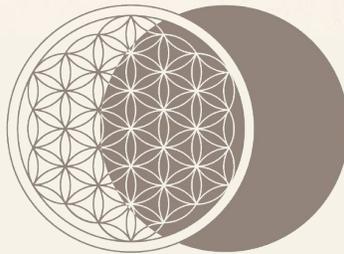




CHOOSE YOUR JOURNEY

## *Moonlight Itineraries*

*A collection of mindful itineraries to help you experience the beauty, rhythm, and essence of Encinitas in your own way.*



### *Itinerary 1- Nature & Nourishment*

*A day to connect with the land, the body, and the simple pleasure of Encinitas*

### *Itinerary 2- Ocean & Stillness*

*A rhythm, of salt, air, sunrise calm and slow, restorative moment by the sea.*

### *Itinerary 3- Creative Soul*

*A Journey to awaken your senses, express freely, and draw inspiration from the coastal light.*

## **Nature & Nourishment**

*A day to connect with the land, the body, and the simple pleasures of Encinitas*

### **Arrival Afternoon**

(After 3 PM)

#### *Ease into your stay*

- Settle in with **afternoon tea in the garden** or on your private deck
  - Gentle yoga or stretching to arrive fully in your body
  - Rebalance with a **Massage and Garden Foot Soak** — a soothing welcome ritual to melt into your stay (by reservation).
- Return for quiet time or an **ocean cold dipping at Moonlight Beach**

*Dinner* (within 5-10 min)

**Herb & Sea** in Encinitas — vibrant coastal cuisine with lively ambiance  
**Valentina** in Leucadia — intimate European wine café, relaxed and romantic  
**Haven** in Encinitas — Farm to table, earthy, open-air, locally inspired  
**Jeune & Jolie** in Carlsbad — Modern French Michelin starred

#### *Evening Rituals*

\*Unwind with a **Flower & Herb Tea Bath Ritual** — soothing and restorative.

### **Full-Day Experience**

(For 2+ Night Stays)

#### *Morning*

- Nourishing breakfast and tea in the garden

Choose your trail:

**Annie's Canyon Trail** followed by lunch at **Lana** - fresh coastal California flavors  
**Torrey Pines Trail** followed by lunch at **Parakeet Café** - bright, healthy, creative fare  
**San Elijo Lagoon Trail** followed by lunch at **Haven** - farm-to-table dining; stroll the gardens & the farmstand

#### *Afternoon*

- Return to the Inn to enjoy a **Massage & Mineral Footsoak**, with afternoon tea in the garden
  - Optional **Human Design Reading** with Andrea
  - Explore the **Creativity Lab** — paint, press flowers, or color a mandala; DIY kits available for relaxed, self-guided moments in your suite or garden.
- Wellness Lab Workshop Activities at the Inn — **make soap, lotion stone, or infuse honey or olive oil** with herbs to take home (by reservation)
  - **Recovery Room at Clubhouse** (by reservation) or an ocean dip

#### *Dinner*

Select restaurant from list above

#### *Evening Rituals*

- End your day with a **s'mores kit** on your private deck beneath the stars.

### **Departure Morning**

(Before 11 AM)

- Sunrise walk or **Meditation at Moonlight Beach**
  - **Breakfast in the garden**
  - **Gratitude journaling** before departure

*Inn at Moonlight Beach · Encinitas, California*

*Curated with care to help you restore, connect, and savor the beauty around you.*

# Nature & Nourishment

## Directions

Scan QR code for locations, directions, and general info

**San Elijo Lagoon**  
2710 Manchester Avenue, Cardiff-by-the-Sea  
( 10 min Drive)



**Annie's Canyon Trail, Solana Beach**  
498-450 Solana Hills Drive  
Solana Beach ( 10 min Drive)



**Torrey Pines State Natural Reserve**  
12600 North Torrey Pines Road,  
La Jolla ( 20 min Drive)



## Reservations

Scan QR code for menu, directions, or booking details

★ Reservations (especially on weekends) ★★ Reservations several weeks in advance

★ **Inn at Moonlight Beach**  
Graden Massages & Foot Soak  
Wellness Lab Activities



Text 760-450-9549, email or  
Call 760-450-5027 for availability  
Advanced reservation required

★ **Club House Recovery Room**  
50 min Restoration Room Session  
Infrared Sauna & Cold Plunge ( 7 min walk)



