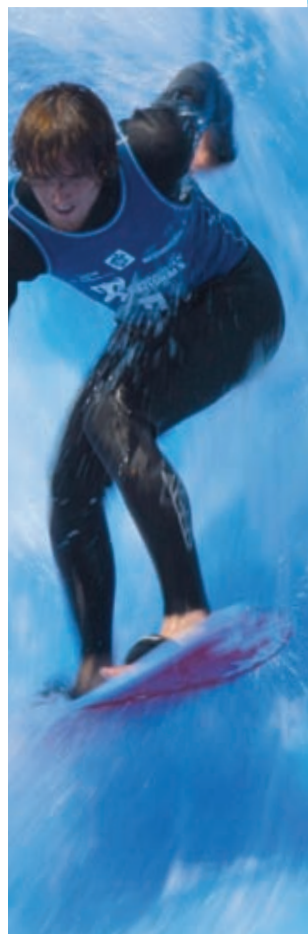
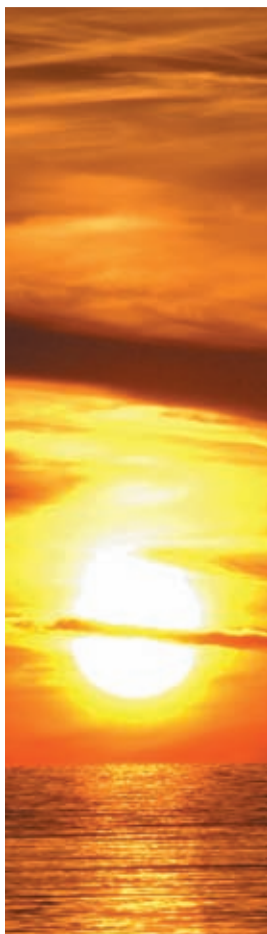


FREE

visitor's guide

La Jolla Pacific Beach Mission Beach

restaurants • hotels • map • shopping • attractions



2013-2014

LA JOLLA TODAY

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RESTAURANTS.

PREPKITCHEN



"Top 3" Brunch Spot, San Diego CityBeat

LA JOLLA | 7556 FAY AVENUE

Best Outdoor Dining, San Diego CityBeat

DEL MAR | 1201 CAMINO DEL MAR

Best of the Best - Casual, San Diego Magazine

LITTLE ITALY | 1660 INDIA STREET

whisknladle

LA JOLLA | 1044 WALL STREET

Best Farm to Table Restaurant, San Diego Magazine

Best Chef: Ryan Johnston, San Diego Magazine

Best Chef: Ryan Johnston, San Diego Home & Garden

WHISKNLADLE HOSPITALITY

GOOD FOOD. GOOD WINE. GREAT PEOPLE.

Welcome to La Jolla

La Jolla, San Diego's jewel by the sea, is a world-class destination with a wide selection of things to do and see. La Jolla has an appeal that is all its own, a special atmosphere. From the unique **architecture** to the high-quality **boutiques** to the sophisticated ambiance, La Jolla is one of a kind. Once you arrive, you'll know that this is truly a special place to visit.

First of all, the variety of top-notch **hotels** is amazing, whether it be a **seaside inn** with an ocean view or a classic setting with elite service. When dining, select from a variety of fine establishments for exquisite cuisine or choose one of the more casual spots for tasty comfort food. You can't go wrong. And, there's no limit to who you might run into during your stay. From **movie stars** to **world leaders, celebrities** of all types have been known to frequent La Jolla.

La Jolla is also a **shopper's paradise**, so take your time exploring the abundance of **boutiques** in the Village of La Jolla. View quality art creations at one of La Jolla's many **galleries**, or visit the **Athenaeum Music** and **Arts Library**. Or, pay a visit to the **Museum of Contemporary Art** to see some of the progressive artworks on exhibit.

Swim in **La Jolla Cove**, relax along the beach, tour the **Sunny Jim Cave**, a natural entryway to the Pacific below.

Just a bit to the north is the **La Jolla Shores** neighborhood. There, you will find a small village with its own vibe. Fine **restaurants, boutiques** and **hotels** are also available in this area, along with a quaint, clean stretch of beach. Looking for a little adventure? Try taking **kayak, scuba** or **surf lessons** from one of the many businesses that offer training here.

Further to the north are the **Birch Aquarium** at **Scripps Institution of Oceanography**, the **Torrey Pines Gliderport** and the world-renowned **Torrey Pines Golf Course**, a city-owned course with a breathtaking ocean view. At the very north is **Torrey Pines State Reserve** featuring fantastic seaside hiking trails and more spectacular vistas.

La Jolla is home to corporate research and development centers, the **University of California, Scripps Institution of Oceanography** and several top-ranking hospitals.

La Jolla is truly a global destination worthy of its first-class reputation. It's a destination not to be missed.





*Patrick J. Park, MBA, PCM
President/CEO*



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Welcome to Pacific Beach, Mission Beach and Mission Bay!

Welcome to **Pacific Beach** — or **PB**, as the locals call it! PB, along with Mission Beach and Mission Bay has it all: **beach, sand, surf — and shops, restaurants and bars!**

Some 1,400 area businesses call the greater PB area home, and with our pedestrian-friendly, easy-going beachside vibe, it's easy to see why so many visitors love coming here. Looking for a few suggestions for fun things to do during your visit? For starters, take a stroll on the **boardwalk** along the **Pacific Ocean** and stop into a local **coffeehouse**. Or rent a **bike** at a bike shop and cruise around beautiful **Mission Bay**.

Afterward, be sure to grab something tasty at any of our hundreds of diverse **restaurants**.

From **sandwiches to sushi, seafood to steaks** and everything in between, your quest for a great dining experience will be found right here in PB (**sunset views** included at no additional charge).

Be sure to leave your coat and tie at home, as just about anywhere welcomes “PB casual” attire. **Flip flops** are the norm around here.

With so many fun **shops**, you may need to extend your vacation just to take in all of the shopping options. **Eclectic boutiques, salons, surf shops and more** make shopping here a favorite local sport. Everyone from the serious collector to the novice window shopper will find what they are looking for here in PB.

