



THE ULTIMATE GUIDE TO LA JOLLA COVE



La Jolla Cove is loved by both locals and visitors from around the world. From its breathtaking sunsets and majestic sea lions to seaside restaurants and kids activities, this beautiful setting offers a slice of the elegant yet laid back La Jolla lifestyle for all to enjoy.

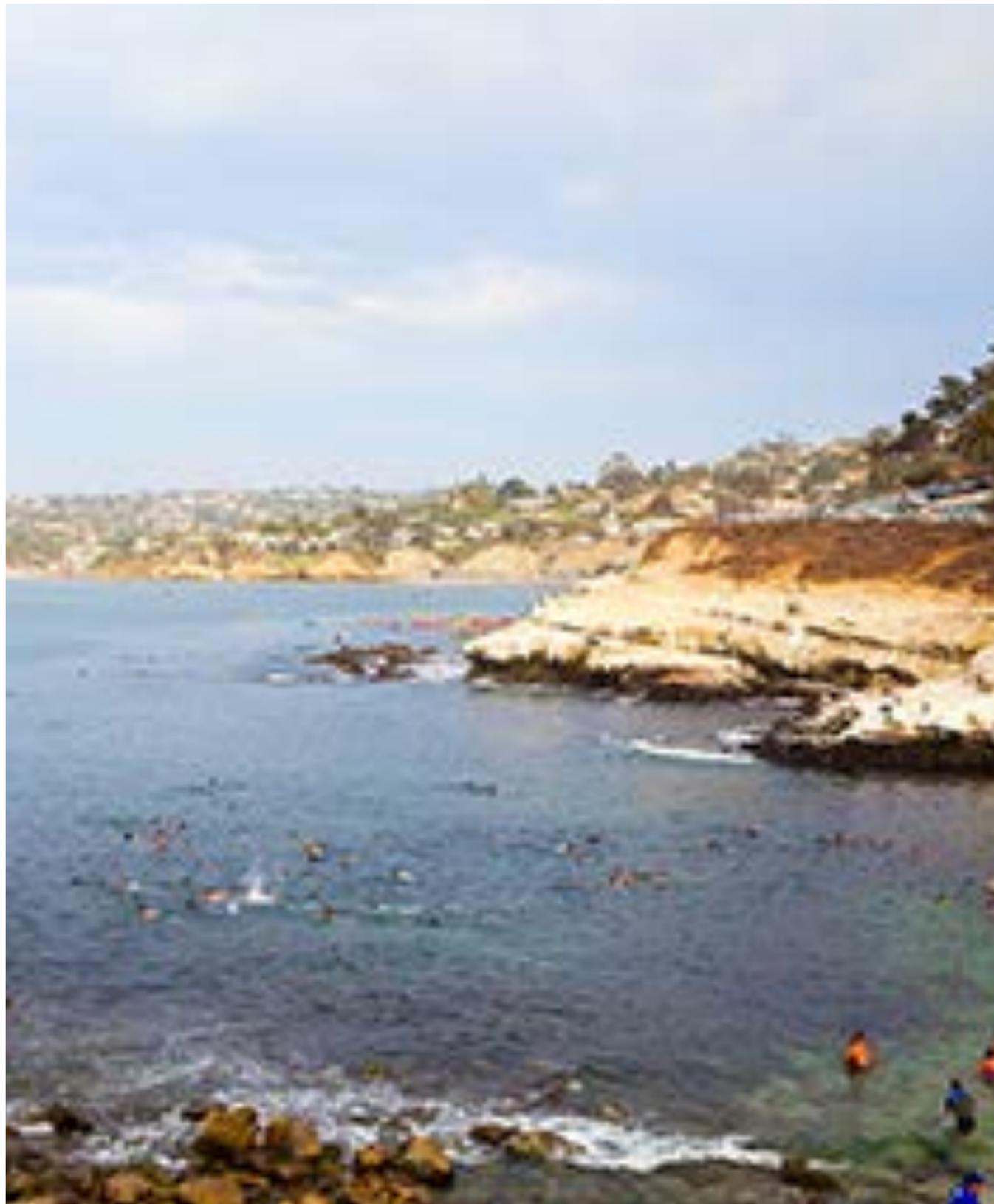
This is the ultimate guide to help you explore things to do at La Jolla Cove.



ADVENTURE & OCEAN ACTIVITIES AT LA JOLLA COVE

The waters surrounding the Cove are part of the 6,000 acre La Jolla Underwater Park, which includes an Ecological Reserve. This means there is ample wildlife, such as seals, barracuda, opaleye, giant sea bass, baitfish and orange garibaldi.





