

La Jolla Kayak

FACT SHEET

DESCRIPTION: Celebrating more than 14 years as the premiere ocean exploration outfit in San Diego, La Jolla Kayak offers fantastic opportunities for adventure on the open sea. Discover by paddle or snorkel the spectacular sea cliffs, Seven Caves and underwater park renowned to the area. La Jolla Kayak offers guided paddle and snorkel tours with specialized instructors and single or double kayak rentals to discover the sea on your own. *Our Mt. Soledad Slide* bike tour takes you through La Jolla's most spectacular scenery and during the warmer months you can swim with the sharks on our guided *Leopard Shark Adventures*. Experience the beauty and adventure of the Southern California coastline and come away with a new appreciation for ocean kayaking and the marine life and natural beauty of our underwater world.

LOCATION: La Jolla Kayak is located in the heart of the seaside community of La Jolla, California, just 15 minutes north of San Diego and the International Airport. For over a century, La Jolla has been a favorite vacation destination of travelers from all over the world. Boasting southern California's most beautiful and majestic coastline and the finest weather in the world, La Jolla offers a variety of recreational opportunities. Those visiting the surrounding community will discover an abundance of things to do.

Within walking distance of La Jolla Kayak is La Jolla Shores Beach and La Jolla Cove, a paradise for surfers, scuba divers, kayakers, snorkelers and swimmers. Extraordinary in their natural beauty and wealth of recreational opportunities, La Jolla Shores and the adjacent Cove are the most photographed beaches in the region and provide some of the most spectacular coastal scenery and marine life in Southern California.

Located just off La Jolla Shores Beach lies the La Jolla Underwater Park, a 6000 acre ecological refuge that attracts an abundance of marine life and scuba divers. Established in 1970, the underwater park stretches 10 miles from La Jolla Cove to the northern end of Torrey Pines State Reserve, and extends from the shoreline to a depth of 900 feet. The park is a boat-free zone, with undersea flora and fauna that draw scuba divers and snorkelers, many of them hoping for a glimpse of the state fish, the brilliant orange garibaldi. The Underwater Park is two blocks from La Jolla Kayak and at the foot of our kayak launch.

La Jolla Kayak

KAYAKING:

<u>Kayak Rentals:</u>	<u>2-Hour</u>	<u>4-Hour</u>
Single Person	\$28.00	\$38.00
Double Person	\$45.00	\$60.00

Kayak rental fees include: Transportation of your kayak to and from the beach; Kayak; Mandatory Safety Training Session (five minutes in duration); Life Vest; Backrest; and Paddle

<u>Guided Kayak Tours:</u>	<u>1½ Hours</u>
Single Person	\$55.00
Double Person	\$80.00

Tour rates include: Transportation of your kayak to and from the beach; Guided Tour of the 7 Caves and La Jolla Cove with a Certified Instructor; Kayak Rental; Mandatory Safety Training Session (five minutes in duration; Life Vest; Backrest; and Paddle. Kayak Tours are available year-round (weather permitting).

<u>Guided Brunch Paddle:</u>	<u>1½ Hours</u>
Single Person	\$70.00
Double Person	\$110.00

Enjoy a morning of kayaking to the spectacular sea cliffs, the Seven Caves and kelp forest and end your adventure with a delicious brunch at Piatti Restaurant, located directly across the street from La Jolla Kayak. Brunch Paddle includes: Transportation of your kayak to and from the beach; Guided Tour of the 7 Caves and La Jolla Cove with a Certified Instructor; Kayak Rental; Mandatory Safety Training Session (five minutes in duration; Life Vest; Backrest; Paddle; and Brunch. Brunch Paddle Tours are available on Saturday and Sundays only, year-round (weather permitting) at 10 a.m.

SNORKELING:

<u>Guided Snorkel Tours:</u>	<u>2 Hours</u>
	\$70.00

Your professional guide will take you by kayak to the 7 Caves and Underwater Park renowned to La Jolla. You'll have an opportunity to swim and explore the natural beauty of the sea while seeing some of the most incredible marine life native to Southern California. And don't forget your underwater camera, which can be purchased at the shop for just \$12.95 apiece. Snorkel Tour rates include: Transportation of your kayak to and from the beach; Guided Tour of the 7 Caves and La Jolla Cove with a Certified Instructor; Kayak Rental; Mandatory Safety Training Session (five minutes in duration; Life Vest; Backrest; Paddle; Snorkel; Mask; and Fins. (And we'll even let you keep the snorkel, fins and mask for the rest of the day so you can continue your snorkeling adventure.) Snorkel Tours are available year-round (weather permitting) at: 12 Noon; 1 p.m. and 2 p.m.

La Jolla Kayak

SURFING LESSONS:	1 Hour	1½ Hours	2 Hours
Single Lesson	\$75	\$105	\$125
2 People	\$125	\$180	\$225
3 People	\$185	\$270	\$335
4 People	\$205	\$290	\$355
5 People	\$250	\$360	\$445

Hang Ten with La Jolla Kayak. We now offer private and group surf lessons through the Menehune Surf School. This program provides the ideal venue to learn the basic fundamentals of surfing, as well as brush up on skills you may already have. The Menehune Surf School is designed to give one-on-one attention to our surfers in a very safe and relaxed environment. Lessons are available by the hour, 1½ hours and 2 hours and take place along a quiet section of the La Jolla shores Beach, one of the best spots in San Diego for beginning surfers. Your instructor will have you surfing by the end of the lesson! Prices include surfboard rental and 1 instructor (for up to 5 people in a group). Rates are available for groups larger than 5 people. Call for rates and availability.

EQUIPMENT:	Rates:	4-Hour	Full Day
Surf Board		\$30.00	\$50.00
Boogie Board		\$10.00	\$20.00
Mask & Snorkel		\$7.00	\$12.00
Fins			\$7.00
Wetsuit			\$12.00
Beach Chair			\$5.00
Beach Umbrella			\$5.00
Mask, Snorkel, Fins & Wetsuit Package			\$25.00 (\$45 2-day)

MANAGEMENT: Michael & Sharon Luscomb, Owners
Michael Shanahan, Marketing and Public Relations
Jeremy Duimstra, Webmaster

CONTACT: La Jolla Kayak
2199 Avenida de la Playa, La Jolla, CA 92037
858.459.1114 / Fax: 858.459.2520
Website: www.lajollakayak.com

MEDIA CONTACT: Michael Shanahan: 619-741-4728

(Updated: June 2008)

###