

## WELLNESS *and* RECREATION

### POOL DECK

OPEN DAILY • 10 AM – 10 PM

Step from the sand to the pool and Jacuzzi.  
Towels are available at the pool deck.

### FITNESS CENTER

OPEN DAILY • 6 AM – 10 PM

Located south of the lobby.

### MASSAGE SERVICES

Our team of certified therapists are here to make your stay even more enjoyable with a relaxing massage. To book your appointment, call [858.551.4681](tel:858.551.4681) or email [Massage@LJBTC.com](mailto:Massage@LJBTC.com).

### DAILY ACTIVITIES

- Running Map
- Surf Diva: Our recommendation for surf lessons. \$\$
- Everyday California: Our recommendation for all things water. \$\$

Check with our Recreation team for more information about our program.

## AROUND TOWN

### TORREY PINES STATE NATURAL RESERVE

OPEN DAILY • 7:15 AM – SUNSET

Explore beaches, hikes, beautiful overlooks, and more! Visit [torreypines.org](http://torreypines.org) for more information.

### LA JOLLA OPEN AIRE MARKET SUNDAYS • 9 AM – 1 PM

Cultivated nearly 150 vendors, bringing the finest local farmers, artisans and provisions to La Jolla.

### LA JOLLA VILLAGE

Explore the many eateries, boutiques, and entertainment venues in the heart of La Jolla. Hours vary by location. Visit [lvillagesquare.com](http://lvillagesquare.com) for more information.

### BIRCH AQUARIUM AT SCRIPPS

OPEN DAILY • 9 AM – 5 PM

See over 5000 different species in 60 exhibits! Reservations required.

## AMENITIES

### MORNING COFFEE

DAILY • LOBBY • 7 AM – 9 AM

### LOCAL NEWSPAPERS

LOBBY • SUNRISE – SUNSET

### TENNIS COURTS

DAILY • SUNRISE – SUNSET

Please see the Front Desk to reserve.

### BEACHSIDE

DAILY • SUNRISE – SUNSET

Chairs, umbrellas, and towels are available at the Front Desk.

### LOCAL SHUTTLE

8 AM – 10 PM

Explore La Jolla within a five mile radius. Reserve by calling x4679.

### FIREPITS & GAMES

GARDEN PATIO • FIRST AVAILABILITY

### ZYBRA+ BIKES

Check out our e-bikes and bikes—see the Front Desk for details. Download “Zybra Plus” app and use code SHORES1 for \$20 discount!

### TAG US!

@LJSHORESHOTEL  
@THESHORESRESTAURANT

## THE SHORES

DINE ON THE BEACH

OPEN DAILY • 7 AM – 8:30 PM

BAR UNTIL 9 PM

Your dining destination with a view offering seasonal, locally-sourced ingredients, and a laid-back beachside atmosphere.

### BEACH BRUNCH

SAT - SUN, 7 AM - 2 PM

### HAPPY HOUR

MON - THURS, 2 PM - 5 PM

### LA PLAYA MENU

SAT - SUN, 2 PM - 4 PM

### POOL MENU

MON - SUN, 11:30 AM - 5 PM

### SPECIALTY COFFEE & CRAFT COCKTAILS

DAILY

### SPORTS VIEWING ON 7 LARGE SCREENS

EST. 1941

THE MARINE ROOM  
*and* LOUNGE



WEDNESDAY – SUNDAY • 4:30 PM – 9 PM

Embark on a culinary adventure featuring seafood creations made with globally influenced flavors.

*Reservations are highly recommended.*

858.459.7222

## HOW CAN WE ASSIST YOU?

For housekeeping, maintenance and activity information, please text: **+1.844.850.5618** or call **x3600**.

## WIFI

Join “LaJollaShoresHotel-Guest” and enter Summer862

# RECREATION ACTIVITIES



August 7 –  
August 13

WEDNESDAY 8/7	THURSDAY 8/8	FRIDAY 8/9	SATURDAY 8/10	SUNDAY 8/11	MONDAY 8/12	TUESDAY 8/13
Ping Pong <b>11 AM   Garden Patio</b>	Arts & Crafts <b>11 AM   Garden Patio</b>	Water Fight <b>11 AM   Shores Lawn</b>	Ice Cream in a Bag <b>11 AM   Garden Patio</b>	Ping Pong Tournament <b>11 AM   Garden Patio</b>	Scavenger Hunt <b>11 AM   Garden Patio</b>	Arts & Crafts <b>11 AM   Garden Patio</b>
Snow Cones <b>1 PM   Pool Patio</b>	Slime Making <b>1 PM Garden Patio</b>  Tattoos & Popsicles <b>2 PM   Pool Patio</b>	Snow Cones <b>1 PM   Pool Patio</b>	Inflatable Soccer <b>1 PM   Shores Lawn</b>  Giant Yard Pong <b>2 PM   Garden Patio</b>	Tattoos & Popsicles <b>1 PM   Pool Patio</b>	Food Science: Butter Making <b>1 PM   Garden Patio</b>	Ping Pong Tournament <b>1 PM   Garden Patio</b>
Arts & Crafts <b>3 PM   Garden Patio</b>	Scavenger Hunt <b>3 PM   Garden Patio</b>	Arts & Crafts <b>2 PM   Garden Patio</b>	Arts and Crafts <b>3 PM   Garden Patio</b>	Spikeball <b>3 PM   Garden Patio</b>	Arts & Crafts <b>3 PM   Garden Patio</b>	Snow Cones <b>3 PM   Pool Patio</b>
S'mores <b>5 PM   Garden Patio</b>	S'mores <b>5 PM   Garden Patio</b>	S'mores <b>5 PM   Garden Patio</b>	S'mores <b>5 PM   Garden Patio</b>	S'mores <b>5 PM   Garden Patio</b>	Trivia Night <b>5 PM   The Shores Lawn</b>	S'mores <b>5 PM   Garden Patio</b>
		Dive in Movie <b>8 PM   Pool</b> Join us for popcorn and "Minions" movie!	Glow In The Dark Painting <b>8 PM   Garden Patio</b>			