gliding are offered at Torrey Pines Gliderport.

Travel a short distance north from La Jolla Cove and see marine life up close at Birch Aquarium. This world-famous oceanographic museum, operated by the Scripps Institute of Oceanography, showcases marine life native to the entire continental shelf, from the sounds of the Pacific Northwest to the warm waters of Baja.

Even though La Jolla's beaches and caves are heralded throughout Southern California, one of the coastline's most popular attractions has nothing to do with sand or surf. Torrey Pines Golf Course, the only public course on the PGA circuit, offers two challenging 18-hole courses, and spectacular views of the surrounding natural beauty.

After so much activity, complete the day by dining just above the waters of the Pacific. George's At The Cove and the Crab Catcher, both perched on the cliffs above the cove, draw diners from all around the region eager to feast on tasty food and breath-taking ocean views. Cody's, on the other hand, is a neighborhood favorite with a splendid view of Ellen Browning Scripps Park across the street.

©

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 Jollan 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

La Jolla Snapshot continued

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 Alcala, 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 was elected that year, while Cabrillo Monument's iconic image was 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 Spreckles is also added to the venue. San Diego's now world famous San Diego Zoo is created only after Dr. Harry Wegeforth, 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 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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Hotel Insights

There are three distinctive sections of La Jolla that all make staying in one of its hotels completely unique. From La Jolla Shores the majestic, beach laden hotels line the shores; La Jolla Village's spaces overlook the gleaming Pacific from high above ground while the business district keeps them professional in a metropolitan setting.

La Jolla Shores

Hotel Paris: Hidden between retail shops and the bustling street of Prospect Avenue, Hotel Paris is a paradise with just 28 specialty suites perfect for any romantic getaway or retreat. With neighbors in some of La Jolla's most iconic restaurants, shops and bars, the venue remains the only local eco-friendly hotel of its kind.

The Grand Colonial: Majestic and regal are just some of the words to describe the affluently designed Grand Colonial in the heart of La Jolla Village. Serving the neighborhood since 1913, it is the area's oldest original standing hotels and is marked on the Historic Hotels of America registry. Yet it's 93 modern rooms, outstanding cuisine and spectacular service have helped maintain the Grand Colonial's prestigious reputation.

La Valencia: If you've ever passed through La Jolla Shores, chances are you spotted the brilliantly painted La Valencia. Pretty in pink, the decades old boutique hotel overlooks the infamous shores of La Jolla, while simultaneously defining its seaside. Though amicably large for La Jolla, La Valencia feels non-threatening to locals and tourists alike thanks to its large dining spaces (hosting three restaurants) a sky room and business space.

La Jolla Snapshot continued

La Jolla Shores Hotel: Truly situated on the shores of La Jolla, this large scale haven is marked by its extreme exterior masquerading as a boutique hotel. Though it's hardly something to define La Jolla, the La Jolla Shores Hotel is just as iconic as any of the other boutique hotels in the area simply because of its location. The perfect place for families with kayak rentals just steps from the lobby, fine dining and the ever popular La Jolla Shores constantly populated by locals and tourists, it's no secret but it's a favorite.

La Jolla Village

The Bed& Breakfast Inn at La Jolla: Just a few streets down from the Grand Colonial is the simple yet unrefined Bed& Breakfast Inn. Just 15 rooms avoid the street pitter of Girard street with private baths, serene garden and patio and gourmet breakfasts.

Best Western Inn by the Sea: Towering high above any of the other buildings in La Jolla Village, you'll spot the Inn by the Sea's tower long before you reach it's front door. Though seemingly commercial, Best Western's Inn by the Sea transform's the typical drab of the chain name to complete La Jolla's unique seaside escape, pleasing guests that sell out this larger venue nearly year round.