Be sure to check out **www.pacificbeach.org** for the Pacific Beach business directory, as well as information on upcoming events and activities.

Enjoy your stay in PB, Mission Beach and Mission Bay. We hope to see you again soon.



PHONE DIRECTORY

GENERAL

BEACH & BAY PRESS/LA JOLLA VILLAGE NEWS(858) 270-3103
LIBRARYPacific Beach (858)-581-9934/ La Jolla (858) 552-1657
LIFEGUARD(619) 221-8899
WEATHER REPORT(619) 221-8824

EMERGENCY POLICE/FIRE 9-1-1

SAN DIEGO POLICE NON-EMERGENCY LINE(619) 531-2000
MERCY HOSPITAL, 4077 Fifth Ave.(619) 294-8111
SCRIPPS MEMORIAL HOSPITAL, 9888 Genesee Ave.(858) 626-4123
SCRIPPS CLINIC, 10666 N. Torrey Pines Rd.(858) 554-9100
SHARP MEMORIAL HOSPITAL, 7901 Frost St.(858) 939-3400
UCSD MEDICAL CENTER, 200 West Arbor Dr.(619) 543-6222
UCSD THORNTON HOSPITAL, 9300 Campus Point Dr.(858) 657-7000

AIRPORT/TRANSPORTATION

SAN DIEGO INTERNATIONAL AIRPORT(619) 400-2404
AMTRAK(800) USA-RAIL
COASTER COMMUTER TRAIN(800) COASTER
REGIONAL TRANSIT(619) 233-3004
SAN DIEGO TROLLEY(619) 231-1466

VISITOR INFORMATION

INTERNATIONAL VISITOR'S INFORMATION CENTER(619) 236-1212
DISCOVER PACIFIC BEACH, 1503 Garnet Ave.,(858) 273-3303
LA JOLLA VISITOR CENTER, 7966 Herschel Ave.,(858) 454-5718



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BEACH AREA CALENDAR 2013-14

JULY 2013

- **Fourth of July Fireworks at the Cove**, 9 p.m. lajollabythesea.com
- **La Jolla Concerts by the Sea**, every Sunday in summer, July 7 through Sept. 2, 2 to 4 p.m. ljconcertsbythesea.org
- **Athenaeum Summer Festival**, July 7, 14, 21 and 28, 4 p.m. This year's festival features pianist Gustavo Romero. ljathenaeum.org
- **59th Annual Old Mission Beach Athletic Club Over-the-Line Tournament**, July 13-14 and 20-21, Fiesta Island. This year marks the 60th anniversary of the boisterous, fast-paced beach softball. ombac.org
- **La Jolla Playhouse, "Sideways,"** July 16 through Aug. 25, 2910 La Jolla Village Drive. lajollaplayhouse.com
- **Green Flash Concert Series,** July 17, every third Thursday May through September, 6:45 to 9 p.m. (21 and up). aquarium.ucsd.edu
- **YMCA Bay2Bay 29th Annual Regatta**, July 20. All races finish at Tidelands Park in Coronado. peninsula.ymca.org/special-events/bay-2-bay-regatta.html
- **PB Concerts on the Green**, 4 to 6:30 p.m., Sundays, July 21 through Aug. 11, Kate Sessions Park. Bring blankets and chairs for these free afternoon concerts. pbconcerts.org

AUGUST 2013

- **La Jolla Music Society's SummerFest**, Aug. 2-23. MCASD Sherwood Auditorium, 700 Prospect St. ljms.org
- **La Jolla Concerts by the Sea**, every Sunday in summer through Sept. 2, 2 to 4 p.m. ljconcertsbythesea.org
- **La Jolla Playhouse, "The Good, the Bad and the I-5,"** Aug. 6-Sept. 1, performed by sketch-comedy troupe The Second City Theatricals. lajollaplayhouse.com
- **Crystal Pier Kids Classic Youth Fishing Derby**, Aug. 10, 8:30 a.m. to 4 p.m. Free fishing event for the whole family. welovepb.com
- **Green Flash Concert Series**, Aug. 15, every third Thursday May through September, 6:45 to 9 p.m. (21 and up). aquarium.ucsd.edu



BEACH AREA CALENDAR cont'd

- **UCSD Cancer Center 19th Annual Luau & Longboard Invitational,**
n p w n t W m o o W o o W o o W o o W o o W o o W o o W o o
W W W W W o o o W n V o o o o o o o m o
- **AFC Half Marathon,** o o n p w n t W m o o o m o
- **PB Concerts on the Green,** s W W r o l m n k W o o o o W o o o o W o n p p k
o o o W o o o o o W o o n V o o o o o o m o

SEPTEMBER 2013

- **La Jolla Concerts by the Sea,** [www.lajollaconcerts.com](#)
- **Taste at the Cove,** [www.tasteatthecove.com](#)
- **Athenaeum's 24th annual gala, "New Orleans and All That Jazz,"** [www.athenaeum.org](#)
- **San Diego Triathlon Classic,** [www.sanriet.com](#)
- **83rd annual La Jolla Rough Water Swim,** [www.lajollarswim.com](#)
- **Brazilian Day,** [www.brazilianday.com](#)
- **Bayfair Powerboat Races,** [www.bayfairraces.com](#)
- **OMSURF - OMBAC Classic Longboard Contest,** [www.omsurf.com](#)
- **San Diego Restaurant Week,** [www.san Diego Restaurant Week](#)
- **Green Flash Concert Series,** [www.greenflashconcertseries.com](#)
- **Coastal Cleanup Day,** [www.coastalcleanup.com](#)



BEACH AREA CALENDAR cont'd

- **Pacific Islander Festival**, Sept. 21-22. A free event that showcases the cultures and customs of Melanesia, Micronesia and Polynesia. Enjoy food, music and crafts. Held at Mission Bay's Ski Beach. pfasandiego.com
- **Cabrillo Festival**, Sept. 28-29, Cabrillo National Monument. Educational activities, cultural demonstrations, food and vendor booths and the re-enactment of Cabrillo's landing at San Diego Bay. cabrillofestival.org

