



PSYCHIATRY CONFERENCE

TRAVEL
GUIDE
2023

Join us in La Jolla!

October 9-12, 2023

ESTANCIA LA JOLLA HOTEL & SPA | LA JOLLA, CA

MAKE THE MOST OF *Attending* OASIS 2023 CONFERENCE

Dear Colleague,

When you come to the 2023 Oasis Psychiatry Conference, you're not only attending the world's most powerfully practical psychiatric conference, but you'll also be vacationing in beautiful La Jolla, California.

The life of a physician is too busy and we offer you the opportunity to learn from our expert faculty with ample time available to relax and explore.

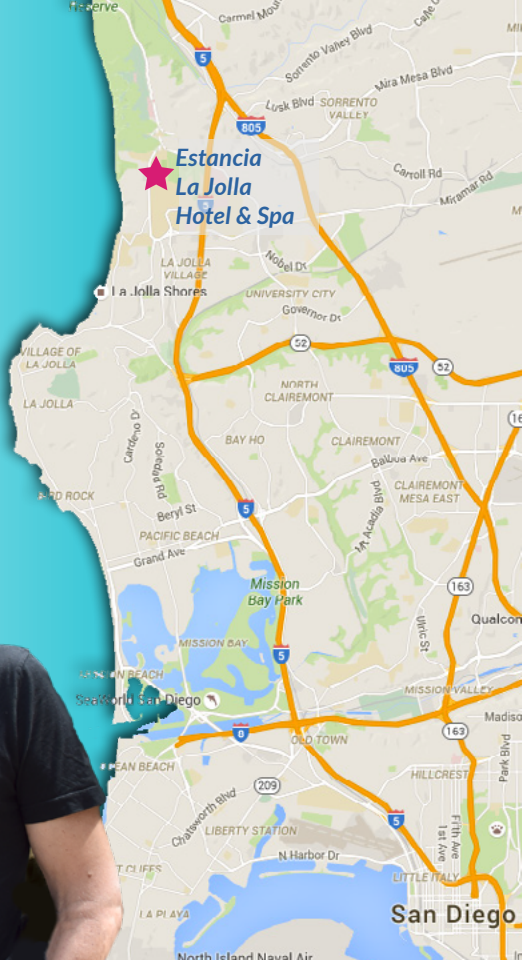
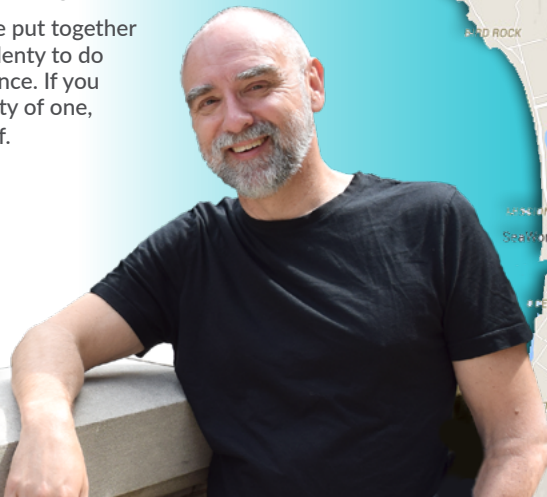
So, whether you come by yourself – we have plenty of fun communal activities planned –with your significant other, or with the whole family, you'll have a great time.

To help you get the most of your conference, we've put together this travel guide. If your schedule is tight, there's plenty to do during the afternoons and evenings of the conference. If you have the opportunity to stay longer, there are plenty of one, two, and three day itineraries to take advantage of.

Yours in living the good life,

Jack Krasuski

Jack Krasuski, MD
drjack@americanphysician.com
877.225.8384



AFTERNOON & EVENING *Activities*

We have several fun activities planned so you'll have a swimmingly good time hanging out with everyone at the hotel. Our ice-breaker reception is always a great time and a great way to network!

If, however, you're itching to explore there are several good ways to spend an afternoon or evening at local attractions. Here are a few to consider, as well as plenty of listing for food and drinks in the village.

