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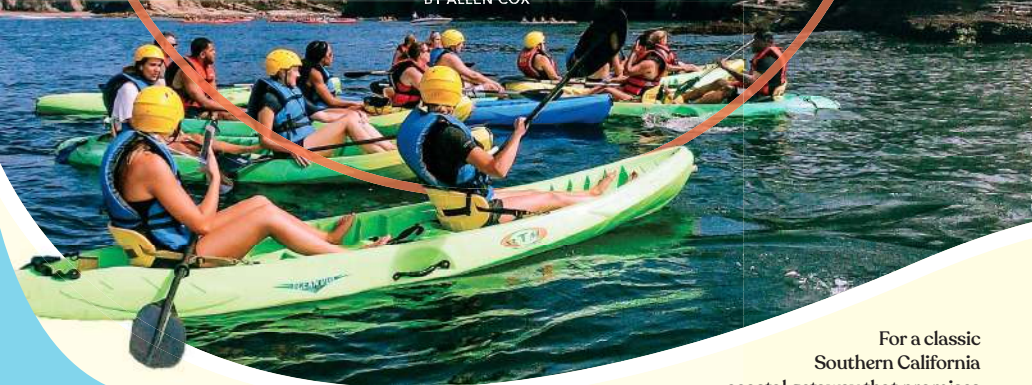
DISPLAY UNTIL JAN 31, 2026



Seaside Retreat

TO LA JOLLA, CALIFORNIA

BY ALLEN COX



For a classic Southern California coastal getaway that promises a touch of luxury, relaxation with toes in the sand and the chance to spot marine wildlife, La Jolla delivers. Visitors began flocking to La Jolla in the 1890s, and since then, the wave of vacationers seeking a seaside escape has not ebbed. Of course, since the early days, the town has developed many more attractions that elevate any visit to this picturesque, upscale beach town.

Day 1 The Village

When you arrive, step back 100 years at La Valencia Hotel. Built in the 1920s, it has retained its original Mediterranean design features with lush gardens and courtyards. You can't miss its 11-story Spanish-tiled tower. The hotel is perched above the sea in the heart of La Jolla, so once you check in, you will be steps from many of the city's main attractions.

Take a leisurely walk to appreciate the history and architectural features of the town. The La Jolla Historical Society provides maps and information for five unique self-guided walking tours. Find the tour that speaks to your interests, access the map online, put on comfortable walking shoes and hit the street. Tours include a tour of La Jolla Village, historic beach cottages, 1920's architecture, midcentury modern

architecture and a tour featuring craftsman-style architecture that explores La Jolla and other cities.

After your walk, pamper yourself at the Spa at La Valencia. Book a signature spa treatment or a carefully curated holistic wellness experience for the ultimate in mindfully balanced relaxation.

La Valencia's Executive Chef Alex Pailles has created a menu that showcases fresh seafood and Mediterranean-influenced cuisine, perfect for the resort's signature restaurant Mediterranean Room. Locally sourced, seasonal ingredients shine on every plate. Enjoy a "Martini Hour" cocktail in The Whaling Pub, followed by dinner in the Mediterranean Room. And if you're up for a nightcap, head to the lobby bar, La Sala, to end the day.



Day 2:

The Sea and The Arts

Today is all about exploring the coastline below the city. While beach walks and sandcastles may be on your itinerary, more exciting endeavors also might be in store. La Jolla is flanked by two state marine reserves, Matlahuayl State Marine Reserve and South La

Jolla State Marine Reserve.