Snorkeling

Bring your own snorkeling gear and jump in – or take a tour with an experienced company like [Bike & Kayak Tours La Jolla](#).

Wetsuit or no wetsuit? Depending on the time of year, some swimmers will be just fine without a wetsuit. When you do need one, especially in winter, they can be rented at nearby shops for \$10 – \$20.





Where to snorkel in the Cove? There are three main areas for snorkeling. Once you are in the Cove area (north end of the park), you'll see that there are three main spots ideal for snorkeling:

- **The immediate cove area** (the rocky section just to the left)
- **South of the cove** (near the kelp beds)
- **Along the caves to the north**





Snorkel safety: If available, be sure to check with a lifeguard about the safety of the water. It's good to ask about the currents and visibility in the water – as it is not always really great, especially in this area.

You'll most likely see plenty of plant and animal life in the water - look for bright orange Garibaldi, sea kelp, other types of fish, and even sea turtles.





Scuba Diving

Take ocean adventures to the next level with guided tours or private classes from experienced locals.

There are several activities to choose from:

- Go kelp forest diving in the La Jolla Cove Ecological Reserve with Scuba San Diego.





- SD Expeditions offers 2-part tour. It begins in the morning at La Jolla Shores. You'll begin there and then embark on a [scuba dive tour at La Jolla Cove](#) in the afternoon.





Visit [their website](#) to see an in-depth list of sea life you may see, such as green turtles, seven-gill shark and dolphins, and the terrain you'll be exploring. Terrain includes elements like sea kelp, sandy flats and canyon walls. Full scuba gear rental is included in the price, so all you have to do is show up in your swimsuit (or wetsuit).



Open Water Swimming

Buoys are strategically placed to act as distance markers. This enables swimmers to know how far they are from the shore.

There is a buoy at $\frac{1}{4}$ mile out and another one $\frac{1}{2}$ mile out at the Cove, though most swimmers stay within a $\frac{1}{2}$ mile of shore. Generally, the less experienced swimmer you are, the closer you should stay to shore.





It's always important to remember that this is the open ocean. For more tips and information, contact the local [La Jolla Cove Swim Club](#).

Additionally, lifeguards are routinely stationed at the Cove. They are a great resource for any questions you might have about currents, temperature, marine life, terrain, or ocean elements (such as rocks, kelp, or sea grass).