La Jolla Beach& Tennis Club: Iconic and truly a definition of La Jolla, the Beach& Tennis Club isn't just famous for its long list of Hollywood guests but also for its features. Offering the most pristine suites, services and specialties that only a historical venue like this could offer, residents vacation here on the weekend, moguls from international areas and America's superstars all call this La Jolla hotel their favorite.

Business District

Hyatt Regency: Scraping the sky in La Jolla's business district, the Hyatt Regency is an ideal location for those working in the area during the week who seek easy access in and out of the city. Outside of La Jolla's central quarters, the Hyatt Regency is legendary for its year round special events, proximity to some of the area's most distinctive cuisine& shopping and superior service. Built on a larger scale than those hotels within La Jolla's Village, the

Hyatt is great for business conferences or special events.

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Restaurants Insights

With numerous establishments perched on cliff tops overlooking the famous La Jolla Cove, this city's restaurants are well known both for their unforgettable views and delicious cuisine. Many La Jolla restaurants have had great success combining spectacular ambiance with creative culinary innovations.

Business District

Several top-notch eateries shine in the business district of La Jolla. Donovan's Steak& Chop House pleases customers with an elegant dining room, vast wine list and premiere red-meat entrees. Bully's is another sure bet for great steaks, fine wines and a true taste of old La Jolla. For a dining experience both more modern and more laid back, hit Rock Bottom, a restaurant and brewery popular for its eclectic pub-grub menu, house-made beers and a lengthy Happy Hour.

To cash in on the epic ocean views throughout the city, hotels in La Jolla tend to house top-notch restaurants, bars and clubs on their upper floors. Humphrey's La Jolla Grill, located on top of the Radisson features dramatic panoramas, sumptuous cuisine and live entertainment. Clay's, perched on the 11th floor of Hotel La Jolla, has full-length windows overlooking the city and the Pacific, as well as upscale American entrees and live jazz.

La Jolla Village

Known to locals as "the village," La Jolla's downtown hosts some of the finest eateries in Southern California. This section of town is most trendy, ranging from quirky cafes to happening nightlife. Only in La Jolla would one find artwork for sale in a coffee shop. Harry's offers exactly that, welcoming the morning crowd with homemade breakfast specialties and innovative works of art. Mission Coffee Cup is another informal diner, also praised for its fresh-cooked American breakfasts. While the ambience is

not particularly notable, it's always crowded with locals for one simple reason: the food is just plain delicious.

The following trio of café-style lunch spots is all about gourmet versatility. Whether you crave a hearty panini or a sweet little tart, they've all got you covered. Go to Girard Gourmet and grab a luscious salad, an inspired sandwich or a decadent dessert. Or go on in to Come On In, a delightful bakery styled to evoke the French countryside, which is popular among the daytime village crowd thanks to its coffeecakes, scones and muffins (and meal-sized lunch plates). The Living Room Coffeehouse serves a nice mix of pastries and lunch items as well, complete with a lively atmosphere of eclectic décor and jazz music.

In the evening hours, Roppongi sets the standard as one of La Jolla's most notable trend-setting storefronts, offering a cutting edge menu of Asian fusion meals. Other favorite Asian restaurants include Yen's Wok On Pearl and Royal Thai Cuisine. For something less exotic but perhaps more relaxed, stop at The Spot. Serving steak and ribs, this establishment draws a huge thirty-something crowd on weekends. If you like your meaty dinners preceded by a serving of chips and salsa, look no further than Su Casa, home to everyone's traditional south-of-the-border favorites.

Shoreline

Although La Jolla Village boasts the city's most trendy eateries, dining along La Jolla Cove is a memorable experience for travelers of every stripe. Several restaurants line the cove, each offering spectacular views of the Pacific. Trattoria Acqua offers gazebo dining, with modern pizza and pasta entrees. George's At The Cove and the Crab Catcher, both perched on the cliff above the water, feature splendid views from their respective terrace-dining facilities (as well as fresh seafood entrees).