1 GOLF AT TORREY PINES

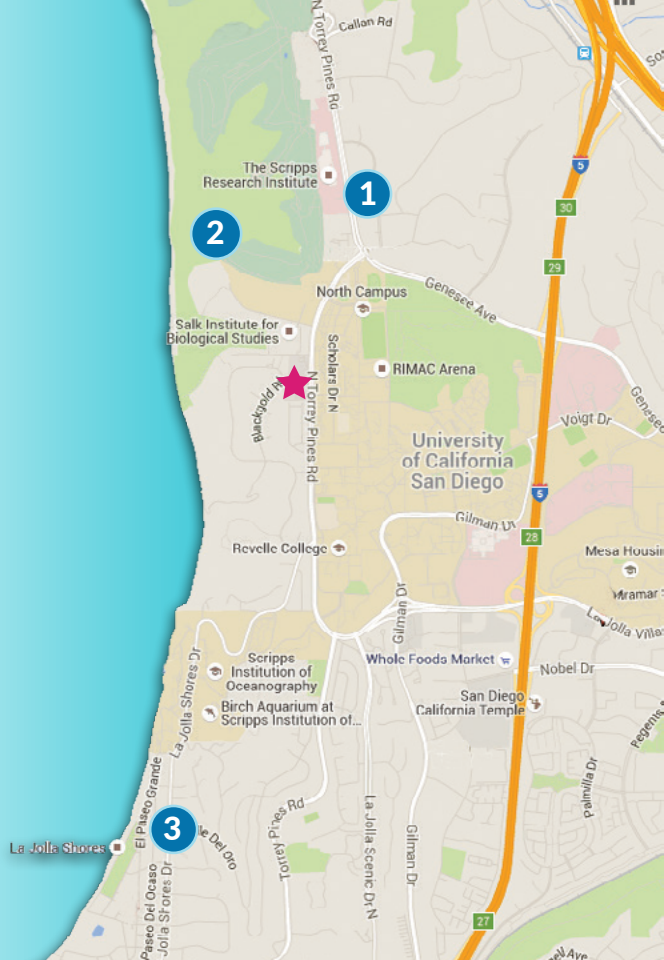
When people talk about golfing in La Jolla, it's likely they are referring to Torrey Pines. Perched high on a coastal bluff overlooking the Pacific, the two courses that comprise Torrey Pines are almost distractingly beautiful. The two courses at Torrey Pines are open to the public and include an award-winning golf shop, the beautiful Lodge at Torrey Pines, and multiple player development programs. 11480 N Torrey Pines Road, La Jolla, CA 92037 / 858.581.7171 www.torreypinescourse.com

2 BLACK'S BEACH

Black's Beach is a secluded section of beach beneath the bluffs of Torrey Pines on the Pacific Ocean in La Jolla, San Diego. Black's Beach is about three miles north of the popular La Jolla Shores beach in La Jolla, San Diego, California, below the bluffs of Torrey Pines, which extend up to 300 feet (91 m) above the sandy beach. 2800 Torrey Pines Scenic Drive, La Jolla, CA 92037 / 858.452.9858

3 LA JOLLA SHORES

La Jolla is a sunny beachside village just a few minutes north of downtown San Diego. Home to well-known venues like the Birch Aquarium, Torrey Pines State Reserve and Torrey Pine Golf Course, it's the perfect location for this year's MasterPsych conference — with plenty of world-class shopping, bars and restaurants, thrilling ocean views, and Pacific sunsets just steps away from the hotel.





HIKING *Trails*

LA JOLLA WALKING TRAIL

Need a quick recharge? Hit the La Jolla Coast Walk Trail. It's an easy and scenic trail that runs from La Jolla Shores beach to La Jolla Cove. The trailhead for this hike is just north to the left of the Cave Store. If you prefer to head south, follow the sidewalk that wraps around Kellogg Park and head towards the Children's Pool. Keep an eye in the ocean for harbor seals!

www.lajollabythesea.com/activities/hiking

LA JOLLA NATURAL PARK

La Jolla Heights Open Space is a small 42-acre preserve that was set aside to preserve its sensitive biological resources and habitats. Within the preserve, you'll find a hidden trail that hugs the coast and leads to panoramic views of the Pacific Ocean, downtown San Diego, and even Mexico on a clear day.

1478 Al Bahr Drive, San Diego, CA 92037
www.lajollabythesea.com/activities/hiking

HO CHI MINH TRAIL

Also known as the Secret Trail, this unique and advanced hiking trail descends from the northern neighborhoods of La Jolla to Blacks Beach, one of the only clothing optional beaches in the San Diego area. For experienced hikers only. 2800 Torrey Pines Scenic Drive, La Jolla, CA 92037

www.californiabeaches.com/attraction/ho-chi-minh-trail

TORREY PINES STATE NATURAL RESERVE

Unwind from your day of learning by winding through some of the best hiking trails in San Diego. Many easy hikes under 2 miles (Razor Point, Yucca Point, Guy Fleming Trail, Parry Grove) will take about an hour to explore and offer breathtaking views of the Pacific Ocean all year long. Beach Trail and Broken Trail are hikes with beach access and will deposit you down to the sands of cliff-lined Black's Beach. The hiking trails are lined with gorgeous sandstone, succulents and springtime wildflowers. Keep a close watch on the horizon where you may be lucky enough to spot gray whales or bottle-nosed dolphins splashing in the water.