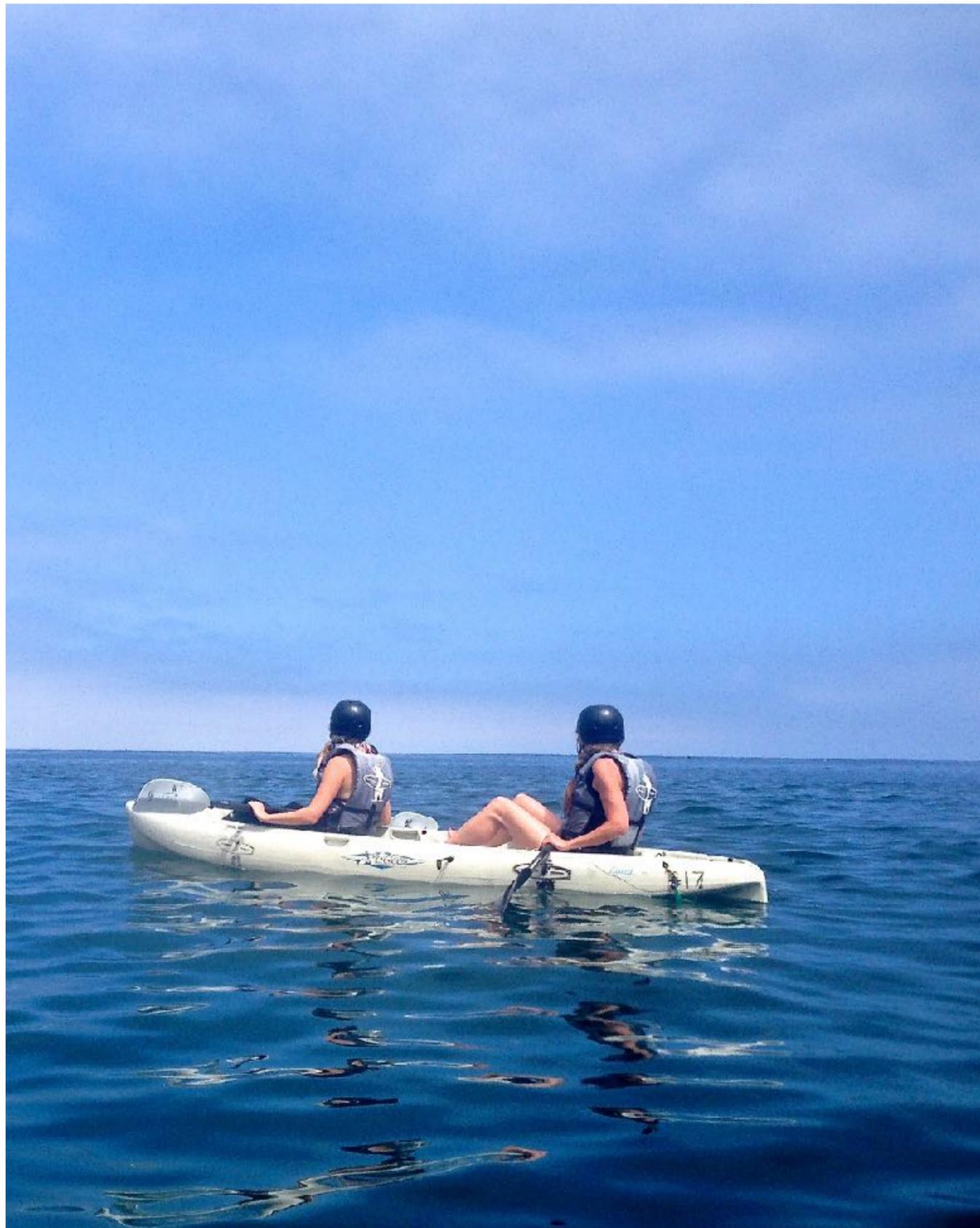


Kayaking

Explore La Jolla Cove by **kayak** in La Jolla or enjoy a guided tour of the Seven Caves and the La Jolla Underwater Park with tour companies like:

- La Jolla Kayak
- La Jolla Sea Cave Kayaks
- Everyday California





These kayaking tours are a priceless way to understand the beauty of the La Jolla ecosystem. The guides add extra fun when they explain the types of treasures found in the caves or how to swim with leopard sharks.





Stand Up Paddle Boards

Enjoy the tranquility as you smoothly cruises along the top of the water – and conveniently, it is also a fantastic arm workout! There are a few different spots around town to rent stand-up paddle boards, like [Bike & Kayak](#).

If you have never done stand up paddleboarding before, don't worry – it's a great water activity for beginners and easy to learn.





Bicycling

Bike tours are an amazing way to tour La Jolla. [La Jolla Bike and Kayak](#) offers a few options depending on how long you want to be on a bike. Their most popular tour will guide you to the top of La Jolla to experience the world class view from Mt Soledad, take you down into Pacific Beach, and back through La Jolla to the Cove.