OCTOBER 2013

- **MCAS Miramar Air Show**, Oct. 4-6. World-class air show features the best military and civilian pilots in the world, including the Navy's Blue Angels. miramarairshow.com
- **La Jolla Playhouse's Without Walls Festival**, Oct. 3-6. Features 15 site-based works by local, national and international artists. lajollaplayhouse.com/the-season/wow-series/wow-festival
- **Dancing with the La Jolla Stars**, Oct. 5. A local take on the popular show, to be held at the Hilton La Jolla Torrey Pines Hotel, with San Diego movers and shakers, as well as, some national names. lajollatowncouncil.org
- **Pacific BeachFest**, Oct. 5, 11 a.m. to 7 p.m. The free event includes music, food, rides for kids, volleyball competition and fireworks. (858) 273-3303. pacificbeach.org
- **La Jolla Playhouse: "The Tallest Tree in the Forest,"** Oct. 9-Nov. 3. Exploring Paul Robeson's life. lajollaplayhouse.com/tallest-tree
- **Polish Festival**, Oct. 11-13. Folk dancers, live music, authentic Polish food, beer and souvenirs. St. M. Kolbe Polish Mission, 1735 Grand Ave., Pacific Beach. polishmission.org/festival
- **La Jolla Art & Wine Festival**, Oct. 12-13. A two-day, free juried art show between Prospect Avenue and Kline Street on lower Girard Avenue. Crafts from more than 150 artists, as well as a wine and beer garden featuring premier wineries from around the world and San Diego's top breweries. ljawf.com



BEACH AREA CALENDAR **cont'd**

- **Taste of La Jolla**, TBA. Held in the Village, this event benefits La Jolla High School. Visit ljhs.sandi.net/foundation/event-tasteoflajolla.html for date and time information.
- **San Diego Triathlon Challenge**, Oct. 20. Put on by the Challenged Athletes Foundation and taking place at La Jolla Cove. Consists of a 1-mile swim, 44-mile bike and 10-mile run. challengedathletes.org
- **Oktoberfest**, TBA. This event benefits University City public schools. Check uc-educate.org/events for information.

NOVEMBER 2013

- **San Diego Jewish Book Fair**, Nov. 2-5 and 7-10, Lawrence Family Jewish Community Center, 4126 Executive Drive. sdcjc.lfjcc.org
- **La Jolla Playhouse: "Side Show"**, Nov. 5 through Dec. 15. Based on the true story of conjoined twins Daisy and Violet Hilton. ljplayhouse.com/side-show
- **Bikes, Boards & Brews at Catamaran Resort Hotel & Spa**, TBA, (858) 273-3303. pacificbeach.org
- **Veterans Day at Mt. Soledad Veterans Memorial**, Nov. 11. soledad-memorial.com

DECEMBER 2013

- **56th annual La Jolla Christmas Parade & Holiday Craft Fair**, Dec. 8, 2 p.m. ljparade.com
- **Pacific Beach Holiday Tree & Pier Lighting and Holiday Parade**, TBA, (858) 273-3303. pacificbeach.org
- **Mission Bay Boat Parade of Lights**, TBA. missionbayparade-oflights.org

JANUARY 2014

- **New Year's Day Polar Bear Swim**, Jan. 1, 10 a.m. at La Jolla Shores.
- **Farmers Insurance Open**, Jan. 23-26, Torrey Pines Golf Course, (619) 281-4653. farmersinsuranceopen.com



Worship Guide

Christian Science

1675 Garnet Ave., Pacific Beach • 858-273-9312 • pbpres.org

The heart of Christian Science is divine Love. It's purpose is to re-instate the Bible-based lost element of Christian healing as explained in "Science and Health with Key to the Scriptures" by Mary Baker Eddy. Sunday School Students are taught the Ten Commandments, the Lord's Prayer and its spiritual interpretation by Mrs. Eddy, and the Sermon on the Mount. We would love to see you on Sundays and Wednesdays.

Baha'i Faith

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sandiegobahai.org**

Join us for informal gatherings, multi-faith devotional programs, introductory talks and discussions.



The Bahá'í Faith

Informal gatherings throughout the city during the week & Sunday at the San Diego Bahá'í Center

