



# INSIDER'S GUIDE TO SAN DIEGO

We are excited to share some of our favorite San Diego spots with you. We hope you enjoy your time in San Diego as much as we do!



La Jolla, close to Scripps Pier and UC San Diego

San Diego's hidden swings are a thing of legend. No one knows who put them up and sometimes they disappear for a while, only to reappear later. Wherever they pop up, you can be sure they'll have chosen an idyllic location with beautiful views.

You can find one hidden in the neighborhood of La Jolla, close to Scripps Pier and UC San Diego. As you walk down Expedition Way towards Birch Aquarium, keep an eye open for a parking lot on your left side. Enter the parking lot and walk towards the cul-de-sac. You should see two trees with a small wooden bridge between them. Follow the path and you should find the tree swings to your left.

## HIDDEN SWINGS



## SPRUCE STREET SUSPENSION BRIDGE



W Spruce St, San Diego, CA 92103

Nestled away in the Banker's Hill neighborhood, this pedestrian-only bridge makes for the perfect photoshoot opportunity. Built in 1912 and engineered by Edwin Capps, the 400 feet of this rustic bridge were intended to carry locals across the gaping canyon below (don't look down!). It is still standing strong as a favorite spot for locals to take a dreamy, gently swaying stroll above the area's treetops.



Point Loma, San Diego, CA 92106

## BAYSIDE TRAIL

The Bayside Trail offers a moment of peace away from the hustle and bustle of the city. The winding, out-and-back route provides a wealth of incomparably beautiful and singular views along this 2.4-mile stretch. While it's mostly leisurely walking, there are some steeper spots to contend with. Once you've cleared the summit, we recommend you set your sights down to the Point Loma Tidepools and Bluffs Trail for an extra, very manageable, one-mile hike to the famous tidepools.



1549 El Prado San Diego, CA 92101

## BALBOA PARK PALM CANYON



While well-trodden Balboa Park isn't exactly a hidden gem, it's a wonderland of things to see, do, and marvel at. An abundance of museums, restaurants, public art, and swathes of flowers, trees, and everything else to feed your nature cravings, to be exact.

Try to find the two-acre plot curated by Famed Kate Sessions, the talented horticulturist responsible for introducing several new plant species to southern California. Access includes walking down a secluded, winding path before an oasis of colors and scents opens up before you.



857 W Harbor Dr, San Diego, CA 92101

## LOOFF CAROUSEL

As you stroll by the shops and restaurants that make up San Diego's Seaport Village, a glint of color may catch your eye! The work of art you're viewing is one of America's oldest carousels. From the imagination of Charles I. D. Loeff, the father of carousels in America, it took its first turn in Fair Park, Texas, in 1895 – the starting point of its cross-country trek. Its travels then took the wooden structure to Santa Monica, California, in the 1950s; Spanaway, Washington, in the 1970s; Portland, Oregon, in 1979; and Burbank, California, in 1997, finally making it to San Diego in 2004.

If you'd like to take part in a tradition that has brought smiles to the faces of children and parents for over a century, it'll cost you only \$3 to take a ride through history on this unique San Diego treasure.



1325 Coast Blvd., La Jolla, CA 92037

## SUNNY JIM CAVE/ THE CAVE STORE



Accessed through The Cave Store, you will descend over 100 steps down through the sandstone cliffs of La Jolla Cove into this Prohibition times sea cave. The Sunny Jim Cave received its name from the author of Wizard of Oz, L. Frank Baum, who claimed the grand opening of the cave reminded him of a cartoon cereal mascot of the same name. As local folklore would have it, during Prohibition, bootleggers used this tunnel to smuggle alcohol and opium into San Diego!



Trailhead: 9582 La Jolla Farms Rd. - Right at the intersection of Black Gold Rd & La Jolla Farms Rd

## MUSHROOM HOUSE

While its given name is Pavilion, locals fondly refer to this impressive coast side construction as the “Mushroom House” for a visibly obvious reason. Located at Blacks Beach in La Jolla, CA, this house was built in 1965 by architect Dale Naegle for Sam Bell of Bell's Potato Chips & General Mills as a summer guest house.

