



# Planning Your San Diego Visit

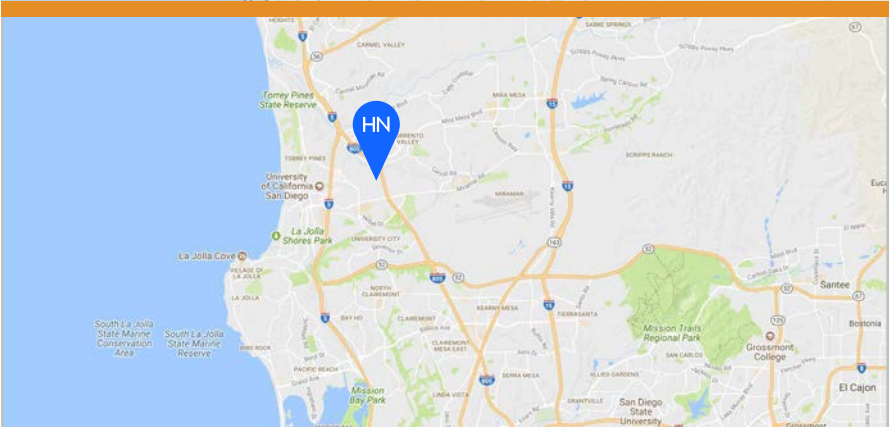
We are delighted to have you as our guest at the Health Nucleus and hope you are looking forward to visiting San Diego. With near perfect weather year-round, miles of beautiful coastline, world-class attractions including a sophisticated art, dining and music scene, we are lucky to call San Diego home and hope you and your family take the opportunity to enjoy all it has to offer.

Below, we have provided you with some updated information to aid in planning your visit, please do not hesitate to reach out to us if you have any questions or would like assistance making reservations.

**A REMINDER OF WHERE WE'RE LOCATED:**

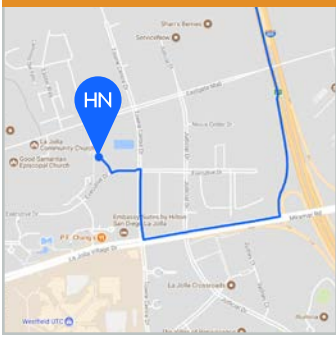
Health Nucleus is located on the first floor of the Human Longevity building located at: 4570 Executive Drive, Suite 100, San Diego, CA 92121.

The entrance is at the south end of the building closest to Executive Drive. There is a dedicated parking lot in front of the building for clients. Our concierge team will be expecting you and will greet you upon arrival.



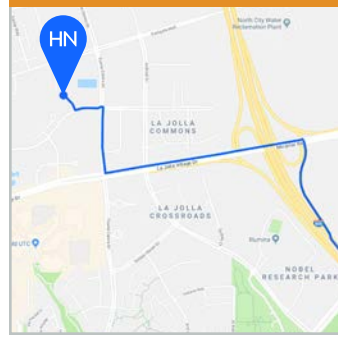
**4570 EXECUTIVE DRIVE  
SUITE 100, SAN DIEGO, CA 92121**

# Directions



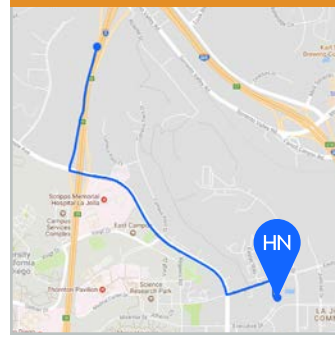
## FROM I-805 SOUTH

1. Take exit 25 for Miramar Rd/ La Jolla Village Dr  
**0.3 mi**
2. Use the right lane to take exit 25 for Miramar Rd/ La Jolla Village Dr  
**0.3 mi**
3. Use the right 2 lanes to turn right onto La Jolla Village Dr  
**0.4 mi**
4. Turn right at the 1st cross street onto Towne Centre Dr  
**0.2 mi**
5. Turn left onto Executive Dr
6. Continue 417 ft. We are located down the first driveway on your right.