9:30am-10 am – Multi-faith Devotional Program

10:30am-12 pm – Introductory talk and discussion

6545 Alcala Knolls Drive, (off Linda Vista Rd.)

General Information - call (858) 274-0178

Or visit <http://www.sandiegobahai.org>

Christian Science Church & Sunday School

1270 Silverado in La Jolla • 858-454-2807

Join us Sundays 10AM and Weds. 7:30PM





LA JOLLA ART GALLERIES

Africa and Beyond — 1250
Prospect St. 1-800-422-3742

Alcala Gallery — 950 Silverado St.
858-454-6610

Bird Rock Art Nest — 5648 La Jolla
Blvd. 858-361-2551

Athenaeum Music & Arts Library —
1008 Wall St. 858-454-5872

Bird Rock Arts Gallery — 5785 La
Jolla Blvd. Suite B. 858-999-0500

Carlton Gallery — 1144 Prospect
St. 858-454-9102

Contemporary Fine Arts Gallery —
7946 Ivanhoe Ave. 858-551-2010

Cosmopolitan Fine Arts — 7932 Gi-
rard Ave. 858-456-9506

Culture Cove — 7514 La Jolla Blvd.
858-456-2683

Derissi Gallery — 1237 Prospect
St. 858-551-4555

Essy's Studio — 8008 Girard Ave.,
Suite 190. 858-337-5767

Galeria Jan — 1250 Prospect St.,
#B21. 858-551-2053

GALERie — 5629 La Jolla Blvd.
858-412-6200

Gallerie D'art — 1224 Prospect St.
858-456-0052

Glass Reveries — 8008 Girard Ave.,
#110. 858-454-5277

Hallmark Fine Art Gallery — 1162
Prospect St. 858-551-8108

Joseph Bellows Gallery — 7661 Gi-
rard Ave., #120. 858-456-5620

K Nathan Gallery — 7723 Fay Ave.
858-459-3490

La Jolla Art Association Gallery —
8100 Paseo del Ocaso.
858-459-1196

Legends Gallery Of La Jolla — 1205
Prospect St., #B. 858-456-9900

Madison Gallery — 1020 Prospect
St., #130. 858-459-0836

Mangelsen - Images Of Nature —
7916 Girard Ave. 858-551-9553

Martin Lawrence Galleries — 1111
Prospect St. 858-551-1122

MCASD — 700 Prospect St.
858-454-3541

Monarch Fine Art — 1205 Prospect
St., #A. 858-454-1231

Moonglow Design — 5763 La Jolla
Blvd. 858-454-4250

Obernier Gallery — 7979 Ivanhoe
Ave. 858-459-5004

Peter Lik Gallery — 1205 Prospect
St. 858-200-0990

Prospect Street Place Fine Art —
1268 Prospect St. 858-459-1978

Quint Gallery — 7547 Girard Ave.
858-454-3409

R B Stevenson Gallery — 7661 Gi-
rard Ave., #201. 858-459-3917

Renoir Fine Art — 7946 Ivanhoe
Ave., #202. 858-459-2607

Scott White Gallery — 7655 Girard
Ave. 858-255-8574

Siamak Fine Art Gallery — 1250
Prospect St., #A20. 858-459-2599

SS Love ART — 5580 La Jolla Blvd.,
#122. 858-866-8048

Studio Veneto — 7427 Girard Ave.
858-551-2782

Tasende Gallery — 820 Prospect
St. 858-454-3691

Thumbprint Gallery — 920 Kline St.
858-354-6294

CONTEMPORARY FINE ARTS GALLERY

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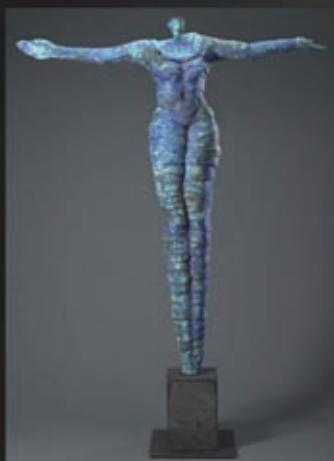
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1. Athenaeum Music and Arts Library — 1008 Wall St., La Jolla, (858) 454-5872. Hours: Tuesdays, Thursdays-Saturdays 10 a.m. to 5:30 p.m.; Wednesdays 10 a.m. to 8:30 p.m.

2. Belmont Park — amusement rides like the Giant Dipper wooden roller coaster, mini golf and arcade. Ride the waves at the Wave House or visit shops and restaurants. Free admission, opens 11 a.m. daily, 3146 Mission Blvd. (858) 488-1549. belmontpark.com

3. Birch Aquarium — open 9 a.m. to 5 p.m. daily, 2300 Expedition Way, La Jolla. (858) 534-FISH

4. Bird Rock — this quaint community nestled between Pacific Beach and La Jolla is the perfect place for an afternoon of relaxed window shopping. Stroll along the main thoroughfare, La Jolla Boulevard and grab some award-winning coffee at Bird Rock Coffee Roasters or a drink at Beaumont's Eatery. The neighborhood has everything — parks, shops, restaurants — with a stunning ocean view.

A vibrant advertisement for Cozymel's Coastal Mexican Grill. The background is a light green with a string of white lights at the top. On the left, there are stylized illustrations of a red chili pepper and a yellow cornucopia. The restaurant's name, "Cozymel's", is written in a large, red, cursive font, with "COASTAL MEXICAN GRILL® IN LA JOLLA" in smaller text below it. The tagline "EXQUISITE MEXICAN FOOD WITHOUT THE NEED FOR A PASSPORT" is in a bold, orange, blocky font. The address "4303 LA JOLLA VILLAGE DRIVE" is in a black serif font, followed by "LOCATED IN THE WESTFIELD UTC SHOPPING CENTER" and "CORNER OF GENESEE AVE & LA JOLLA VILLAGE DRIVE" in a smaller black serif font. The phone number "858.658.0480" is in a large, bold, red font. At the bottom, the text "PRIVATE BANQUET ROOMS AVAILABLE", "GREAT FOOD • REASONABLE PRICES", and "IN THE ♥ OF LA JOLLA BUSINESS" are in a black serif font. The final line, "MENTION THIS AD WHEN ORDERING TO RECEIVE FREE HOUSEMADE CHURRO", is in a red serif font.

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**PRIVATE BANQUET ROOMS AVAILABLE
GREAT FOOD • REASONABLE PRICES
IN THE ♥ OF LA JOLLA BUSINESS**

**MENTION THIS AD WHEN ORDERING
TO RECEIVE FREE HOUSEMADE CHURRO**

BEACH AREA CALENDAR **cont'd**

FEBRUARY 2014

- **22nd annual San Diego Jewish Film Festival**, Feb. 6-16, Lawrence Family Jewish Community Center (858) 362-1348. sdjcc.org
- **Revelle Chamber Music Series, "An American in Paris,"** Feb. 8. MCASD Sherwood Auditorium, 700 Prospect St. ljms.org

MARCH 2014

- **Annual St. Patrick's Irish Poetry reading**, March 17, D.G. Wills Books, 7461 Girard Ave., (858) 456-1800. dgwillsbooks.com
- **La Jolla Music Society's 45th anniversary season**, includes the Celebrity Orchestra, Frieman Family Piano, Revelle Chamber Music, Dance, Jazz, Discovery, Celebrity Recital, Special Events and Cabaret series at venues throughout the city through May. ljms.org

APRIL 2014

- **La Jolla Concours d'Elegance Classic Car Show**, TBA, Free open viewing along Girard Ave., (619) 233-5008. lajollaconcours.com
- **La Jolla Half Marathon**, TBA. lajollahalfmarathon.com
- **Grunion Run**, TBA (April through June), see the grunion spawn on La Jolla beaches. aquarium.ucsd.edu

MAY 2014

- **La Jolla Secret Garden Tour**, TBA, 10 a.m.- 4 p.m. Self-guided tour. (858) 459-5335. lajollahistory.org
- **Memorial Day tribute at Mt. Soledad**, May 26. soledadmemorial.com