12600 N Torrey Pines Road, La Jolla, CA 92037 / 888.755.2063
www.torreypine.org

MISSION BAY BIKE PATH

While most folks head straight for Torrey Pines, this hidden gem is usually less crowded; it feels like a hidden passageway between Pacific Beach and La Jolla. Despite its name, you don't have to necessarily bike this trail! There are plenty of walkers and hikers that conquer it, as well.

850 W. Mission Bay Drive, San Diego, CA
www.californiabeaches.com/attraction/ho-chi-minh-trail

S H O P P I N G

LA JOLLA BY THE SEA

Wouldn't you rather browse a beautiful seaside village than a crowded, noisy mall? The choice of celebrities and bargain-hunters alike, La Jolla offers both everyday values as well as the world's most luxurious items.

www.lajollabythesea.com/shopping

LA PLAZA LA JOLLA

Start the day with a rich gourmet espresso and pamper yourself at an upscale, organic salon. Then, enjoy lunch with unparalleled ocean views before spending the afternoon browsing unique San Diego luxury shopping.

7863-7877 Girard Avenue, La Jolla, CA 92037 / 858.876.3945
www.laplazalajolla.com



PARKS & *Beaches*

ELLEN BROWNING SCRIPPS PARK

Ellen Browning Scripps Park is considered one of the most photographed locations in San Diego. With three incredible beaches, a scenic park, and a perfect lookout for whale-watching and beautiful sunsets.

1100 Coast Blvd., La Jolla, CA 92037

www.californiabeaches.com/map/ellen-browning-scripps-park-la-jolla

KELLOGG PARK

A major perk of this park is that there's a good amount of parking all along the beach. The playground is quite new, with one area geared towards babies and toddlers and another part made for older children.

8277 Camino Del Oro, La Jolla, CA 92037

www.sandiego.gov/park-and-recreation/parks/regional/shoreline/kelloggpark

LA JOLLA UNDERWATER PARK

The San Diego-La Jolla Underwater Park spans 6,000 acres of ocean bottom and tidelands. The park's four distinct habitats make it a popular destination for snorkelers and scuba divers.

8302 Camino Del Oro, La Jolla, CA 92037

www.lajollabythesea.com/activities/hiking

LA JOLLA CHILDREN'S POOL

Also known as Casa Beach, the Children's Pool was conceived as a protected swimming area for children, but the sea-walled cove now also attracts harbor seals making it one of the best spots for wildlife viewing around.

www.lajollabythesea.com/la-jolla-childrens-pool

OLD TOWN SAN DIEGO STATE HISTORIC PARK

Replicating the rich cultural period between 1821 and 1872, the park includes a historical plaza, exhibits and museums. Congress Hall, originally built in 1867 by George Dewitt Clinton Washington Robinson, one of the last known survivors of the Pony Express rode north from here.

San Diego Avenue and Twigg Street in San Diego / 619.220.5422

www.parks.ca.gov

WINDANSEA BEACH

You're more likely to find experienced surfers than families with small children at Windansea — the underwater reefs and jutting rocks create fierce waves. The historic surf shack on the beach makes a popular backdrop for wedding photos and richly colored sunset shots.

Neptune Place & Nautilus Street, La Jolla, CA 92037

www.californiabeaches.com/beach/windansea-beach

LA JOLLA COVE

The cove's waters are part of the La Jolla Ecological Reserve, a 6,000-acre area of protected tidelands and marine life. So the cove is teeming with undisturbed sea life — fish of every color of the rainbow, lobster, seals and sharks. The cove is a safe depth of approximately 15-30 feet, and enjoyed by divers of all skill levels, day and night.

www.sandiego.gov/lifeguards/beaches/cove

SHELL BEACH

Shell Beach is located across the grass from La Jolla Cove and north of Children's Pool. This hidden gem is known for its accessible tide pools and you can see Seal Rock from the beach!

1000 Coast Blvd., La Jolla, CA 92037

www.lajolla.com/profiles/shell-beach/

WIPEOUT BEACH

This picturesque beach is easily walkable and a great place to watch and photograph the sunset. For skimboarding, shore break surfing, or exploring sea caves and tide pools, Wipeout Beach is the place to go.