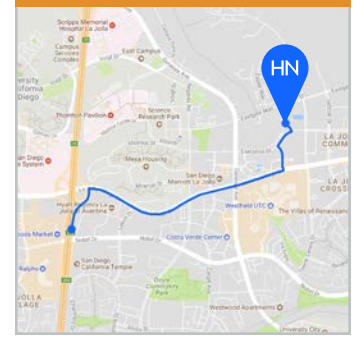
## FROM I-805 NORTH

1. Take exit 25B for Miramar Rd
2. Use the 2nd from the right lane to take exit 25B for Miramar Rd  
**0.3 mi**
3. Use the left 2 lanes to turn left onto Miramar Rd  
**0.2 mi**
4. Continue onto La Jolla Village Dr  
**0.4 mi**
5. Turn right onto Towne Centre Dr  
**0.2 mi**
6. Turn left onto Executive Dr
7. Continue 417 ft. We are located down the first driveway on your right.



## FROM I-5 SOUTH

1. Take exit 29 for Genesee Ave  
**0.3 mi**
2. Use the left 2 lanes to turn left onto Genesee Ave  
**1.2 mi**
3. Continue on Eastgate Mall to your destination  
**2 min (0.4 mi)**
4. Use the left 2 lanes to turn left onto Eastgate Mall  
**0.3 mi**
5. Continue 0.1 mi and turn right into the 3rd driveway.



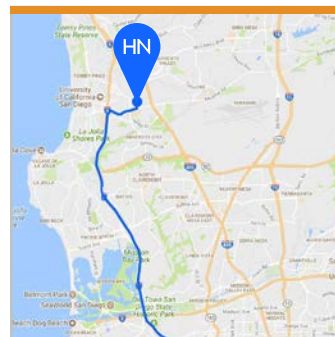
## FROM I-5 NORTH

1. Take exit 28B for La Jolla Village Dr
2. Use the right 2 lanes to turn right onto La Jolla Village Dr  
**1.1 mi**
3. Turn left onto Executive Way  
**0.2 mi**
4. Turn right onto Executive Dr
5. Continue 0.1 mi and use the center lane to turn left into our driveway.

## FROM SAN DIEGO AIRPORT

1. Take I-5 N from N Harbor Rd and India St  
**10 min (3.2 mi)**
2. Head northwest on Airport Terminal Rd  
**0.2 mi**
3. Use any lane to turn slightly left to stay on Airport Terminal Rd  
**0.2 mi**
4. Use the right 2 lanes to take the ramp to I-5/Downtown  
**0.5 mi**
5. Merge onto N Harbor Dr  
**0.7 mi**
6. Use the left 2 lanes to turn left onto W Laurel St  
**0.4 mi**

7. Use the left 2 lanes to turn left onto India St  
**0.8 mi**
8. Use the left 2 lanes to take the ramp onto I-5 N
9. Merge onto I-5 N  
**9.9 mi**
10. Take exit 28B for La Jolla Village Dr
11. Use the right 2 lanes to turn right onto La Jolla Village Dr  
**1.1 mi**
12. Turn left onto Executive Way  
**0.2 mi**
13. Turn right onto Executive Dr
14. Continue 0.1 mi and use the center lane to turn left into our driveway.



# Lodging/Accommodations

With your comfort and well-being in mind, we've selected two exceptional resorts for your lodging consideration, both world-renowned for their elegance, generous amenities and architecture reflecting the natural beauty of San Diego.



## The Lodge at Torrey Pines

Overlooking the world-renowned Torrey Pines Golf Course with distant views of the Pacific Ocean, The Lodge at Torrey Pines is a AAA Five Diamond La Jolla hotel located just 15 miles north of downtown San Diego.

## Estancia La Jolla

The Estancia La Jolla Hotel and Spa blends charming influences with modern comforts for a San Diego hotel unlike any other. Feel the warmth within their AAA Four-Diamond Hotel in La Jolla, featuring 10-acres of beautiful rancho-style architecture, 210 elegantly appointed San Diego accommodations, and lush gardens amid Southern California's temperate climate.

