

## EO GLC San Diego: Explore and Enjoy!

### **Paragliding (tandem) at Torrey Pines Gliderport**

<http://www.flytorrey.com/>

*Torrey Pines/La Jolla, CA*

The Torrey Pines Gliderport in La Jolla, CA, is the place to go for a day to remember. Come and see the hang gliders and paragliders gracefully soar off of the ocean cliffs at Torrey Pines. It's a fabulous attraction! Plus, it's free (and the sandwiches at the Cafe are awesome)! If you've always wanted to fly a hang glider or paraglider, ask about their introductory tandem flight (\$225) and paragliding offer (\$175), which is available daily, depending on weather conditions.

### **La Jolla Half Marathon - Held in April**

<http://www.lajollahalfmarathon.com/>

*La Jolla, CA*

The La Jolla Half Marathon is one of America's most picturesque and beautiful point-to-point races. Starting at the Del Mar Fairgrounds, the course follows a scenic coastal route before reaching the challenging climb to the summit of Torrey Pines State Park. After leaving the park, the course rolls atop Torrey Pines mesa, continues down through the residential district of La Jolla Shores and finishes in Ellen Browning Scripps Park at La Jolla Cove. The La Jolla Half Marathon is the second race in the ViaSat Half Marathon Triple Crown<sup>SM</sup> Series.

### **Skydiving**

<http://www.pacificcoastskydiving.com/#>

*15 minutes south of Downtown San Diego, CA*

Pacific Coast Skydiving is San Diego's only skydiving center with scenic flights over the water before every tandem jump. We take you from Brownfield Airport, fly you over Imperial Beach, and then show you Downtown San Diego, Coronado Bridge and Coronado Island. For the finale, we turn the plane around and see a snapshot of Mexico— then you jump! Located only 15 minutes south of Downtown San Diego, we are open seven days a week, weather permitting, of course.

### **Sportfishing & Whale Watching**

<http://www.hmlanding.com/>

*Pacific Ocean*

H&M Landing is the West Coast's oldest and most experienced Sportfishing Company. We represent San Diego's finest ocean going passenger fleet. Whether you're looking for the challenge and excitement of offshore fishing or sea-going adventure on an open party ticket, private charter or luxury yacht, we have the boats, experience and staff to deliver the trip you're looking for. There is constant action in San Diego with H&M Landing! For prime dates, we recommend that you book now!

### **Kayaking/Snorkeling in La Jolla Cove**

<http://www.lajollakayak.com/>

*La Jolla, CA (La Jolla Shores)*

Experience the beautiful marine life of the La Jolla Underwater Park to the fullest! Cruise along the surface by kayak, then dive-in to snorkel around the Seven Caves or swim with the Leopard Sharks gliding just feet beneath you. Our certified guides will point out hidden wildlife and ensure you are safe during the trip.

### **Surf Lessons**

<http://www.sandiegosurflesson.com/>

*Ocean Beach, Pacific Beach and Mission Beach, CA*

San Diego Surf Lessons has knowledgeable instructors who want to teach you the fundamentals of surfing correctly. Our private lessons, which run for 90 minutes, teach students wave knowledge, wave etiquette, board positioning and greatly increase your surfing ability, while having fun! Working with an instructor one-on-one greatly increases your surfing growth. You can relax knowing that an expert waterman is watching you at all times and prepared for any questions you may have during your lesson.

### **Navy SEAL Experience**

<http://www.tritonteam.com/>

*Triton Team is based in Carlsbad, CA*

Contact: Lt. JD Brott: [jdbrott@gmail.com](mailto:jdbrott@gmail.com)

Companies and teams can become stagnant operating in the same environment and making the same types of decisions day to day. If your company is like this it's time to take charge and make a change. Break your team out of their normal routine and give them an experience they will never forget. The courses and lectures offered by Triton Team provide a way to challenge your team and give them insight into themselves as individuals and as a team. The leadership techniques taught by Triton Team are designed to allow your team to operate with strategic vision under the most stressful conditions.