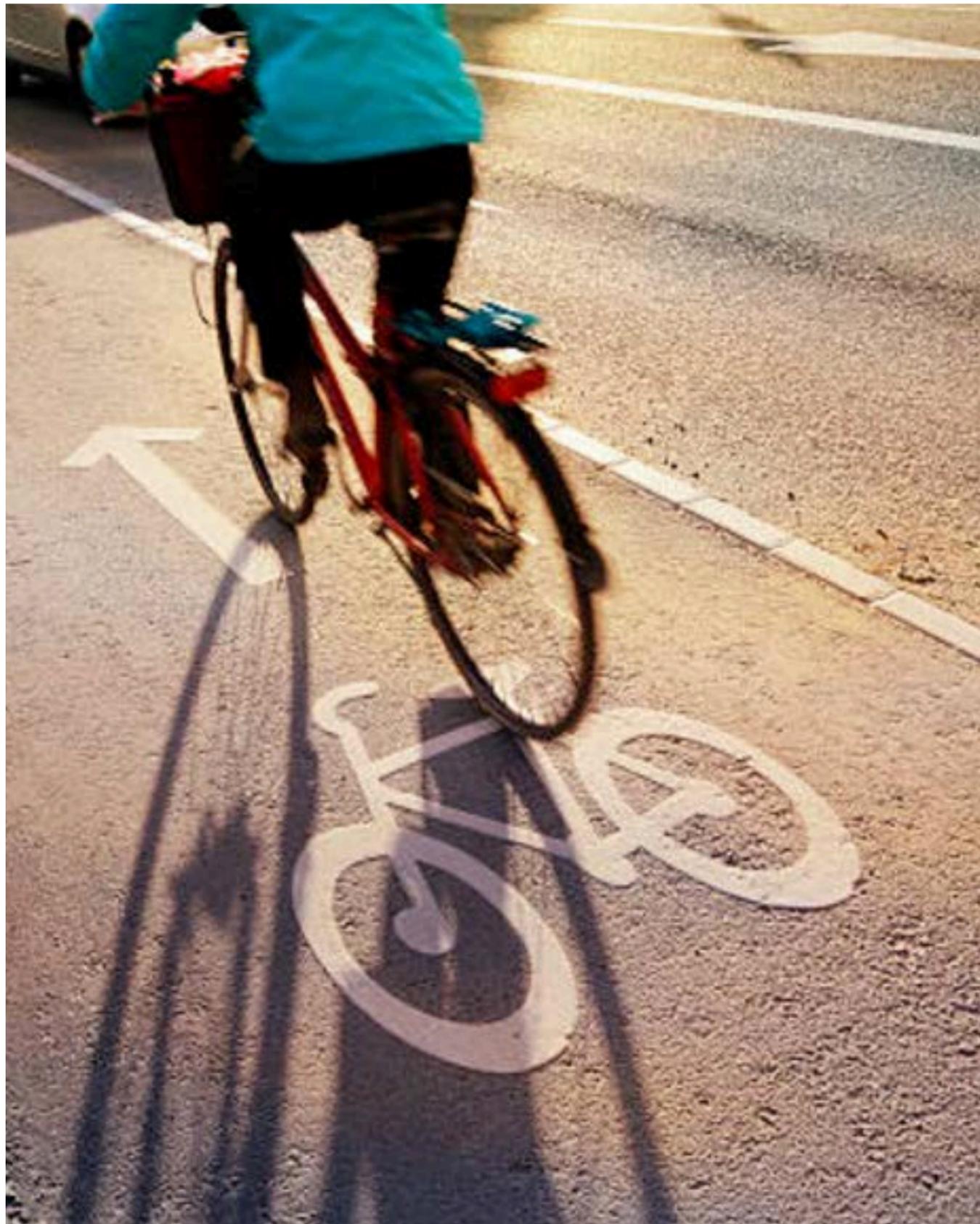




Or, you can choose the shorter route, which cruises through the best of La Jolla (you'll see all of downtown, the Children's Pool, and the Cave Store).

A La Jolla Kayak **guided bike tour** is also an option; their tour starts atop Mt. Soledad and cruises through four different beaches before ending at the cove.





If you're a more experienced biker, head out solo. Follow the bike paths that weave in and around La Jolla Cove on your own; one of our favorites is the Fay Avenue Bike Path, which starts at Fay Ave. and Nautilus Streets and ends at La Jolla Hermosa Ave.



BEST PLACES TO EAT AT LA JOLLA COVE

In between your seaside adventures, enjoy high quality cuisine at the best of La Jolla Cove restaurants and cafes.





Brockton Villa

The **Brockton Villa**, originally one of La Jolla's very first beach cottages, serves seasonal cuisine at breakfast, lunch and dinner throughout the year. It offers a variety of options, including healthy choices and vegetarian options. The most famous offering is the Coast Toast, which is no normal French Toast; it is an award-winning souffle-like dish with a hint of orange that is incredibly decadent. Over 300,000 sold!