### THE LODGE AT TORREY PINES

11480 North Torrey Pines Road  
La Jolla, CA 92037

**Phone:** 858.453.4420

**Web:** lodgetorreypines.com

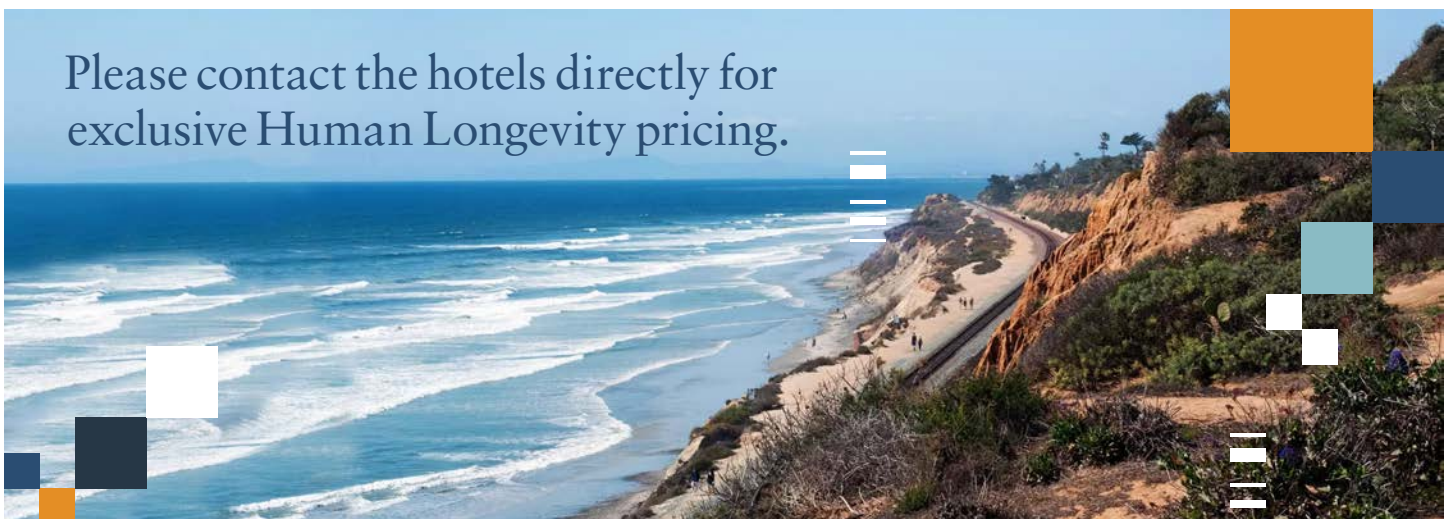
### ESTANCIA LA JOLLA

9700 N. Torrey Pines Road  
La Jolla, CA 92037

**Phone:** 844.591.8930

**Web:** estancialajolla.com

Please contact the hotels directly for exclusive Human Longevity pricing.



# Dining and Activities

You will find a few of our favorite San Diego restaurants and activities below and would be happy to provide a more comprehensive list upon request. Please do not hesitate to reach out to us if you have any questions or would like assistance making reservations.

## DINING

### GEORGE'S AT THE COVE

Location: La Jolla

Style: Seafood

Phone: 858.454.4244

Web: [www.georgesatthecove.com](http://www.georgesatthecove.com)

One of America's top fine dining restaurants, featuring the culinary canvas of award winning executive chef Trey Foshee.

### A.R. VALENTIEN

Location: The Lodge at Torrey Pines

Style: Fine Dining

Phone: 858.777.6635

Web: [www.lodgetorrey.pines.com](http://www.lodgetorrey.pines.com)

Regional San Diego cuisine served in an elegant, timbered room overlooking the 18th hole of Torrey Pines Golf Course.

### HERB & WOOD

Location: Little Italy

Style: Modern

Phone: 619.955.8495

Web: [herbandwood.com](http://herbandwood.com)

The open and airy Little Italy restaurant feels endless with a lounge area, a dining room, and a patio with a double-sided fireplace and plush couch seating.

### WHISKNLADLE

Location: La Jolla

Style: Casual

Phone: 858.551.7575

Web: [whisknladle.com](http://whisknladle.com)

Seasonal, simple, elevated comfort food in the heart of downtown La Jolla.

### IRONSIDE FISH & OYSTER

Location: Little Italy

Style: Seafood

Phone: 619.269.3033

Web: [ironsidefishandoyster.com](http://ironsidefishandoyster.com)

Seafood-centric dishes from fried oyster sliders to lobster rolls and seafood platters. The cocktail list and atmosphere make it one of the hottest restaurants in San Diego.