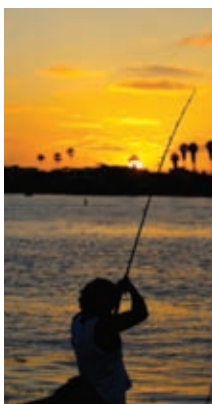
JUNE 2014

- **Survivor Beach**, TBA, stand-up paddle board competition and beach festival at La Jolla Shores' Scripps Pier to support the fight against cancer. survivorbeachsup.org
- **Full moon pier walks**, TBA, June through September. Birch Aquarium leads educational walks out on Scripps Pier two nights a month during the full moon. aquarium.ucsd.edu
- **Rock 'n' Roll Marathon**, June 1. sandiego.competitor.com
- **La Jolla Festival of the Arts**, TBA. lajollaartfestival.org
- **SeaWorld Summer Nights**, daily, TBA. Extended evening hours with evening entertainment. seaworld.com
- **Pacific Beach Surf Club Summer Longboard Classic**, at Tourmaline Surf Park, TBA. Email bsc92109@yahoo.com

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2013-2014 Visitor's Guide
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San Diego Community Newspaper Group

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5. Black's Beach — descend to the beach via a stairway from the Glider Port (off Scenic Torrey Pines Road). (619) 221-8900

6. Children's Pool — a small beach that showcases a colony of seals. Guests can view the seals from the sea wall. 850 Coast Boulevard across from Casa de Mañana.

7. Crystal Pier — stretches into the ocean at end of Garnet Avenue. Open to the public for fishing and cottages available to rent. 4500 Ocean Blvd., open 8 a.m. to sunset. (800) 748-5894. crystalpier.com

8. Dog Beach — a dog-run area in Ocean Beach where dogs are permitted without a leash at all hours of the day. Dog owners are responsible for control and clean-up of their dogs. Standard dog laws apply on other portions of the beach and are strictly enforced.

9. Ellen Browning Scripps Memorial Pier — one of the world's biggest research piers, used for boat launching and a variety of experiments. The pier is not open to the public.

10. Fiesta Island — a large area of land centrally located in Mission Bay. There is a 5 mph zone on the east side of the island that is popular for recreational water sports. The Fiesta Island Youth Camp and the Aquatic Center are on the island. There are bonfire rings around the shore of the island and dogs are allowed off leash. Permitted water ski area in Hidden Cove and permits for water skiing are available.





Honoring Sebastian Capella 1927-2013

GALLERY

8100 Paseo del Ocaso, Suite B, La Jolla Shores

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Visitor's Guide

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San Diego
www.belmontpark.com
858-488-1549



11. Kate Sessions Park — offers grassy areas, ocean view, barbecue pits and play structures. Soledad Road and Lamont Street.

12. Kobey's Swap Meet — located at 3500 Sports Arena Blvd. Open Fridays through Sundays from 7 a.m. to 3 p.m. Admission: 50¢ on Fridays, \$1 Saturdays and Sundays. Children 11 and under admitted free. (619) 226-0650

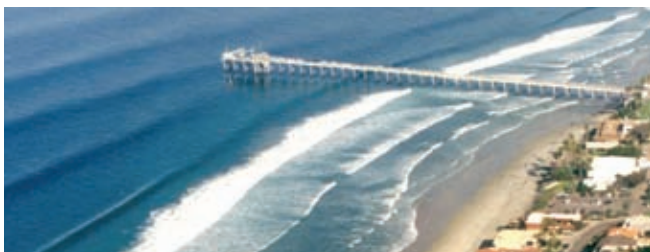
13. La Jolla Community Center — offers a wide variety of classes, lectures and other activities. 6811 La Jolla Blvd. (858) 459-0831

14. La Jolla Cove — an upscale hamlet of hotels, boutiques and galleries. Part of the San Diego-La Jolla Underwater Park Ecological Reserve, it is sheltered by picturesque cliffs and has some of the clearest water of all San Diego beaches, making it ideal for scuba diving and snorkeling. Just above La Jolla Cove is Scripps Park, a great place for picnicking.

15. La Jolla Cave — a unique cave with a man-made tunnel from the Cave Store, which allows visitors to enter 'Sunny Jim' Cave by land. Even though from the sea you can enter any one of the other six ocean-carved caves, this is the only known land access sea cave on the California coastline. Admission price: \$4 adults and \$3 for 16 years and under.

16. La Jolla Historical Society — located in the historic Wisteria Cottage at 780 Prospect St., the society offers historical exhibits, as well as educational programs like the Historic Walking Tours of La Jolla. (858) 459-5335

17. La Jolla Playhouse — a Tony Award-winning theater that was founded in 1947 by Gregory Peck, Dorothy McGuire and Mel Ferrer, the Playhouse features a rotating variety of not-to-miss shows. 2910 La Jolla Village Drive. (858) 550-1010

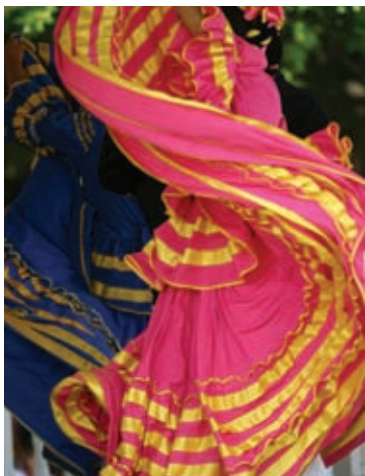




18. La Jolla Shores — a sandy beach approximately one mile long, adjacent to a residential area. In summer, waves at this beach are usually the most gentle of all San Diego beaches. Fishing and removal of objects from the area is prohibited, as it lies within the ecological reserve.

19. Liberty Station — located on Rosecrans Street in Point Loma, Liberty Station is the former Naval Training Center, which has been converted into a mixed-use community on a boat channel off San Diego Bay. It consists of retail shops, restaurants, a promenade, golf course and a park. The Naval Training Center site is listed on the National Register of Historic Places.

20. Mission Bay Aquatic Park — the West Coast's largest aquatic park covers more than 4,600 acres and offers a range of recreational activities, along with excellent surf conditions and soft sand. Mission Bay offers boat docks and launches, sailboat and motor rentals, biking and walking paths, basketball courts and playgrounds for children.





