

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.

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 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

DAILY • FIRST AVAILABILITY

Located in the Garden Patio and The Lawn of The Shores Restaurant.

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

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 18-
September 24



WEDNESDAY 9/18	THURSDAY 9/19	FRIDAY 9/20	SATURDAY 9/21	SUNDAY 9/22	MONDAY 9/23	TUESDAY 9/24
		Snow Cones 1 PM Pool Patio	Weekend Brunch 7 AM - 2 PM The Shores Restaurant	Weekend Brunch 7 AM - 2 PM The Shores Restaurant		
			Scavenger Hunt 11 AM Pool Patio	Arts & Crafts 11 AM Garden Patio		
		Arts & Crafts 3 PM Garden Patio	Spikeball 1 PM Garden Patio	Tattoos & Pops 1 PM Pool Patio		
		S'mores 5 PM Garden Patio	Arts & Crafts 3 PM Garden Patio	Chipping Contest 3 PM Garden Patio		
		Dive in Movie 8 PM Pool Join us for popcorn and a viewing of "Madagascar 2."	S'mores 5 PM Garden Patio			
	Football Viewing The Shores Restaurant		Football Viewing The Shores Restaurant	Football Viewing The Shores Restaurant	Football Viewing The Shores Restaurant	