745 Coast Blvd., La Jolla, CA 92037

www.californiabeaches.com/beach/wipeout-beach



FOOD & *Drinks*

MUSTANGS & BURROS (LOCATED AT THE RESORT)

With a relaxed sense of community, this La Jolla restaurant and bar continues to hit all the right notes with its Baja-inspired cuisine. Enjoy dinner on our spacious patio or in our charming dining room, both accented by large, inviting fireplaces. 9700 N Torrey Pines Road, La Jolla, CA 92037 / 858.964.6537

www.estancialajolla.com/mustangs-and-burros

GREENFINCH RESTAURANT & BAR (LOCATED AT THE RESORT)

Set above the central Garden Courtyard and featuring an open terrace, Greenfinch invites guests and locals to experience inventive takes on breakfast, brunch, and lunch classics in a setting fit for the most elegant tea party.

9700 N Torrey Pines Road, La Jolla, CA 92037 / 858.964.6537

www.estancialajolla.com/greenfinch-restaurant

HAVEN POOL BAR & GRILL (LOCATED AT THE RESORT)

Dine poolside or sip craft cocktails from Haven, located at the Pool. Dig in on classic favorites and light bites while you soak up the sun on your chaise lounge chair or in a poolside cabana.

9700 N Torrey Pines Road, La Jolla, CA 92037 / 858.964.6537

BARBARELLA

Situated on Avenida De La Playa in La Jolla Shores, Barbarella is a local favorite, featuring an organic menu and an eclectic mix of local art.

2171 Avenida De La Playa, La Jolla, CA 92037 / 858.454.7373

www.barbarellarestaurant.com

GEORGE'S CALIFORNIA MODERN | GEORGE'S AT THE COVE

Featuring an ever-changing menu from Trey Foshee. For a casual bistro menu and rooftop dining, try the Ocean Terrace upstairs.

1250 Prospect Street, La Jolla, CA 92037 / 858.454.4244

www.georgesatthecove.com/california-modern

EDDIE V'S PRIME SEAFOOD

Elegant fine-dining chain with a seafood & steak menu, plus a cocktail lounge featuring live jazz.

1270 Prospect Street, La Jolla, CA 92037 / 858.459.5500

www.chedithaibistro.com

AR VALENTIEN

Selected as one of the Top Ten Farm to Table Restaurants by Epicurious.com. AR Valentien serves locally-sourced cuisine in a beautiful Craftsman-style setting adorned with works of California Impressionism.

11480 North Torrey Pines Road, La Jolla, CA 92037 / 858.453.4420

www.arvalentien.com

THE MARINE ROOM

Enjoy juicy steaks prepared to perfection, a fresh-catch seafood menu which includes Crab direct from Truluck's own fisheries, and delicious wines by the glass or bottle.

2000 Spindrift Drive, La Jolla, CA 92037 / 858.459.7222

www.marineroom.com

NINE-TEN

Our culinary experts have cultivated a menu that's as ever-evolving as the seasons, using their decades of experience to merge the flavors of California with global influence. No food service on Monday or Tuesday.

910 Prospect Street, La Jolla, CA 92037 / 858.964.5400

www.nine-ten.com

SHIMBASHI IZAKAYA | SEASONAL JAPANESE TAPAS & SAKE BAR

Based on the Izakaya – a unique and vital cornerstone of Japanese food culture.

They offer a multi-faceted menu to be paired with sake for the light eater or sophisticated dinner entrées served in the Japanese tradition.

1555 Camino Del Mar #201, Del Mar, CA 92014 / 858.523.0479

www.shimbashiizakaya.com

PUESTO (MEXICAN STREET FOOD)

Upscale Fast Casual Mexican Eatery, Fresh Tortillas, Salsas, Meats, Veggies all prepared in house. Serving Tacos, Salads and Bowls. Craft and Mexican Beer on Tap as well as Seasonal Margaritas.

1026 Wall Street, La Jolla, CA 92037 / 858.454.1260

www.eatpuesto.com

THE SPOT

This landmark restaurant, on Prospect Street, earns its title for its friendly atmosphere and excellent cuisine. It offers a full service bar and large selection of fine wines. The SPOT Restaurant first opened in Evanston, Illinois and relocated to the sunny shores of southern California, in the late 70's, bringing along its signature Chicago style pizza. Since then it's become a favorite for fresh fish, steaks, ribs, burgers, and salads. It also offers child-friendly choices.

1005 Prospect Street, La Jolla, CA 92037 / 858.459.0800

www.thespotonline.com

HIMITSU

Born in Tokyo with inspiration from the sushi bars of Ginza and the Southern California lifestyle, Himitsu introduces Japanese culture, design & hospitality to San Diego. Their 9-person bar and 20 person outdoor patio is located in a discreet corner of La Jolla, a setting well suited for the name which translates to "secret" in Japanese.