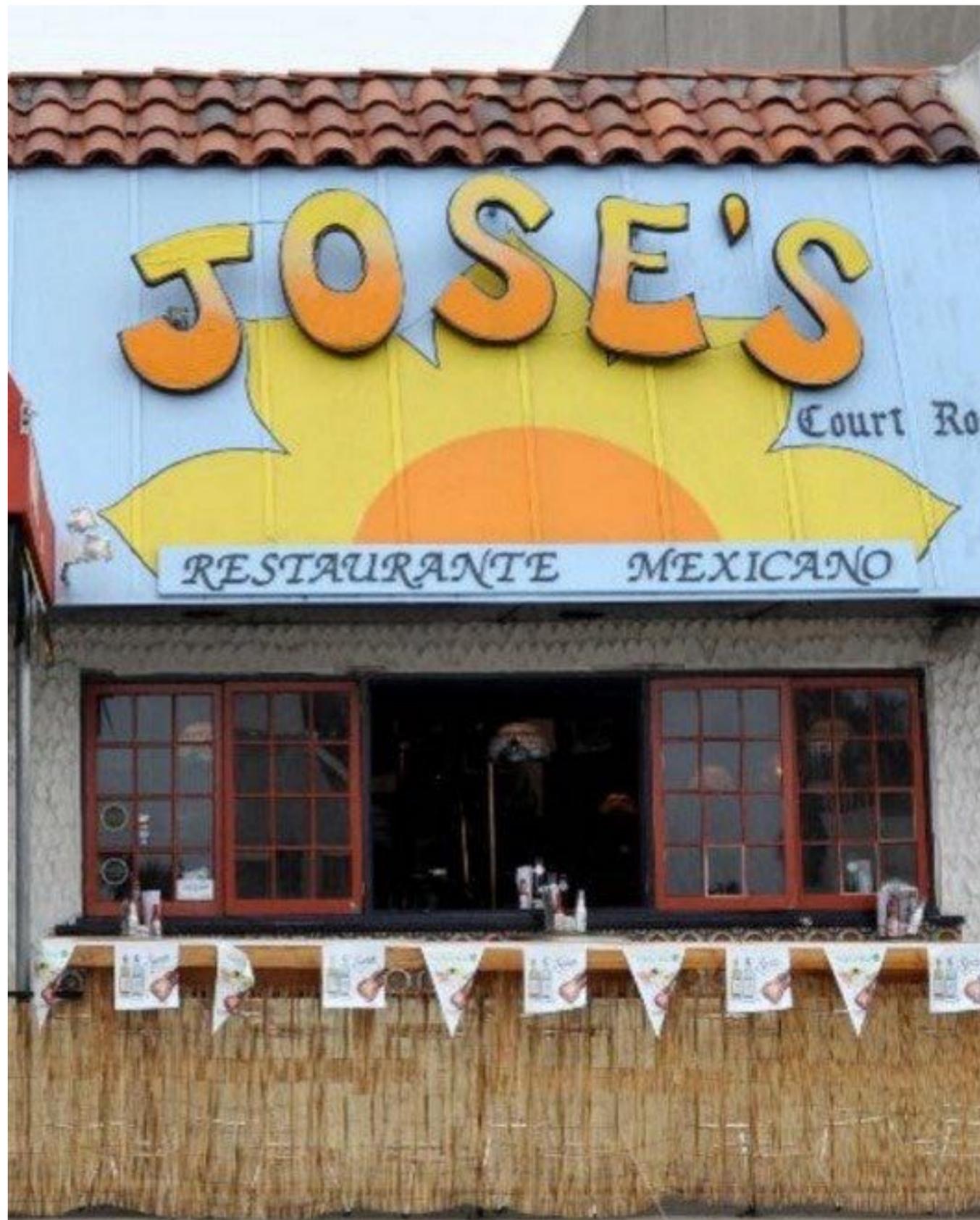


Crab Catcher

Crab. Lobster. Filet mignon. New York Steak. Savor such fantastic seafood and more with an ocean view at this highly acclaimed [restaurant](#). And, of course, choose from a wide selection of wine and spirits to accompany your meal.

Want the same food, faster service? Get it to-go from the express version of their main restaurant, Market Cafe! The menu includes sandwiches, burgers, and other easy options to grab on-the-go.





Jose's

Get incredible views of La Jolla Cove while nestled up in downtown La Jolla Village from this lively, family friendly Mexican **restaurant!** Their menu offers all the classic favorites, including enchiladas, carne asada plates, and burritos, in a super-casual setting.





Cody's La Jolla

Cody's La Jolla overlooks the beautiful Scripps Park and La Jolla Cove. Besides beautiful surroundings, expect aesthetically pleasing food. Even something as simple as the Veggie Hash or Chicken & Biscuit is presented in a beautifully hand-crafted fashion. And feel free to bring your four-legged friend, as it is super dog-friendly! After your meal, take a quick stroll to the beach - it's just a few minutes' walk.



BEST ACTIVITIES TO DO WITH KIDS

La Jolla Cove is the perfect spot for family fun –
entertaining both kids and adults alike.





Visit Ellen Scripps Park

- Visit [Ellen Scripps Park](#) to fly kites, enjoy picnics and much more
- Stop by [Sunny Jim Sea Cave Store](#)
- Walk to the Children's Pool





Why Visit Children's Pool:

This arena was created with children and their safety in mind. Local philanthropist Ellen Browning Scripps donated funds in 1931 to form the seawall you see today, which helps create an open ocean pool with safe, serene waters. Use this area to:

- Swim
- Snorkel
- Build sand castles





- Sun bathe
- And more!

Though initially intended for children, as locals well know, it has also become a favorite place for seals. Oftentimes the entire beach will be filled with them; especially during pupping season. Even if you don't swim, the Children's Pool offers other helpful amenities on-site:

- Bathrooms
- Showers
- Lifeguards





Looking for a photo op? Walking out onto the seawall is a great way to get an up-close-and-personal La Jolla ocean view!



