



# Welcome

## TO THE NEIGHBORHOOD

*Life's Rad in Carlsbad, and we are here to help you get out there. You'll find plenty to keep you care free and occupied. Below are a few ways to explore our beach town -- mask in hand, of course! Have fun.*

### BEACH ME UP

#### So. Carlsbad Beach (3 mi south)

Rugged cliffs. Remote beach with intimate areas, but few amenities. Ideal for walking and jogging. A family favorite.

#### So. Ponto Beach (3.5 mi south)

Captivating sunsets. Best beach for surfing. Wide and secluded with polished stones.

#### Seaside Beach (9 mi south)

Restroom. Dogs allowed w/ leash. Tidepools at South end, best at low tide. (Cardiff)

*In North County San Diego, we have a beach for everything you love to do.*

#### Tamarak Beach (3 mi north)

Restrooms. Paved walking paths. Close dining at the Village. Scuba dive, kayak, fish, or windsurf.

#### North Carlsbad Beach

From the Village to Oceanside. State and locally owned, these quiet beaches have no life guards, restrooms or other amenities.

#### Moonlight Beach (6.5 mi south)

First come, first serve firepits. Beach rentals, playground, snack shack, and restrooms. (Encinitas)

### shuttle time

Visit the front desk to reserve a shuttle to anywhere within 3 miles, including the beach!

### surf's up

#### Hang Zen Surf

hangzensurfschool.com  
760-331-3243

#### 2 Stand Up Guys Paddle Board Lessons

2standupguys.com  
347-489-3926

### borrow the basics

#### Beach Chairs & More ||

Didn't travel with your beach gear? Borrow a few chairs from us, complimentary. We also offer sand toys, yoga mats and bodyboards. First come, first served.

#### Carlsbad Lagoon || 760-434-3089

Motorized and non-motorized water sports

#### Progression Surf || 760-942-2088

Surf boards, body boards and fins

#### Pedego Carlsbad || 760-729-2453

Beach cruisers, road bikes, electric bikes, and kids trailers

### YOGA YOUR WAY

*Learn more about our partnership at [CarlsbadbytheSeaHotel.com/blog/yyw](https://carlsbadbytheseahotel.com/blog/yyw)*

For wellness on your schedule, guests receive **50% off virtual classes** with promo code "CBDSHOTEL" at [yogayourway.fitness](https://yogayourway.fitness).

Also enjoy the **"new student special"** rate of \$25 for in-person SUP Yoga and Pilates classes. Choose class and date, login/create a yourMIND-BODY account, and purchase using the Carlsbad Sea Hotel option.



**CARLSBAD**  
BY THE SEA HOTEL

Summer Favorites You  
Can Do Right Now..  
*(just ask us!)*

### Live Your Best Beach Life

PLAN A DAY OF SAND CASTLES, SURF LESSONS, SUNSHINE AND SPLASHING AT THE BEST OF CALIFORNIA BEACHES.

### Culinary Adventures

CHECK FISH TACOS AND POKE OFF YOUR SAN DIEGO TO DO LIST AT THE WINDMILL FOOD HALL. NOT YOUR STYLE? THERE'S LOTS TO PICK FROM!

### Coastal Cruising

BORROW A BIKE AND MEET THE MILES OF COASTLINE ON TWO WHEELS!

### Find Your Zen

DIVE INTO WELLNESS WITH A NEARBY YOGI. WE HAVE CLASSES ON-SITE TWICE A WEEK! OR TAKE A FEW DEEP BREATHS WITH YOUR EYES ON THE SEA.

### Sing Strawberry Fields

PERUSE FIELDS OF JUICY RED GEMS AND EAT A FEW ALONG THE WAY WHILE YOU HUM THE BEATLES' CLASSIC.

### Get Active. Get Outdoors.

DISCOVER STUNNING CLIFFS, FOREST WALKS, LAGOON, TIDE POOLS, AND LOCAL ANIMAL LIFE ALONG A TRAIL.

### Colors of Carlsbad

EXPLORE THE CITY TO FIND ARTISTIC DISPLAYS IN LARGE PUBLIC SPACES AS WELL AS MORE SECRETIVE STREET ART.

### Swing for the Greens

YEAR ROUND WARMTH IS AN IDEAL SETTING FOR CHAMPIONSHIP GREENS, AND PERFECTING YOUR SWING!

### Retail Therapy

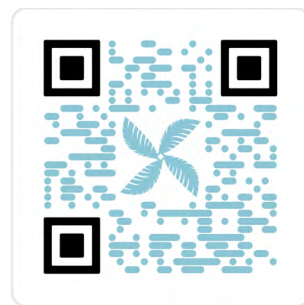
THE OUTLET MALL HAS THE BEST BRANDS JUST STEPS AWAY. FOR A SO CAL VIBE HEAD TO THE VILLAGE OR FAVOR THE UNIQUE AT CEDROS.