1030 Torrey Pines Road G, La Jolla, CA 92037 / 858.263.4463

www.himitsusd.com



WINERIES &
Breweries

GREEN FLASH BREWING COMPANY

Green Flash operates a full-scale brewery and tasting room in San Diego. Brewmaster Erik Jensen and his brewing team have developed an award-winning assortment of unique craft ales, such as their "game changing" West Coast IPA.

6550 Mira Mesa Blvd., San Diego, CA 92121 / 858.622.0085

www.greenflashbrew.com

KARL STRAUSS BREWING COMPANY

For 25 years, Karl Strauss has exposed fans to beers they have never tried before by brewing a wide range of craft beers and experimenting with different ingredients.

5985 Santa Fe Street, San Diego, CA 92109 / 858.273.2739

www.karlstrauss.com

EPPIG BREWING

Eppig Brewing is an award-winning craft brewery in San Diego County. Brothers Joseph and Leonhard Eppig established a brewing empire which excelled through the early 1900's and endured the trials and tribulations of Prohibition.

1273 Prospect Street, La Jolla, CA 92037 / 858.999.0065

www.eppigbrewing.com

LJ CRAFTED WINES - WINES & TASTINGS

LJ Crafted Wines are available directly from the barrel for tastings, by the glass and in growlers for off-site consumption. Wine Associates lead tasting room guests through a changing line-up of wines on the tasting menu.

5621 La Jolla Blvd., La Jolla, CA 92037 / 858.551.8890

www.ljcraftedwines.com

GIANNI BUONOMO VINTNERS - WINES & TASTINGS

Gianni Buonomo Vintners produces rare varietals that are not part of the mainstream. For those looking for a little more intrigue from their wine and excitement in their glass, stop in for a wine tasting or just sit back at this favorite San Diego winery.

4836 Newport Avenue, San Diego, CA 92107 / 562.458.9477

www.gbvintners.com

B O N A P P E T I T !

DOWNTOWN *San Diego*

If you can block out a some time before, during, or after the conference to explore San Diego, do it. Be sure to check out the historic Gaslamp District, visit the San Diego Zoo, climb aboard the ships at the USS Midway Museum, and take a stroll along the gorgeous Embarcadero boardwalk. There are plenty of choices for casual eats, fine dining, shops, and night clubs – this travel guide should get you started!

1 SAN DIEGO AIR & SPACE MUSEUM

Journey through the history of aviation. Exhibits include a larger-than-life model of the Montgolfier brothers' hot air balloon of 1783—the first-ever, manned vehicle in recorded history to lift humans into the sky. 2001 Pan American Plaza, San Diego, CA 92101 / 619.234.8291 www.sandiegoairandspace.org

2 PETCO PARK

Petco Park is spectacular in every way, combining the best sight lines in baseball with breathtaking views of San Diego. Architecturally magnificent, it celebrates the sea, the sky, the natural beauty, cultural diversity and unique spirit of our region. 100 Park Blvd., San Diego, CA 92101 www.sandiego.padres.mlb.com

3 THE NEW CHILDREN'S MUSEUM

This will entertain your little ones for hours with rotating exhibits that are creative and educational touching on cultural traditions throughout the world, artistic expression and dance workshops, and garden art. 200 West Island Avenue, San Diego, California 92101 / 619.233.8792 www.thinkplaycreate.org

4 USS MIDWAY MUSEUM

Prepare yourself for a lifetime memory aboard San Diego's top attraction. You'll explore a floating city at sea and relive nearly 50 years of world history aboard the longest-serving Navy aircraft carrier of the 20th century. 910 N Harbor Drive, San Diego, CA 92101 / 619.544.9600 www.midway.org



ART & MUSEUMS

MARITIME MUSEUM OF SAN DIEGO

Explore exhibits of historical sea voyages of the Americas. The Maritime Museum houses paintings, sculptures, artifacts, maps, and features San Diego's iconic Star of India—the world's oldest sea-going ship.

1492 North Harbor Drive, San Diego, CA 91201 / 619.234.9153

www.sdmaritime.org

STUART COLLECTION

The collection is made possible through an innovative partnership between the University of California San Diego and the Stuart Collection Foundation. The agreement, established in 1982 and renewed in 2003, inaugurated the entire 1,200-acre campus as available for commissioned sculpture.

UC San Diego 9500 Gilman Drive, La Jolla, CA 92093 / 858.534.2230

www.stuartcollection.ucsd.edu

THE SAN DIEGO NATURAL HISTORY MUSEUM

The San Diego Natural History Museum (affectionately referred to as The Nat), focuses on the natural history and unique biodiversity of our binational region. They host environmental education programs in the community and are engaged in scientific research throughout Southern California and the Baja California Peninsula.

