

SAN DIEGO

A travel guide by ITIH Hostels

WELLNESS

- Best Yoga Classes
 - Sunset Cliffs
 - Balboa Park
 - pilgrimage of the Heart
- Best Vegan Restaurants
 - Evolution
 - Dona Jean
 - OB Garden Cafe
 - Trilogy Sanctuary



Bikes & Scooters everywhere

ITIH

GO TO MEXICO FOR A DAY
 GO TO LA JOLLA COVE
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BEACHES

WRECK BEACH
 Horse back riding

CORONADO BEACH
 White sand for the waves. Home for the famous Hotel Del Coronado

SUNSET CLIFFS
 Natural cliffs caves

MISSION BEACH
 Classic California Beach. Young, party crowd

PACIFIC BEACH
 Surfing beach only

LA JOLLA COVE
 Snorkeling, sea caves and lions

LA JOLLA SHORES
 Kayaking, shark cove, sunset

BLACKS BEACH
 Clothes optional

TORREY PINES
 Cost Line Trail with cliff side views

LOCAL NEIGHBORHOODS

LA JOLLA - amazing beach, cliffs, caves & cove, sea lions and leopard hawks. Great for snorkeling.

PACIFIC BEACH - Classic California beach neighborhood. Young crowd. Bars, restaurants & frat houses.

OCEAN BEACH - hippie community, longest pier of California and amazing cliffs

OLD TOWN - Mexican Culture. Shops, Restaurants & Unique park

INSTAGRAM

The pond & everything at Balboa Park

SD Wild Animal Park Escondido

Salk Institute of Biological Studies

suspended bridge in Bankers Hill

Secret cave in Sunset Cliffs

SPOTS

La Jolla Cove

Seaport Village

Potato Chip Rock

Sunset Cliffs in OB

Scripps Pier in La Jolla

Pacific Beach Rustic Pier

HO CHI MINH Trail

The swing at La Jolla Beach

View from Mister As restaurant

Graffiti & Murals at Barrio Logan

Gaslamp Quarter sign in Downtown

Downtown view from Coronado Island

WEATHER THROUGHOUT THE YEAR

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High	66°	69°	71°	74°	77°	80°	83°	86°	87°	84°	80°	76°
Low	50°	51°	54°	58°	61°	64°	67°	70°	72°	74°	70°	66°
High	76°	78°	81°	84°	87°	90°	93°	96°	95°	91°	86°	82°
Low	41°	43°	46°	50°	54°	58°	61°	64°	66°	68°	64°	60°