### **San Diego Zoo/Safari Park**

<http://zoo.sandiegozoo.org/> <http://sdzsafaripark.org/>

*Downtown San Diego/Escondido, CA*

#### San Diego Zoo

The 100-acre Zoo is home to more than 3,700 rare and endangered animals, representing more than 650 species and subspecies. The Zoo includes a prominent botanical collection with more than 700,000 exotic plants.

#### San Diego Zoo Safari Park

The Safari Park is an expansive wildlife sanctuary that is home to more than 2,600 animals representing more than 300 species. Its renowned botanical collection represents 3,500 species and 1.5 million specimens. More than half of the park's 1,800 acres have been set aside as protected native species habitats.

### **Balboa Park**

<http://www.balboapark.org/>

Balboa Park is a 1,200-acre urban cultural park in San Diego, California. In addition to open space areas, natural vegetation zones, green belts, gardens and walking paths, it contains museums, several theaters and the world-famous San Diego Zoo. There are also many recreational facilities, several gift shops and restaurants within the boundaries of the park. Placed in reserve in 1835, the park's site is one of the oldest in the United States, dedicated to public recreational use.

### **Belmont Park**

<http://www.belmontpark.com/>

*Mission Beach, CA*

Belmont Park is a historic oceanfront amusement park located in the Mission Bay area of San Diego, California. Go for a swim in the famous Plunge or test your skills in the Fat Boys Family Arcade. There is also the Giant Dipper or the bumper cars to enjoy— Fun for the whole family!

### **USS Midway Aircraft Carrier Museum**

<http://www.midway.org/>

*Downtown San Diego Harbor*

Commissioned in 1945, the Midway is the longest serving U.S. Navy aircraft carrier in her class. The self-guided audio tour, narrated by sailors, takes approximately 2 hours. Doors open at 10 a.m.

### **Seaport Village**

<http://www.seaportvillage.com/>

*Downtown San Diego, CA*

The Seaport Village is a 14-acre waterfront shopping, dining and entertainment complex, recreating a harbor side setting from a century ago. The Village includes 54 one-of-a-kind shops, 13 casual dining eateries, 4 fine dining waterfront restaurants, a beautiful 19th Century carousel and a bayside boardwalk.

### **Old Town State Historic Park**

<http://www.oldtownsandiegoguide.com/>

This Park is the birthplace of where the first Europeans settled in California. Around every corner there is more history waiting for you. The finest professional theater, artisans, galleries and shops are all within easy walking distance of each other. There is free live entertainment, mariachis, ghost tours, the haunted Whaley House and more. This park also includes the best Mexican restaurants!

### **Coronado Island**

<http://coronadovisitorcenter.com/>

Home to the historic Hotel Del Coronado, it is an island of small-town quaintness amid San Diego. Visit the galleries, cafes, boutiques and open beaches. Coronado Beach was recently voted as the number one beach in the United States by Forbes Magazine. (Sorry Waikiki, you came in second!)

### **Cabrillo National Monument**

<http://www.nps.gov/cabr/index.htm>

*Point Loma*

At the tip of the Point Loma Peninsula, discover trails, tide pools and an amazing downtown view. Visit the monument representing fallen soldiers, and the historical Point Loma Lighthouse. This is the southernmost tip of the West Coast United States.

### **SeaWorld in San Diego**

<http://seaworldparks.com/en/seaworld-sandiego/>

*Point Loma/Mission Beach*

SeaWorld in San Diego is an animal theme park, oceanarium, outside aquarium and marine mammal park, located in San Diego, California, United States.

### **Aquatica, SeaWorld's Water Park**

[www.aquaticabyseaworld.com/SanDiego](http://www.aquaticabyseaworld.com/SanDiego)

*Chula Vista, CA*

Come visit Aquatica, Sea World's water park. This park is filled with family fun activities including a 1,200-foot lazy river and a four-story funhouse filled with kid-sized slides. You can also rent your own cabana! The Aquatica Water Park is open from May to September. For opening hours on the day you plan to visit, please call 619-661-7373.