21. Mission Bay Golf Course — 2702 N. Mission Bay Drive. (858) 581-7880 for reservations.

22. Mt. Soledad Veterans Memorial — displays a 40-foot cross and offers spectacular 360 degree views of the ocean and San Diego. soledadmemorial.com

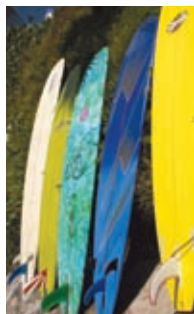
23. Museum of Contemporary Art San Diego, La Jolla — features rotating collections of the finest work from contemporary masters, as well as permanent collections and public programs. 700 Prospect St. (858) 454-3541

24. Ocean Beach Municipal Pier — located at the south end of the beach, the pier is available to the public for walking and fishing and features a restaurant and bait shop. Fishing from the pier does not require a license, but catch regulations are enforced.

25. Old Town — explore the many historic sites and shops. Enjoy the richness of history, art and culture that is truly the flavor of Old Town San Diego.

26. Pottery Canyon — an easy hiking area for anyone with small children. Though an old pottery factory was on the site, not much of it remains. Take La Jolla Parkway, make a right turn on Torrey Pines Road. At the first major signal, make a quick and hard right turn on Pottery Canyon Driveway. Drive slowly onto the property. Follow the paved road until you arrive at the small dirt parking area on the left.

27. The Salk Institute — a research facility focused on molecular biology, genetics, the neurosciences and plant biology. Jonas Salk led the development of the first polio vaccine and opened the Salk Institute in 1963. Seminars are offered every Thursday; free guided architectural tours are given Mondays through Fridays at noon. Reservations are required two days in advance. (858) 453-4100, ext. 1287, 10010 N. Torrey Pines Road.





28. Scripps Park — a grassy playing and picnic field above La Jolla Cove. North end of Coast Boulevard, La Jolla.

29. SeaWorld San Diego — see the world-famous park's various animals. 500 Sea World Drive, (619) 226-3901. seaworldsandiego.com

30. Valley View Casino Arena — hosts a wide variety of major musical acts and sporting events. 3500 Sports Arena Blvd. (619)224-4176. valleyviewcasinocenter.com

31. Torrey Pines Glider Port — home to hang gliding, paragliding, scale models and sailplane flight. Enjoy lunch at the Cliff Hanger Café while enjoying the view of the ocean and gliders. sandiegofreeflight.com

32. Torrey Pines State Natural Reserve — one of the wildest stretches of land on the Southern California coast. Consists of eight miles of trails, a visitor center and guided nature walks on weekends and holidays. torreypine.org

33. Tourmaline Beach — available mostly to surfers of all levels, foot of Tourmaline Street.

34. Westfield UTC — with a central outdoor promenade, the shopping center is not like other malls and features top-notch restaurants and stores. Take in some live acoustic music in the central Palm Plaza Wednesdays through Sundays from noon to 2 p.m.



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BUSINESS DIRECTORY

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Art Galleries

Athenaeum Music & Arts Library

1008 Wall Street, La Jolla • 858-454-5872

[LJ Athenaeum.org](http://LJAthenaeum.org)

Devoted exclusively to music and art, the library has an outstanding and ever-expanding collection of books, CDs, DVDs, sheet music and librettos, as well as, one of the most significant collections of artists' books in Southern California. The Athenaeum also presents a year-round schedule of art exhibitions, concerts (classical, jazz, acoustic, and new music), lectures, studio art classes through its School of the Arts, tours, and special events.

Contemporary Fine Arts Gallery

7946 Ivanhoe Avenue La Jolla • 858-551-2010

CFASD@connectnet.com • contemporaryfineartsgallery.com

Contemporary Fine Arts Gallery features both internationally known and emerging contemporary artists. They showcase a diverse selection of styles and media including paintings, bronzes, ceramics and glass. Open 7 days a week and located 1/2 block off of Prospect Street. Voted "Best Gallery in La Jolla by the locals for the last 4 years in a row. Follow us on FACEBOOK.

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7514 La Jolla Blvd., La Jolla • 858-456-COVE (2683)

culturecoveart.com

Culture Cove Gallery and Tiki Room is a Polynesian pop culture, beatnik, surfer, lounge lizard's dream. It's a little like the Enchanted Tiki Room at Disneyland, but without the talking parrots. It's the perfect place to find a clever and unique gift, as the store is packed with original art, photographs, limited edition silkscreen prints, Tiki mugs, music, books, hand carved Tikis and other collectibles. Some of the artists include SHAG, Tiki Bosko, Rick Rietveld, Derek Yaniger, Ragnar, Doug Horne, Wade Koniakowsky, Dawn Frasier and Norm Daniels.

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La Jolla Art Association

8100 Pasco del Ocaso, Ste B, La Jolla Shores • 858-459-1196
lajollaart.org

The purpose of LJAA is to further the advancement of fine arts in La Jolla and San Diego County. For over 90 years, LJAA has represented artistic excellence from local artists. People visit our gallery free of charge to see exhibits by our members - many of whom are international award winners. Member art is displayed and is for sale to the general public at affordable prices. Major exhibitions include the Annual Member's Show and the Southern California Juried Exhibition. During the balance of the year, gallery exhibits change every two weeks, featuring variety of subjects and style of artwork of our members and guest artists.

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oohfashionista.com**

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biteofboston.net

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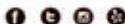
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gallagherspubob.com

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La Cafe

6104 Regents Rd., University City • 858-202-0097 • lacafesd.com

Serving only REAL KOSHER food! This family owned restaurant serves the BEST HEALTHY selection of menu items focusing on getting you healthy the KOSHER way. If you are a vegan, you must visit this hidden gem. La Cafe strive to create delicious and fresh food everyday with

THE TURQUOISE



873 Turquoise St.,
(Pacific Beach) San Diego
(858) 488-4200

www.theturquoise.com
Happy Hour from 4 to 7 pm

Authentic & Delightful Spanish Cuisine!