These reserves are rich in sea life and

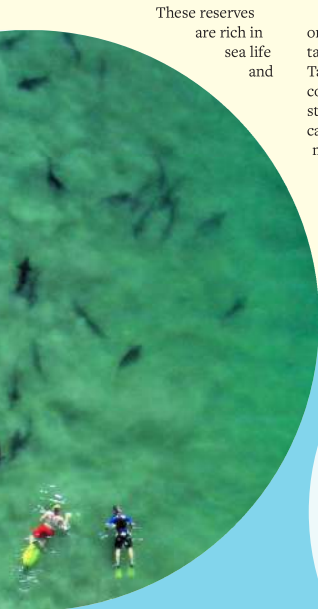
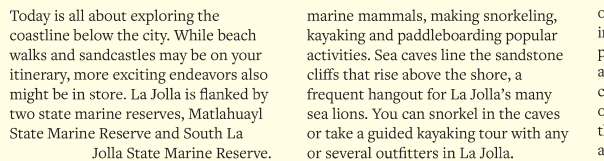
marine mammals, making snorkeling, kayaking and paddleboarding popular activities. Sea caves line the sandstone cliffs that rise above the shore, a frequent hangout for La Jolla's many sea lions. You can snorkel in the caves or take a guided kayaking tour with any or several outfitters in La Jolla.

You've worked up an appetite that only authentic made-from-scratch tacos can satisfy, so head to The Taco Stand and pull up a stool at the counter. This no-nonsense taco bar stuffs everything from carne asada to camarones and pescado into its hand-made tortillas with all the trimmings and house-made guac and your choice of fresh salsas. Wash it down with a cerveza and head back to La Valencia for a siesta.

This afternoon, check out the Museum of Contemporary Art San Diego (located in La Jolla) for its exhibits of thought-provoking pieces by top artists. You'll view artistic innovations from the mid-twentieth century to the present "with a focus on the ongoing legacies of abstraction in arts of the Americas and Europe." The museum also has an outdoor sculpture garden. For another acclaimed sculpture garden, drive to the University of San Diego in La Jolla to stroll through the Stuart Collection. Several fine-art galleries also grace La Jolla, like Legends Gallery (look for art by longtime La Jolla resident, Theodor Geisel—the real Dr. Seuss), the RC Gorman Navajo Gallery and many more.

At dinner at Nine-Ten, a short walk from La Valencia, you'll enjoy the Michelin-recognized cuisine of Executive Chef Jason Knibb, which showcases California's fresh food scene with a global flare.

Nine-Ten is also known for its well-curated wine list.



Day 3:

Nature and Design

No visit to La Jolla would be complete without a visit to the Torrey Pines State Natural Reserve, a perfect spot for a morning exploration in a rare coastal ecosystem. The reserve encompasses 1,500 acres of coastal wildlands, which include rare Torrey pine trees, miles of pristine beaches and crucial habitat for migrating seabirds, all rimmed by a rare form of chaparral. Ocean winds have shaped the plants of this maritime chaparral, which are nurtured by moisture obtained from coastal fog. Trails wind through the chapparal down to the beach, sometimes cloaked under tunnels of vegetation. Make note of restrictions when you visit Torrey Pines, as they are designed to protect the fragile ecosystem.

Stop in at Puesto for lunch. Choose a ceviche for a light bite and wash it down with one of their aguas frescas. Or for something a bit heartier, try their award-winning tacos served on house-made, organic blue-corn tortillas.

Wrap up your La Jolla getaway with a visit to a monumental piece of award-winning modern architecture designed by Louis I. Kahn—the Salk Institute. Form and function blend seamlessly in the building's design. The central courtyard, which is perched above the ocean, has a water feature that flows toward the ocean, creating a central focal point flanked by the brutalist-midcentury modern structures on both sides. The courtyard is a striking space that intentionally invites contemplation and inspires awe. Schedule a docent-led tour for the full story of this groundbreaking architectural gem. The Salk Institute makes a memorable and photo-worthy parting shot for your La Jolla getaway. 📸

When you go

- La Jolla, sandiego.org/beaches-neighborhoods/la-jolla
- La Valencia Hotel, lavalencia.com
- Self-guided walking tours, lajollahistory.org/walking-tours
- Kayaking, lajollakayak.com
- Museum of Contemporary Art San Diego, mcsd.org
- The Taco Stand, letstaco.com
- Nine-Ten, nine-ten.com
- Puesto, eatpuesto.com/location/la-jolla
- Torrey Pines State Natural Reserve, parks.ca.gov/?page_id=657
- Salk Institute, salk.edu/about/visiting-salk