When you tire of old seafood standbys, Azul La Jolla's brand of Mediterranean cuisine might fit the bill—and with yet another breath-taking view of the ocean.

La Jolla Snapshot continued

Perhaps the most sophisticated venue along the shoreline is Top of the Cove, where contemporary French cuisine, live piano music and elegant décor attract the most discriminating of La Jolla locals.

For something a tad cozier, grab a table by the fireplace or out on the front patio at Cody's, a neighborhood favorite whose simple charm does not detract from the elegance of its cuisine. Finally, if you've had a long and active day and crave nothing more than a big gut-busting burrito, pop into Alfonso's, a classic Mexican restaurant well-known for its icy-cold margaritas and grill-fresh carne asada.

©

Nightlife Insights

La Jolla's entertainment scene consistently caters to a remarkable range of tastes. Art patrons are astounded by the extensive list of prestigious galleries, while night owls relax at casual comedy clubs. Meanwhile, La Jolla's cooperative weather allows for numerous outdoor adventures. Whether you prefer upscale culture or outdoor action, this seaside community will prove itself worthy of your entertainment buck.

Art

La Jolla's streets are absolutely full of distinguished art galleries. The community celebrates an extensive array of artistry, yet most galleries seem to favor contemporary pieces. Quint certainly does, featuring paintings in oil and watercolor, as well as photography and sculpture. Nearby Carlton Gallery is strictly devoted to nothing but sculpture, though it has been known to spotlight Asian artists in particular. Alcala Gallery is home to quite a collection of 20th century paintings as well, many of which were produced here in California. If American art is not your thing, give Cosmopolitan Fine Art a try. They specialize solely in French impressionist and post-impressionist paintings.

Music

While art is well represented in La Jolla's cultural atmosphere, music is certainly not neglected. A variety of venues bring

music to La Jolla's residents and tourists. Athenaeum Music and Arts Library has a vast collection of books and other pieces devoted to the musical arts. This establishment also hosts concerts such as the Mini-Concerts-At-Noon, a weekly presentation featuring classical musicians and touring ensemble groups.

During the summer months, the waterfront is home to Concerts by the Sea. Located at La Jolla Cove, this annual series presents live music in an incomparable locale. If you are a strict adherent to the tenets of the world of classical music, you will adore concerts presented by the La Jolla Chamber Music Society.

Theater & Film

The La Jolla Playhouse is the most popular theater in this community. Originally founded by Hollywood stars and located on the UCSD campus, the theater is now known for championing new playwrights. Meanwhile, in the film world, film critics and other cinephiles flock to La Jolla by the busload each year for the annual San Diego International Film Festival.

Research Institutes & Exhibits

Who would have thought that this community, so revered for its arts scene, would also be famous for its world-renowned scientific institutions. Salk Institute, named for the famed curer of Polio, draws spectators from near and far. In addition, the highly-respected Scripps Institute of Oceanography offers incredible displays of marine life at Birch Aquarium, located along the La Jolla shoreline.

Outdoor Activities

Sunny La Jolla abounds with outdoor activities as well. See a panoramic view of San Diego County from Mount Soledad, or climb through mysterious caverns in the La Jolla Caves. Golf fanatics can't miss the luxurious Torrey Pines Golf Course, the only public course on the PGA circuit. Lastly, adventurous souls may view La Jolla

from the sky with an airborne experience at Torrey Pines Gliderport.

©

Things to Do Insights

La Jolla offers dozens of galleries, unique restaurants and historic buildings that draw visitors from all over the country each year.

Athenaeum Music and Arts Library In La Jolla Village, visit the large and diverse Athenaeum Music and Arts Library and the Museum of Contemporary Art. Grab lunch at the popular Harry's Coffee Shop. Tour Rimalta Arena and browse the shops on Girard Avenue.

Sherwood Auditorium Catch a performance of the Athenaeum Mini-Concerts series, admire the textiles at La Jolla Fiber Arts or visit the Sherwood Auditorium. Dine at Humphrey's La Jolla Grill or Roppongi.