BEST LA JOLLA COVE HOTELS

Choose the hotel that will match your ideal experience. Family friendly. Romantic. Staycation.

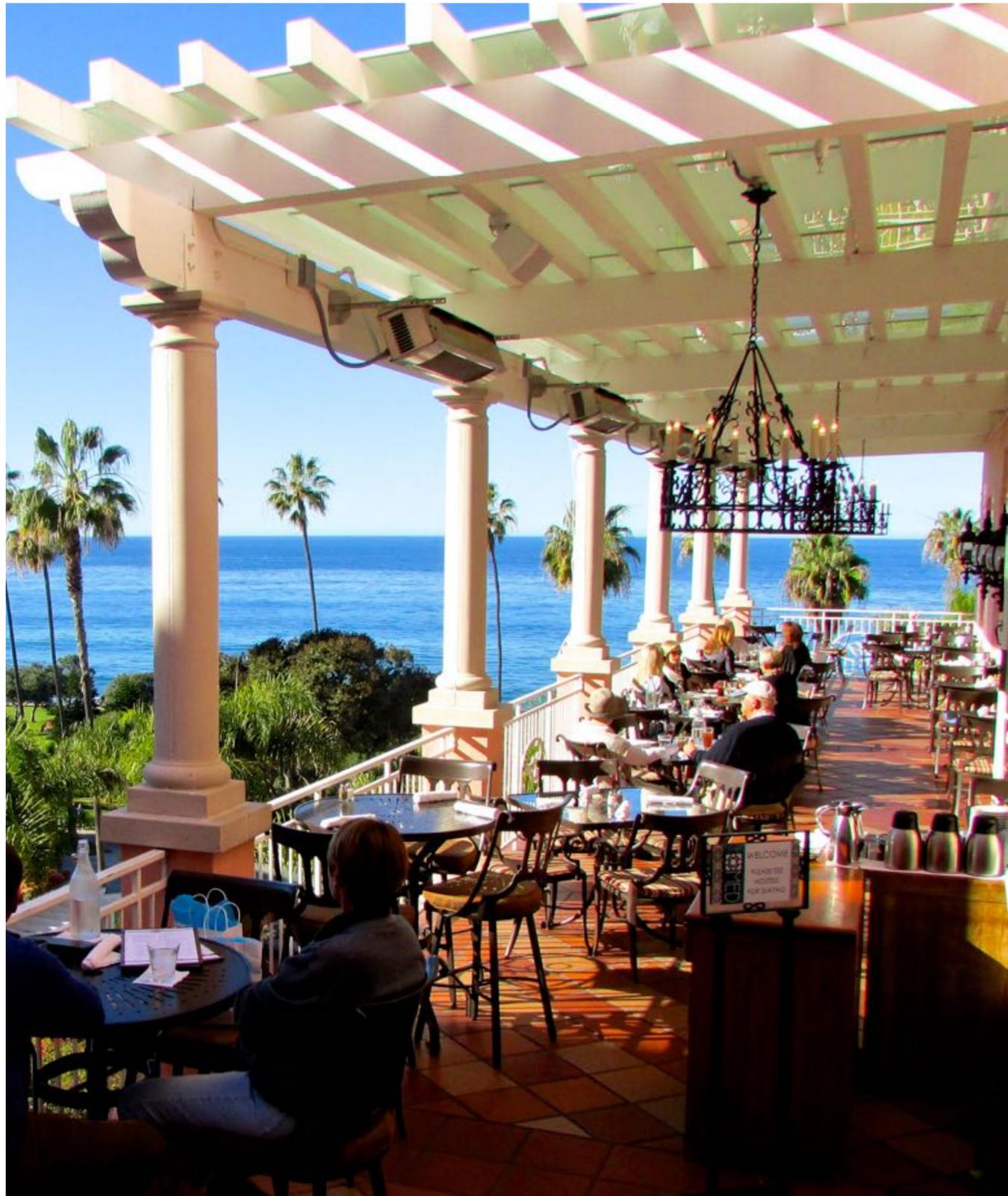




La Jolla Cove Suites

These all-you-need **suites** are great for families and those seeking a place with more home-like amenities. You can fuel up for the day in their breakfast room or rooftop, but most suites also have a kitchen for prepping your own meals and snacks. It's nestled near the downtown village, perfect for shopping and exploring, and just above La Jolla Cove – ideal for activities such as swimming, sunbathing and snorkeling in La Jolla.





