

## 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 or email [Massage@LJBTC.com](mailto:Massage@LJBTC.com).

### DAILY ACTIVITIES

- Running Map: Available at the Front Desk
- Surf Diva: Our recommendation for surf lessons. \$\$
- Everyday California: Our recommendation for all things water. \$\$

Check with the 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.

### BIRCH AQUARIUM AT SCRIPPS

OPEN DAILY • 9 AM – 5 PM

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

### MT. SOLEDAD NATIONAL VETERANS MEMORIAL

OPEN DAILY • 7 AM – 10 PM

Memorial honoring veterans from all wars with their images.

### MUSEUM OF CONTEMPORARY ART

THURSDAY - FRIDAY • 11 AM – 7 PM

SATURDAY • 11 AM – 4 PM

SUNDAY • 11 AM – 5 PM

Museum in La Jolla showcasing art from 1950 to present.

## AMENITIES

### 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!

## THE SHORES

DINE ON THE BEACH

MONDAY - THURSDAY • 7 AM – 9 PM

FRIDAY - SUNDAY • 7 AM – 9:30 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 Peace599.

## TAG US!

@LJSHORESHOTEL  
@THESHORESRESTAURANT

# RECREATION ACTIVITIES



September 4-  
September 10

WEDNESDAY 9/4	THURSDAY 9/5	FRIDAY 9/6	SATURDAY 9/7	SUNDAY 9/8	MONDAY 9/9	TUESDAY 9/10
		Snow Cones <b>1 PM   Pool Patio</b>	Weekend Brunch <b>7 AM - 2 PM   The Shores Restaurant</b>  Scavenger Hunt <b>11 AM   Pool Patio</b>	Weekend Brunch <b>7 AM - 2 PM   The Shores Restaurant</b>  Arts & Crafts <b>11 AM   Garden Patio</b>		
		Arts & Crafts <b>3 PM   Garden Patio</b>	Spikeball <b>1 PM   Garden Patio</b>	Tattoos and Pops <b>1 PM   Pool Patio</b>		
		S'mores <b>5 PM   Garden Patio</b>	Arts & Crafts <b>3 PM   Garden Patio</b>	Chipping Contest <b>3 PM   Garden Patio</b>		
		Dive in Movie "The Dolphin Tale" <b>8 PM   Pool</b> Join us for popcorn and a movie.	S'mores <b>5 PM   Garden Patio</b>			
	Football Viewing <b>The Shores Restaurant</b>		Football Viewing <b>The Shores Restaurant</b>	Football Viewing <b>The Shores Restaurant</b>	Football Viewing <b>The Shores Restaurant</b>	