The Grande Colonial Explore the stretch of galleries along Prospect Street. The Images of Nature, the French Impressionist-focused Cosmopolitan and Aja Arts & Antiques, which showcases a vast selection of Oriental rugs, are all good choices. The The Grande Colonial Hotel, a historic landmark, is just across the street. Sigi's and Melange, two dining options, are also nearby.

Birch Aquarium Visit the Birch Aquarium where visitors can view incredible displays of marine life. Further down the road, you will find the UCSD campus. The campus is home to the beloved La Jolla Playhouse. A short drive away is the Salk Institute. Enjoy seaside dining at The Shores.

Simic Gallery The Simic Gallery features New Renaissance works, while Carlton Gallery hosts sculptures with an Asian flair. Other notable art venues include Fingerhut and the O'Bernier Gallery. All are located within walking distance of one another. Dine at Top of the Cove or George's At The Cove.

Experience the best of La Jolla with a professional tour company. Choices range

La Jolla Snapshot continued

from traditional bus tours to plane trips and kayak adventures.

Bus Tours Baja California Tours(+1 858 454 7166/http://www.bajaspecials.com) Five Star Tours(+1 619 232 5040/http://www.sdsuntours.com/)

Hiking Tours Hike Bike Kayak Inc(+1 858 551 9510/http://www.hikebikekayak.com) Baja Motion Tours(+1 619 474 1991/http://www.2gobaja.com/)

Kayak Tours La Jolla Bike and Kayaking Tours(+1 858 454 1010/http://www.sandiegobikeandkayaktours.com/) La Jolla Kayak(+1 858 459 1114/http://www.lajollakayak.com/) Hike Bike Kayak Inc(+1 858 551 9510/http://www.hikebikekayak.com)

Air Tours Torrey Pines International Gliderport(+1 858 452 9858) Barnstorming Adventures Limited(+1 760 930 0903/http://www.barnstorming.com/)

Bike Tours La Jolla Bike and Kayaking Tours(+1 858 454 1010/http://www.sandiegobikeandkayaktours.com/) La Jolla Bike(+1 858 459 1114/http://www.lajollakayak.com/) Hike Bike Kayak Inc(+1 858 551 9510/http://www.hikebikekayak.com)

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Travel Tips

Getting There

Air

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

SAN is located about 13 miles from downtown La Jolla 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(+1800 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

Shuttle: Airport Shuttle(+1 619 234 4403)

Taxi: Airport Yellow Cab of San Diego(+1 619 234 6161/http://www.driveu.com/AirportYellow.asp) American Cab(+1 619 234 1111) Medallion Taxi Media Incorporated(+1 858 456 3500) Orange Cab(+1 619 291 3333/http://home.pacbell.net/orangesd) San Diego Cab(+1 800 368 2947)

Rental Car: 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) 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)

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

La Jolla is accessible by I-5, US 52, and the La Jolla Parkway.

Getting Around

Public Transit

Public transportation is limited in La Jolla and visitors should plan accordingly.

Travel Information

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

La Jolla

State: California

Country: United States

La Jolla by the Numbers:

Population: 38,000

Elevation: 110 feet

Average Winter Temperature: 58 degrees F

Average Summer Temperature: 70 degrees F

Quick Facts:

Electricity: 110 volts, 60Hz, standard two pin plugs

Time Zone: GMT-8

Country Dialing Code: 1

Area Code: 858

Did You Know?

"La jolla" means "the jewel" in Spanish and is an appropriate name given this city's status as one of the most affluent regions in the United States. Home to major academic and artistic centers including the University of California, San Diego and the La Jolla Playhouse, La Jolla is a lively city and a popular tourist destination.

Orientation:

La Jolla is located 12 miles north of downtown San Diego and stretches along seven miles of the Pacific coastline.

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