La Valencia

La Valencia is a luxury resort in La Jolla that also hosts premier events in San Diego. hosts premier event space in San Diego. With both indoor and outdoor space available, this is the perfect spot to have a dream oceanside wedding you'll never forget. It's also easy to have a great corporate retreat, business conference or corporate meeting here. With fantastic views, great cuisine and oceanside atmosphere, you can expect a laid-back yet truly elegant experience.



BEST WALKS TO GO ON





The Coastal Walk

Start at La Jolla Cove then walk to the Seven Sea Caves Lookout for a great view. This walk takes you on a winding adventure Northeast and past local wildlife, including seals and sea lions. On the way, stop by the Cave Store – for a small fee, descend the steps of the manmade tunnel for a fun adventure. What you'll see at the bottom makes for a truly one-of-a-kind experience!

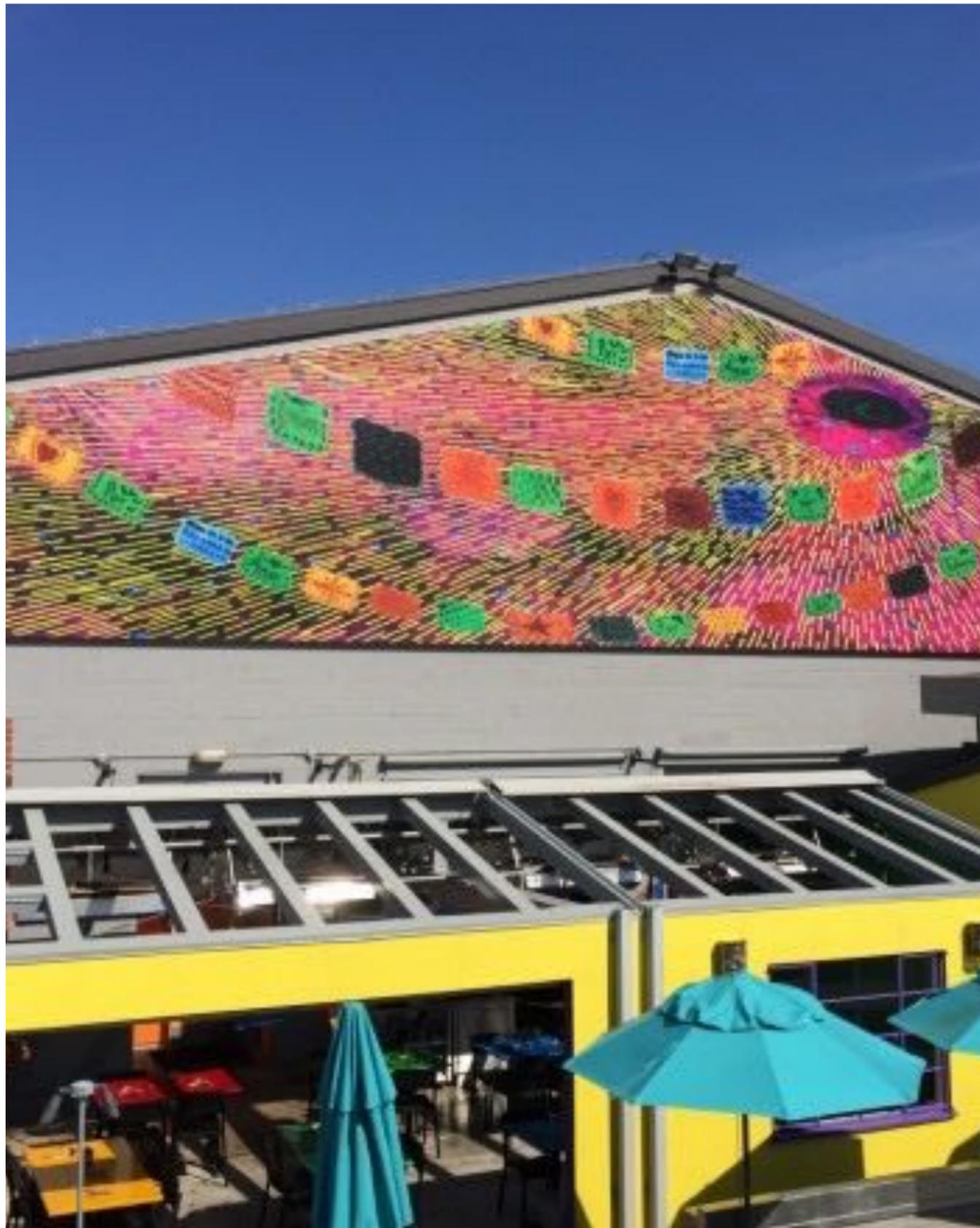




Historical Society Walking Tour

See all of the major La Jolla Cove landmarks - the historic beach cottages, mid-century architecture, and more! Plan your [self-guided tour today](#).