LA GRAN TAPA

611 "B" St., San Diego
(619) 234-8272
www.lagrantapa.com





ORGANIC

BREAKFAST • BOWLS • WRAPS • SOUPS
• SALADS • SMOOTHIES • JUICES

SMOOTHIE HAPPY HOUR

3-4 PM Daily \$3 Smoothie \$4 Shakes



VOTED **BEST**:

TAKE OUT • LUNCH • VEGETARIAN
SALAD • HEALTHY DINING • ORGANIC



Lean & Green Organic Health Cafe

Catering & Free Delivery 7825 Fay Ave, La Jolla (in the Merrill Lynch Bldg. next to La Jolla Sport Club)

858-459-LEAN(5326)

LeanAndGreenCafe.com

Killer Waves!



Time for a Beer.

Domestic Draft Beers: \$3.50 • Premium Beers: \$4.50

Come by to meet Dick the artist and have a cold one

the pennant
SOUTH MISSION BEACH

2893 Mission Blvd. | Mission Beach | 858.488.1671
www.ThePennantBar.com

your health in mind and uses no butters and heavy creams. Catering available * Delivery available at additional charge

Lean & Green Cafe

7825 Fay Ave., La Jolla • 858-459-5326 • LeanandGreenCafe.com

It's no secret that eating healthy is the best way to eat. And more importantly eating clean or organic food will help improve your health. Lean and Green CAFE does just that with an impressive array of organic gourmet salads, wraps, bowls, soups and decadent organic sweet bowls but also offers thirst quenching freshly made organic juices, smoothies and smart shots. Lean and Green Cafe is also a vegetarian friendly, vegan-friendly local café located in La Jolla open for breakfast, lunch and dinner (order by 4 p.m. and pick-up by 6 p.m.) on the go, and offer free delivery within La Jolla Village with any order of \$12 minimum. And don't forget their awesome "Happy Hour Smoothie" every day from 3 p.m. to 4 p.m. Only \$3 smoothies and \$4 shakes! With Lean and Green Cafe, healthy is tasty! Voted Best Take-out, lunch, organic, vegetarian salad & healthy dining.

Living Room

1010 Prospect St., La Jolla • 858-459-1187 • livingroomcafe.com

The Living Room has truly lived up to its name in La Jolla. The café has drawn young and old alike to sip tea, coffee and deluxe smoothies in a homey ambiance furnished with antique, ornate coaches and wooden tables. Patrons find the communal atmosphere inspiring and relaxing; you'll find groups of friends smoking the hookah on the patio and others poring over books in the back. Scrumptious desserts are available, along with wine, beer and hookah tobacco. Draft beer now available! Enjoy the views from the second floor ocean view room and don't miss happy hour from 3-6 p.m. offering \$3 wine and beer!

Pacific Shores

4927 Newport Ave., Ocean Beach • 619-223-7549

Voted as a Best Bar 4 years in a row. You'll step back in time in this vintage undersea cocktail lounge, complete with sea life murals, etched mirrors and a giant seashell bar. Enjoy happy hour prices all day from 10 am -2 am while listening to jukebox tunes that span the decades. Great Drinks, Great People & Great Prices! Pool table, parking, smoking area and ATM available. Two blocks to world famous Ocean Beach Pier.

The Pennant

**2893 Mission Blvd., Mission Beach • 858-488-1671
ThePennantBar.com**

South of the Belmont Rollercoaster, The Pennant always has a mix of friendly locals and beachgoers who enjoy the free fun and ocean magic. At this neighborhood beach bar, you'll still get the same great service locals have been enjoying since 1962. The upstairs deck is a great place to kick back with a cold one and soak up some California sun. Great times guaranteed!

The Turquoise Cafe Bar Europa

**873 Turquoise St., Pacific Beach • 858-488-4200 / La Gran Tapa
6th & B St., Downtown San Diego • 619-234-8272**

Our mission is to make each guest feel both completely at home and at the same time in a place far, far, away. A place in time and a place that previously existed only in the imagination, a place where time stops and every moment is to be savored with the finest of foods, libations and company. Where the conversation is the moment that is never broken.

Happy Hour 4-6 Everyday

\$3 Wine Mimosas, \$4 Draft Beers, \$5 Well Drinks

Enjoy the views from our
2nd floor ocean view room!

- * La Jolla's Dessert Headquarters
- * Breakfast, Lunch & Dinner
- * Full Bar * Catering Service
- * Open 6am-2am Everyday
- * \$15 Hooka Happy Hour 12-6 pm daily
- * Cigar Lounge (2nd Floor)
- * Wine Bar w/ Large Selection of Wine
- * Banquet Room Available for up to 100

Open Late
'til 2am

Everyday!



VOTED
BEST
CAFE



www.livingroomcafe.net



1010 Prospect St., La Jolla, CA 92037 * 858.459.1187

Breakfast, Lunch, Dinner & Happy Hour, Affordable Catering



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BEST BREAKFAST
LUNCH- OCEAN VIEW- COMFORT FOOD



5083 SANTA MONICA AVE,
SAN DIEGO, CA 92107

619.222.0501 • SHADES.OB.COM

WOW

Cafe

Walking On Water

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the end of Niagara
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**A READERS CHOICE FOR
BEST OCEAN VIEW, PLACE TO PEOPLE
WATCH & SEAFOOD 2012**

Shades Oceanfront Bistro

5083 Santa Monica Ave., Ocean Beach • 619-222-0501

Voted best breakfast & lunch and a Readers Choice for 5 years in a row for best patio dining and ocean view. Shades specializes in great food, unique cocktails, generous portions, and friendly service. Seafood, salads, steak, burgers or pizza, Shades offers casual view dining at family friendly prices.