1788 El Prado, Balboa Park San Diego, CA 92101 / 619.232.3821

www.sdnhm.org

CALIFORNIA SURF MUSEUM

Covering everything from big wave surfing, local competitions, and a plethora of surf trivia, this museum is jam-packed with classic surfboards, vintage surf movie posters, old photos and artifacts, and so much more. Admission is free.

312 Pier Way, Oceanside, CA 92054 / 760.721.6876

www.surfmuseum.org

MUSEUM OF CONTEMPORARY ART SAN DIEGO

With two locations, the Museum of Contemporary Art San Diego is the region's foremost forum devoted to the exploration and presentation of the art of our time, presenting works across all media created since 1950.

700 Prospect Street, La Jolla, San Diego, CA 92037 / 858.454.3541

www.mcasd.org

SAN DIEGO ART INSTITUTE (SDAI)

SDAI is highly-acclaimed as the "museum of the living artist." Contemporary works are seen in poetry and art, as well as a unique visual art venue which combines artistic talent with community outreach—including breast cancer, aids, and environmental awareness issues.

1439 El Prado, San Diego, CA 92101 / 619.236.0011

www.sandiego-art.org

SAN DIEGO MUSEUM OF MAN

The museum's anthropology exhibits include Ancient Egypt; Maya: Heart of Sky, Heart of Earth; Kumeyaay: Native Californians; Footsteps Through Time; as well as a Children's Discovery Center.

1350 El Prado, Balboa Park San Diego, CA 92101 / 619.239.2001

www.museumofman.org

SAN DIEGO MUSEUM OF ART

From the Renaissance and Baroque to Impressionism and Post-Impressionism; and from Modern and Contemporary Art, including paintings, prints, drawings, sculpture, and photography, The San Diego Museum of Art has a strong commitment to building the collection and increasing access to the collection through research, publications, exhibitions, education and public programs.

1450 El Prado Balboa Park, San Diego, CA / 619.232.7931

www.sdmart.org

WELLS FARGO HISTORY MUSEUM

Once a flourishing hotel and saloon for early American travelers and frontiersmen heading west, the museum features authentic stagecoaches, bank notes, mining tools, and other "wild west" memorabilia.

2733 San Diego Avenue, San Diego, CA 92110 / 619.238.3929

www.wellsfargohistory.com

N E X T : *Family Fun*



FAMILY *Fun*

SEA WORLD

Featuring more than 10 aquatic life exhibits, including Dolphin Cove, Sting Ray Lagoon, Pacific Point Preserve and the world famous Shamu Harbor! Looking for an adrenaline rush? Get up close and personal with some of our prehistoric predators in the Shark Encounter Exhibit. Daring visitors can explore the deep sea from the safety of our 60 foot glass tunnel.

500 Seaworld Drive, San Diego, CA 92109 / 714.939.6212

www.seaworldparks.com

SESAME PLACE SAN DIEGO

There's an exciting new place where the imagination of Sesame Street comes to life. Meet all your favorite furry friends. Whirl and twirl on family-friendly rides. This 17-acre theme park is perfect for families with kids of all ages and is recognized as a Certified Autism Center.

2052 Entertainment Circle, Chula Vista, CA 91911 / 619.943.3566

www.sesameplace.com/san-diego

SAN DIEGO ZOO SAFARI PARK

Located 30 miles north of downtown San Diego in the San Pasqual Valley, this 1800-acre wildlife preserve is home to more than 3,500 animals representing more than 400 species. Get up close and personal with the animals and handfeed giraffes with the caravan safari tour, go zip-lining above the exhibits, or experience the roar and snore safari and sleep amongst the sounds of wildlife.

15500 San Pasqual Valley Road, Escondido, CA 92027 / 619.231.1515

www.sandiegozoo.org

BIRCH AQUARIUM AT SCRIPPS

The Birch Aquarium at Scripps Institution of Oceanography is the largest oceanographic museum in the country, featuring more than 3,000 fish, a tide pool, a giant octopus and a 13,000-gallon shark tank.

2300 Expedition Way, La Jolla, CA / 858.534.3474

www.aquarium.ucsd.edu

SURF DIVA SURF SCHOOL

At the Surf Diva Surf School, kids learn from very knowledgeable instructors who have a vast amount of experience working with kids. Their standard day classes and longer surf camps are very highly rated. Options for overnight camps include co-ed surf camp, overnight camp, girls overnight camp and more.