The Murals of La Jolla

Artists from all over San Diego were commissioned to create breathtaking murals around the city – hidden gems that contribute beauty and energy to the neighborhood.

Download a map or pick one up from the Athenaeum and take a self-guided walking tour of all 16 murals.



PARKING AT LA JOLLA COVE

Here are our tips on Cove Parking.





The Cove can get pretty busy, especially during the summer. Here are our tips for parking at La Jolla Cove:

First, try to find street parking; but remember that certain spots are only available for 2 hours. Check all parking signs carefully to avoid a ticket.

Also remember that it gets very busy on most weekends! If you want to





find street parking, try to arrive early on in the day to avoid the most crowds.

If you can't find any street parking, try your luck in one of the paid parking garages or lots. There is a parking structure beneath the Crab Catcher restaurant and another one at the corner of Herschel and Prospect Street. There are also several restaurants and shops that offer *free parking* for patrons.



NEARBY AMENITIES & SHOPPING





Downtown La Jolla

Downtown La Jolla Village provides a wide variety of shops and cultural venues, like art galleries, museums. Get the full scoop on the downtown Village scene on our:

[Ultimate Guide to Downtown La Jolla](#)



MONTHLY EVENTS & HAPPENINGS





Craft at the Cove

Craft at the Cove with George's Cove Craft Cocktails series (monthly at George's)

Each month, George's has a guest mixologist that gets creative with a featured spirit. Book reservations in their main dining room or on their Ocean Terrace – the perfect place to enjoy a cocktail at sunset.





La Jolla Open Aire Market

Every Sunday, get fresh produce, local cuisine, fresh flowers and more at the [weekly farmer's market](#) in from 9 am to 2 pm.

Where: La Jolla Elementary School, at the corner of Girard Avenue & Genter St. 100% of proceeds from the market benefit the school.



BEST SEASONAL EVENTS IN LA JOLLA

There are many events in La Jolla throughout the year, so any season you visit – there's something happening.





Things to Do in Summer

La Jolla Summer Concerts by the Sea

These free outdoor concerts happen each summer at Ellen Scripps Park, which is just above Children's Pool. They are on Sunday afternoon throughout summer; expect to hear a wide variety of music genres!

4th of July Fireworks

Come to the Cove each July 4th to experience the beautiful Independence Day La Jolla fireworks.





Taste at the Cove

This 5 Star [event](#) features food from the best of San Diego restaurants, plus two locals that are commemorated each year – one professional athlete and one professional person in the medical field.

Shore Thing at the Museum of Contemporary Art San Diego, La Jolla

During summer, come to the [museum](#) every Thursday from 5 – 8 pm for free admission to the museum, light bites and a cash bar.





Things to Do in Fall

Pillage the Village

Every Halloween, local stores in the downtown La Jolla Village give out treats to kids in the annual event – **Pillage the Village**.

La Jolla Arts & Wine Festival

This annual *festival* features over 150 artists from Southern California, in addition to other activities fun for the whole family. Expect a silent auction, musical entertainment, a wine and





beer garden and things to do for kids -including a fun Family Art Center that usually features arts and crafts, science activities, and guest speakers (recent years featured children's book authors and actors).





Things to Do in Winter

La Jolla Christmas Parade and Holiday Festival

Celebrate the holiday season by coming out to the [La Jolla Christmas Parade & Holiday Festival](#). It is typically held in early December each year.





Things to Do in Spring

Spring in La Jolla brings (even more) beautiful weather and plenty outdoor activities for visitors to choose from.

La Jolla Concours D'Elegance

This event is by car lovers, for car lovers. Sponsors from all around join forces with the La Jolla Historical Society to host this event that has origins tracing back to the 17th century. However, there is far more to do than simply look at cars at





La Jolla's Concours d'Elegance. From cocktail receptions to decadent lunches, there's something different happening each day.

La Jolla Half Marathon

This breathtaking **point-to-point** race is considered one of the best in America. It starts up north at the picturesque Del Mar Fairgrounds and winds down – along the coast – through Torrey Pines Beach and eventually reaching La Jolla. The race finishes at beautiful La Jolla Cove.





We hope you've enjoyed this Ultimate Guide.
Now go explore La Jolla!