Whisknadle/Prepkitchen

Whisknadle | 1044 Wall Street, La Jolla, CA • 858-551-7575

Prepkitchen La Jolla | 7556 Fay Avenue • 858-875-7737

Prepkitchen Del Mar | 1201 Camino Del Mar • 858-792-7737

Prepkitchen Little Italy | 1660 India Street • 619-398-8383

Visit us online at: www.wnlhosp.com

With four award-winning restaurants located across San Diego County, farm-fresh fare has never been easier to find. Come and experience what it means to "eat local" with classic dishes prepared using the finest in local, sustainable ingredients at **Whisknadle** and **Prepkitchen** restaurants. Renowned for its gourmet comfort food, **Whisknadle** serves French, Italian and Spanish inspired cuisine created by San Diego's "Best Chef" Ryan Johnston. For down-home eats made using the same quality ingredients and served in a hip, casual environment, check out **Prepkitchen** restaurants, located in La Jolla, Del Mar and San Diego's historic Little Italy neighborhood.

WOW (Walk On Water)

On the OB Pier, End of Niagara • 619-226-3474

Your San Diego experience is not complete without a visit to the WOW (Walk on Water) Café on the world-famous Ocean Beach Pier. Enjoy a great meal while taking in the best view in town (Voted Best People Watching), including surfers and sea life. You can even rent a pole (no license required). The family-friendly restaurant is open daily for breakfast, lunch, dinner and features a menu with something for everyone. Some of the local favorites include the mango pancakes, world famous clam chowder, award winning fish & chips, the "as seen on TV" ultimate nachos and daily specials. Whatever you try, you won't be disappointed.

Grocery

OB People's Organic Food Market

4765 Voltaire Street, Ocean Beach • 619-224-1387

obpeoplesfood.coop

With a focus on customer satisfaction, People's strives to meet the needs of each customer that comes through our doors. Specializing in vegetarian foods, organic produce, grocery, and bulk items, they offer an extensive line of vitamins, herbs, cruelty-free body care and aromatherapy, as well as books and gifts. Additionally, People's has an award winning Deli featuring made-from-scratch organic soups, salads, sandwiches and entrées. Stop by for live acoustic music on Friday nights and Sunday mornings. Open daily 8 a.m. to 9 p.m.

Mt. Soledad Market & Deli

6435 Caminito Blythefield • 858-459-3320

mountsoledadmarket.com

Voted 'Best Sandwiches' by the Village Voice, Mt. Soledad Market & Deli is the best kept secret by La Jolla locals. Heading toward the beach or planning a big day enjoying the San Diego sights? Stop by the market to stock up on ice cold drinks and snacks. Everything is easy for you to take while you're enjoying the sights. When the sun goes down, pick up a bottle of wine from the extensive collection of wines or shop through the exclusive line of French foods and sundries. Mt. Soledad Market & Deli offers something for everyone. Make this a stop if you want to say you relaxed in San Diego like a native!



Deli • Dry Cleaning/Laundry • Groceries • Dairy • Ice
Cigarettes/Cigars Greeting Cards • Beer and Wine
Ice Cream • Newspapers and Magazines

Open 7 Days a Week • 6435 Caminito BlytheField

Located in the Windermere Shopping Village

858.459.3320

mountsoledadmarket.com



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La Jolla / Bird Rock

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- ✓ Notary Service

5580 La Jolla Blvd., 92037



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La Jolla

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that is accessible, personal and Memorable.

- Robert & Lauren



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Loved by the local community for ease and convenience and cheered by visitors. All types of packing and shipping with worldwide delivery. Professional, trusted services including, mailboxes, computer/Internet access, faxing, photocopies, notary, keys duplicated, passport photos and greeting cards all completed with a smile! Fast, easy pick-up from all beach-area hotels. www.theupsstore.com

Specialty Shops/Souvenirs

Funhouse Tattoo

1453 Garnet Ave., Pacific Beach • 858-483-7828
www.funhousetattoosd.com

Funhouse Tattoo is the premier tattoo shop of San Diego, located in the heart of Pacific Beach. We have the pulse that pumps the award winning, show-stopping ink into the skin of Southern California locals, as well as visitors from all four corners of the earth. Our world renowned artists and a first class staff will provide you excellent service because we are the best in the business! Whatever your story or vision, we will make your dream a reality in your skin. We are 100% Health Department licensed since 1998. We set the standards for safe practices today in California. At Funhouse Tattoo you don't just get who's next! You get who's best!

James Gang

1931 Bacon St., Ocean Beach • 619-225-1753
JamesGangPrinting.com

Looking for a unique souvenir or gift for a special someone? How about a custom T-shirt! They can create a custom shirt with your photo or cute saying – while you wait. They also have a large selection of great local designs, including the U of OB! They have been around since 1976 – right here in the heart of Ocean Beach. They are a full-service print shop with both screen printing and offset (paper) printing. No job too big or too small – they print them all, from business cards to ball caps!



**Bring in this Ad for
\$40 off your first hour of tattooing**

**Funhouse Tattoos
1453 Garnet Ave.
San Diego, CA 92109
858-483-7828
www.funhousetattoosd.com
Check us out on Yelp*!!!**

Health & Fitness

Happy, Healthy, High, Horny Herbs

4958 Newport Ave., Ocean Beach • 619-677-2739
www.happyherbcompany.com

This unique business idea started in Australia 10 years ago. The founder, Ray Thorpe, who now has a successful franchise business of 25 shops in Australia and a growing number in the U.S., was inspired to educate the public about the wonderful benefits of herbs for health, well being and recreation. The shops provide a variety of interesting products, such as herbal teas for well-being, energy herbs, natural libido-enhancers, fire-twirling and circus toys, smoking and party alternatives, as well as hemp-oil cosmetics and essential oils. They are dedicated to serving the local community, and look forward to helping educate people about herbs.

Happy Healthy High Horny Herbs
Now on Newport Ave!

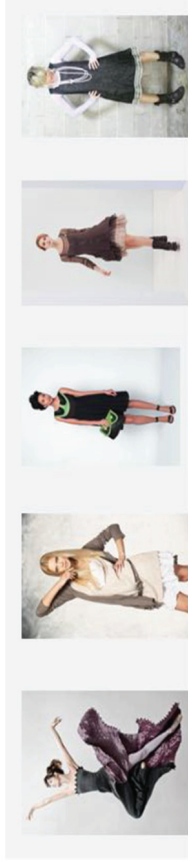
HIPPIY ALTERNATIVES
-- and Addiction Solutions --
Not a dispensary, but we offer many herbal alternatives

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- * Energy herbs *
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