## GOLF

### TORREY PINES GOLF COURSE

Location: La Jolla

Phone: 858.581.7171

The course allots a small percentage of tee times for advanced reservations. Advanced reservations begin 90 days prior to day of play and sell out quickly. Booking fees apply to advanced reservations. Within 8 days of play, only city residents may make tee time reservations. Within 3 days of play, if tee times still remain the city will often allow additional reservations. Walk-in is available on day of play.

## SPA TREATMENTS

### THE SPA AT ESTANCIA LA JOLLA

Location: La Jolla

Phone: 858.964.6590

Discover The Spa at Estancia La Jolla. This full-service sanctuary offers La Jolla spa guests unparalleled relaxation in a revitalizing spa environment. Recently redesigned, our award-winning San Diego spa now features two private Bungalows—one for nail care services and one designed as a couples' retreat. This Couples Bungalow includes a luxurious private deck, complete with fireplace and soaking tub for two, setting the scene for the ultimate couples' retreat.

### SPA AT TORREY PINES

Location: La Jolla

Phone: 858.777.6690

Inspired by elements from the adjacent Torrey Pines State Reserve and Pacific Ocean, The Spa at Torrey Pines features signature treatments themed around the natural timelessness and purity of the La Jolla coastline.

## SHOPPING

### LA JOLLA VILLAGE

Location: Downtown District

Web: [www.lajollabythesea.com](http://www.lajollabythesea.com)

Neighborhood featuring upscale boutiques, galleries, jewelry, bistros and restaurants with beautiful views of the Pacific Ocean

### UNIVERSITY TOWNE CENTER MALL

Location: 4545 La Jolla Village Drive San Diego, CA 92122

Phone: 858.546.8858

Web: [www.westfield.com/utc](http://www.westfield.com/utc)

From organic living to the casual elegance of La Jolla, Westfield UTC presents the ultimate resort shopping experience.

## THEATRE & MUSIC

### SAN DIEGO SYMPHONY

Location: Downtown San Diego

Phone: 619.377.4344

Web: [sandiegosymphony.org](http://sandiegosymphony.org)

### LA JOLLA PLAYHOUSE

Location: La Jolla

Phone: 858.550.1010

Web: [lajollaplayhouse.org](http://lajollaplayhouse.org)

## FAMILY ACTIVITIES

### TORREY PINES STATE RESERVE

Web: [www.torrey.pine.org](http://www.torrey.pine.org)

2,000 acres of land that remains as it was before San Diego was developed—including the maritime chaparral, the rare Torrey pine, miles of unspoiled beaches, and a lagoon that is vital to migrating seabirds. Over 10 miles of hiking trails. Private hiking & botanical tours available with 7-days advanced notice.

### SAN DIEGO BIKE AND KAYAK

Phone: 858.454.1010

Web: [www.bikeandkayaktours.com](http://www.bikeandkayaktours.com)

Biking or Kayak Tours or Rentals of La Jolla

### TORREY PINES GLIDER PORT

Phone: 858.452.9858

Web: [www.flytorrey.com](http://www.flytorrey.com)

Tandem Paragliding and Hang-gliding over the bluffs of Torrey Pines

### BIRCH AQUARIUM

Phone: 858.534.3474

Web: [www.aquarium.ucsd.edu](http://www.aquarium.ucsd.edu)

Small scientific aquarium at Scripps Institute of Oceanography. Private and Behind the Scenes Tours available.

### SAN DIEGO ZOO

Phone: 619.231.1515

Web: [www.sandiegozoo.org](http://www.sandiegozoo.org)

Semi-private tours or animal interactions available daily. Private tours require 7-days advance notice.

### SAN DIEGO ZOO'S SAFARI PARK

Phone: 760.747.8702

Web: [www.sdzsafari.org](http://www.sdzsafari.org)

Semi-private caravans or animal interactions available daily.

### SEA WORLD

Phone: 619.226.3901

Web: [www.seaworldparks.com/SanDiego](http://www.seaworldparks.com/SanDiego)

Semi-private tours or animal interactions available daily.