See our travel blog for  
even more ideas.



## WINDMILL FOODIES

Feelin' hungry but can't decide what to eat? No problem! Just around the corner, choose from over 10 eateries for breakfast lunch or dinner. Stop in for takeout, or stay awhile to enjoy indoor and outdoor patio seating, plus weekly events!



*Scan to Explore*

## SAN DIEGO THINGS TO DO

Scan QR code to browse top attractions, tours and local adventures available nearby. There's enough here to explore for days!

## EVENT CALENDAR

### THIS WEEK

#### WINDMILL FOOD HALL

Breakfast

*Daily at 7am | Coffee Corner & El Puerto*

Lunch & Dinner

*All eateries | Sun-Wed from 11am-8pm and Thur-Sat from 11am-9pm*

The Mill Bar

*Sun-Thur from 11am-9pm*

*Fri-Sat 11am-11pm*

#### Weekly Happy Hour

Monday thru Friday.

*\$1 Off Draft and Bottled Beer*

*\$2 Off Craft Cocktails*

*\$5 House Wine, \$6 Well Drinks*

*All Day Monday drink specials*

*4:00pm to 6:00pm | Windmill Food Hall*

#### Carlsbad Strawberry Season

The best thing you'll eat all summer!

Sunflower selfies complimentary.

*U-pick fields | Daily 9am to 5pm*

*Flower fields stand | Daily 9am to 4pm*

*carlsbadstrawberrycompany.com*

#### SeaWorld's Electric Ocean

Experience the park immersed in an exotic worlds of light and music.

*4:00pm to 10:00pm | San Diego*

*seaworld.com/san-diego/events*

#### Summer Safari at the San Diego Zoo Safari Park

African wildlife + entertainment

*Saturdays and Sundays thru Aug 15th*

*9:00am to 7:00pm | sdzsafaripark.org*

### WEDNESDAY || 7th

#### Midweek Wind Down

Wine & Prosecco at the Mill Bar

*Half Off Bottles, \$6 Prosecco Splits*

*\$5 House Wine by the Glass*

*\$7 Red or White Sangria or \$25 Fish Bowls*

*11:00am to 9:00pm | Windmill Food Hall*

#### State Street Farmers' Market

Local artisan food and products

*2:30pm to 7:30pm | Carlsbad Village*

*carlsbadfarmersmarket.com*

#### Tanabata Festival (July 7th & 11th)

Bring the family for games, crafts, dancing & a japanese celebration.

*10:00am to 5:00pm | niwa.org/tanabata*

*Japanese Friendship Garden of San Diego*

### THURSDAY || 8th

#### The Swingin' Johnsons LIVE

*6:00pm to 8:00pm | Windmill Food Hall*

### FRIDAY || 9th

#### 2021 Art of Pride

Free exhibition of LGBTQ artists and their allies celebrating The Spirit of Resilience in the LGBTQ Community.

*6:00pm to 9:00pm | 30th St., San Diego*

*sdpride.org/event/artofpride*

### SATURDAY || 10th

#### Creation Station (July 10th & 11th)

Engaging, interactive Sidewalk Chalk Art for the whole family.

*10:00am to 2:00pm | Balboa Park*

*Complimentary | timkenmuseum.org/explore/creation-station*

### Yoga & Mimosas

*9:00am | Tickets: \$12 per person*

*windmillfoodhall.com/calendar*

### SUNDAY || 11th

#### Yoga on the Courtyard Lawn

Restorative relaxed asanas

*10:00am to 11:00am | Complimentary*

*RSVP to mary@yogayourway.fitness*

*Walk-ins based on availability*

### MONDAY || 12th

#### All Day Happy Hour

*11:00am to 9:00pm | Windmill Food Hall*

#### Monday Trivia Nights

Gather and get competitive!

*Hosted by Sunset Trivia*

*6:00pm | Windmill Food Hall*

### TUESDAY || 13th

#### Yoga on the Courtyard Lawn

Vinyasa movement techniques

*4:00pm to 5:00pm | Complimentary*

*RSVP to mary@yogayourway.fitness*

*Walk-ins based on availability*

#### Local. Live. Tuesdays. with Marklyn

*6:00pm to 8:00pm | Windmill Food Hall*

### WEDNESDAY || 14th

#### Midweek Wind Down

#### State Street Farmers' Market

#### Drag Queen Bingo

*6:30pm to 9:00pm | Windmill Food Hall*

*Tickets: \$10 per person*

*windmillfoodhall.com/calendar*