2160 Avenida de la Playa, San Diego, CA 92037 / 858.454.8273

www.surfdiva.com

BELMONT PARK

San Diego's Belmont Park is a beachfront amusement park and entertainment center in one. From rollercoasters and thrill rides to a wave house and rock-climbing course, it's full steam ahead for all ages. Free admission and parking!

3146 Mission Blvd., San Diego, CA 92109 / 858.488.1549

www.belmontpark.com

SAN DIEGO ZOO

Home to more than 4,000 rare and endangered animals. Visit the Polar Rim, Panda Canyon, Urban Jungle or the Elephant Odyssey exhibits. The San Diego Zoo is conveniently located just north of downtown San Diego.

2920 Zoo Drive, San Diego, CA 92101 / 619.231.1515

www.sandiegozoo.org

SAN DIEGO EMBARCADERO

The Embarcadero delivers the best of both worlds for families who want to stay close to the water while enjoying the lively energy of the nearby city streets. You can enjoy sweeping views of the skyline, see public art installations, and be immersed in San Diego's nautical heritage all in one day.

1600 Pacific Highway and Harbor Drive San Diego, CA 92101

www.portofsandiego.org/wow/explore-embarcadero

Day Trips NEXT:

ADVENTURE AWAITS

Day Trips

If you can swing coming one to three days earlier or staying later, then this section is for you. Most people think of beaches when in Southern California. But there is so much more (truly!) to see and do. When you're in the very epicenter of Southern California, it's easy to explore some exciting and breath-taking locations.

1 LEGOLAND CALIFORNIA

With more than 50 rides, shows and attractions to choose from, parents and kids alike will enjoy exploring this larger-than-life fantasy world. Everything your child has only dreamt of building is a reality at Legoland – from Pirate Shores and Dino Island to Fun Town and Miniland USA.

One LEGOLAND Drive, Carlsbad, CA 92008 / 760.918.5346

www.legolanddiscoverycenter.com

2 TEMECULA VALLEY WINEGROWERS

Known for its diversity, wineries in the Temecula Valley grow and produce over 50 different varietals of wine; from Cabernet Sauvignon to Sauvignon Blanc, Merlot to Mourvedre, Viognier to Chardonnay. Along with fabulous wines, you'll find incredible winery restaurants, intimate bed and breakfast inns, lush resorts, splendid gift shops and beautiful picnic grounds.

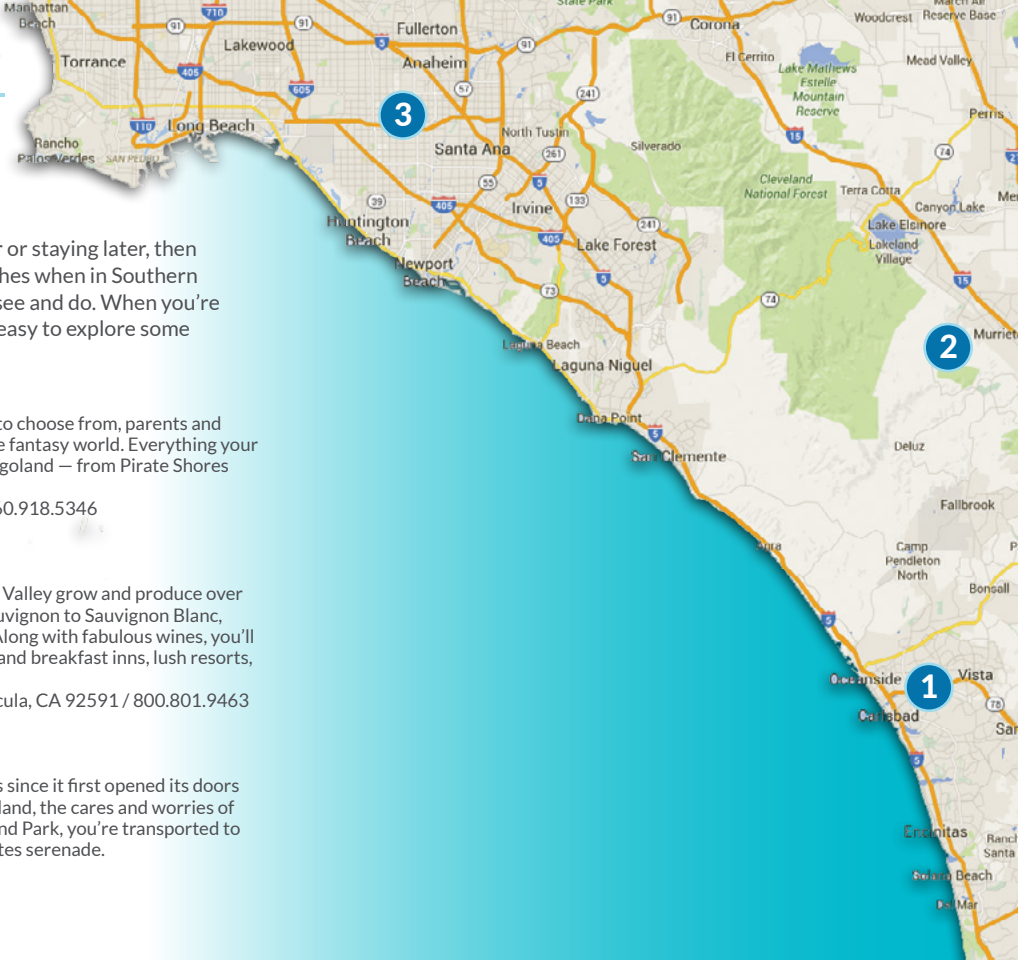
29377 Rancho California Road, Suite 203, Temecula, CA 92591 / 800.801.9463