The home was built to withstand naturally occurring rock slides, earthquakes, and waves and features a .300-foot tramway that took guests from the main house down to the guest house.

The house is no trespassing, but feel free to explore the surroundings, where you'll be treated to a public beach accessible at low tide from Scripps or Torrey Pines Beach.



## SALT & STRAW



1670 India St, San Diego, CA 92101

After a long day of exploring all San Diego has to offer, you'll want to cool off in style. This craft ice cream has a cult-like following, and if you take lines out the door as an indication of where to go – this is your one-stop-shop ice cream destination! Expect to be treated to intriguing flavors like honey lavender, wild-foraged berry slab pie, and smoked sea salt and chocolate crack have converted devotees up and down the West Coast, and they'll hook you too!



1920 Fort Stockton Dr, San Diego, CA 92103

## WOLF IN THE WOODS

Wolf in the Woods is a sanctuary of culinary delights and fine wines that exudes a cozy yet luxurious appeal. This rare gem can be found deep within the beautiful historic neighborhood of Mission Hills. As you savor your meal, absorb the historical décor around you, inspired by the legendary folklore and arts of native New Mexico.

Their menu is centered around European-influenced tapas, as well as snacks, cheese & charcuterie boards, farm-inspired soup and salad, and entrée – to die for. We recommend sampling their hand-selected old and new world wines and sharing plates.





## PEACE PIES



4230 Voltaire St, San Diego, CA 92107

Serving out of San Diego's two favorite surfer havens (Leucadia and Ocean Beach), Peace Pies is serving up raw vegan food. While the vibe is laidback, the flavors are serious, with the dedicated staff handmaking each carefully curated (and very Instagrammable) dish with love and patience. Pop over there on a sunny day and take a seat in their airy outdoor courtyard while you enjoy your meal.

Pro tip: Save room for dessert and pick up a vegan cheesecake or any of their insanely delicious treats.



2820 Historic Decatur Rd, San Diego, CA 92106

## LIBERTY PUBLIC MARKET

It's all happening over at the Liberty Public Market. There's always a hum of chatter and excitement in the air of the old Navy building that's brimming with chic eateries, must-go bars & specialty food & craft vendors. It's a dynamic, modern-day hub contained within the historic district of San Diego. A must-visit to truly sample the best San Diego has to offer.

The Pigs Co BBQ

- 36. Flower Child Chicken
- 37. Otata Oregano
- 38. Cecilia's Taperito
- 39. Wilded Maine Lobster
- 40. Slazy CPM
- 41. Kai and Shun
- 42. Backbar
- 43. Wilded Popcorn & Puffs
- 44. Mama Made Tea
- 45. Rad Burger
- 46. Cow Patches & Co.
- 47. Puro
- 48. White Rice ID
- 49. Westbean Coffee
- 50. Potrero Empowerment
- 51. Potrero Design
- 52. La Parada Patisserie
- 53. The Mini Omelet Company
- 54. Social Phone Repair
- 55. Kabbie Coffee
- 56. Bitter & Olive
- 57. The Old Town Soap & Gensou



## LUCHA LIBRE GOURMET TACO SHOP - MISSION HILLS



1810 W. Washington Street San Diego, CA 92103

The collective culinary brainchild of three brothers, Jose Luis, Maurilio, and Diego Rojano-Garcia, this authentic yet quirky eatery has been satisfying Mexican food cravings since 2008. It's the perfect place to take a rest and enjoy some traditional, flavourful Mexican food made with love while watching wrestling on the TVs that line the restaurant – what's not to like?



8755 Biological Grade La Jolla, CA 92037

## PINPOINT CAFÉ

Is your idea of paradise sipping on freshly brewed, rich coffee while sampling a variety of indulgent, and wholesome breakfasts while overlooking panoramic seaside views? If so, make your way to La Jolla Scripps Pier at UCSD Institution of Oceanography, where they're prepared to make your dream come true. Menu items include house-made breakfast sandwiches, burritos, salads, pastries, snacks, smoothies, acai bowls, coffee, coffee, and more coffee.