www.temeculawines.org

3 DISNEYLAND PARK

Disneyland Park has attracted millions of visitors since it first opened its doors more than 50 years ago. When you enter Disneyland, the cares and worries of the day are left behind. Once you enter Disneyland Park, you're transported to a fantasy world where elephants can fly and pirates serenade.

www.disneyland.disney.go.com



TOURS & MORE

Day Trips

HORNBLOWER CRUISES & EVENTS

Renowned for their signature dinner cruises, brunch cruises, harbor cruises, and sunset happy hour cruises in the midst of the San Diego Bay.

1066 North Harbor Drive, Downtown Gaslamp, CA 92101 / 888.467.6256

www.cityexperiences.com/san-diego/city-cruises

FLAGSHIP CRUISES & EVENTS

Surrounded by spectacular views, luxury comforts and a relaxing breeze, Flagship puts you at the center of it all. The sights and sounds inspire relaxation, adventure and romance. When you capture the memories, the paradise becomes yours.

1050 N Harbor Drive, Downtown Gaslamp, CA 92101 / 877.828.1272

www.flagshipsd.com

SAIL SAN DIEGO

Sail the harbor or head out to the deep sea to get up-close and personal with some of the oceans' most captivating sea creatures. Shelter Island Marina.

2051 Shelter Island Drive, San Diego, CA 92106 / 619.297.7426

www.sailsandiego.com

CATALINA ISLAND

Known for its wildlife, dive sites and Mt. Orizaba, its highest peak. The resort town of Two Harbors lies to the north. To the south, in the city of Avalon, palm trees and cabanas line Descanso Beach. Avalon's circular, art deco Catalina Casino is a cultural center with a movie theater, ballroom and museum.

www.catalinachamber.com

JULIAN IN SAN DIEGO EAST

This historic gold mining town in the Cuyamaca Mountains offers a multitude of options from taking a day trip to sample its famous warm apple pie to escaping for a romantic weekend in the tranquility of the great outdoors.

www.visitjulian.com

HISTORIC GASLAMP QUARTER

Not only is this area the epicenter of San Diego's nightlife scene, it is also rich with cultural offerings that include theatres, art galleries, symphony halls, concert venues and museums.

5th Avenue, Downtown Gaslamp, CA 92101

www.sandiego.org/articles/downtown/historic-gaslamp-quarter.aspx

OLD TOWN TROLLEY SAN DIEGO TOUR

This San Diego hop-on hop-off trolley tour provides an easy way to get around the city. The trolley tour, available as a one and two day option, allows you to travel your own itinerary at your own pace. Along with 11 stops around the city, it also includes guided commentary.

1066 North Harbor Drive, Downtown Gaslamp, CA 92101 / 866.753.8076

www.trolleytours.com/san-diego

TIJUANA DAY TRIP FROM SAN DIEGO

Border Tours wants to provide its customers with the opportunity to experience the biggest city in the border from a local's perspective. Whether you are a foreign traveler or a local adventurer, let us amaze you with the gastronomic and cultural boom happening in Baja, Mexico.

727 East San Ysidro Blvd., San Diego, CA 92173 / 866.753.8076

www.border-tours.com

SIDECAR TOURS SAN DIEGO

From coastal to rural within just a short drive, San Diego has no shortage of beautiful sights. With bustling downtown so close to the beach, it's easy to go from a beautiful, laid back afternoon in the sun, to an exciting adventure downtown. Choose from winery, brewery, or scenic tours.

875 Hotel Circle S, San Diego, CA 92108 / 951.840.0178

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