★ **GOLD Meditation**  
Breathwork, Sound-healing, Meditation ( 4 min Drive)



★ **Herb & Sea**  
California Fusian ( 8 min walk)



★ **Valentina**  
European bistro relaxed, romantic charming  
( 4 min drive)



★ **Lana**  
Coastal Luxury in Solana Beach  
( 10min drive)



**Parakeet Café**  
Bright, healthy, casual, creative fare in Del Mar  
( 15 min drive)



★★ **Haven at Fox Point Farms**  
Farm + Table Earthy, open-air, locally inspired.  
( 5 min drive)



★★★ **Jeune & Jolie in Carlsbad**  
Modern French Michelin starred ( 18 min drive)



# OCEAN & STILLNESS

*A day of grounding, movement, and quiet reflection*

## Arrival Afternoon

(After 3 PM)

### *Ease into your stay*

- Settle in with **afternoon tea in the garden** or on your private deck
- Walk down to **Moonlight Beach** – watch the surfers glide, or wade in for a quiet ocean dip
  - Rebalance with a **Massage and Garden Foot Soak** with tea and snacks— a soothing welcome ritual to melt into your stay (by reservation).

### *Dinner*

**Herb & Sea** in Encinitas – vibrant coastal cuisine with lively ambiance

**Pacific Coast Grill** in Cardiff – waterfront dining

**Vaga** in Alila Resort – artful, high-end cuisine, oceanview

### *Evening Rituals*

Unwind with a **Flower & Herb Tea Bath Ritual** – soothing and restorative.

## Full-Day Experience

(For 2–3 Night Stays)

### *Morning*

- Breakfast and organic tea in the garden or at the ocean
  - Choose your ocean view hike

**Self-Realization Fellowship Meditation Gardens, bookstore & Swami's beach** followed by lunch at **Waverly**

**Torrey Pines Trail** followed by lunch at **Parakeet Café** – bright, healthy, creative fare

**La Jolla waterfront Trail** followed by lunch at **Cove House** – Sunny, coastal, fresh, relaxed, nourishing.

### *Afternoon*

- Rent a paddleboard or take a surf lesson at **Concept Surf Shop**
  - Take a **Wellness Lab Workshop** – make soap, lotion stone, or infuse honey or olive oil with herbs to take home (available by reservation)
    - Optional **Massage and tea in the garden** (by reservation)
- Take a class at **Gold Meditation** or book a Recovery Room session at **Clubhouse Encinitas**

### *Dinner*

**Haven** in Fox Point Farm – Farm to table, earthy, open-air, locally inspired

**Valentina** in Leucadia – intimate European wine café, fresh seafood and romantic

**Valle** in downtown Oceanside – Michelin-starred, artful, modern Baja cuisine.

### *Evening Rituals*

\* End your day with a **walk along the beach** beneath the stars.

## Departure Morning

(Before 11 AM)

- Walk down to **Moonlight Beach** to enjoy meditation before breakfast
  - Breakfast and tea in the garden
  - Honey or olive oil tasting in the Inn lounge

Inn at Moonlight Beach · Encinitas, California

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# OCEAN & STILLNESS

## Directions

Scan QR code for locations, directions, and general info

**SRF Meditation Gardens**  
215 W K St, Encinitas ( 5 min drive)



**La Jolla Waterfront Trail**  
9883 La Jolla Farms Rd, La Jolla



**Torrey Pines State Natural Reserve** 12600  
North Torrey Pines Road  
La Jolla ( 20 min drive )



**Concept Surf Shop**  
Surf Lessons and Paddleboard Rental  
215 W D St, Encinitas( 3 min drive/ 10 min walk)



## Reservations

Scan QR code for menu, directions, or booking details

★ Reservations (especially on weekends) ★★ Reservations several weeks in advance

★ **Inn at Moonlight Beach**  
Graden Massages & Foot Soak  
Wellness Lab Activities

→ Text 760-450-9549, email or  
Call 760-450-5027 for availability  
Advanced reservation required

★ **Club House Recovery Room**  
50 min Recovery Room Session  
Infrared Sauna & Cold Plunge ( 7 min walk )



★ **GOLD Meditation**  
Breathwork, Sound-healing, Meditation ( 4 min Drive )



★ **Herb & Sea**  
California Fusian ( 8 min walk )



★ **Valentina**  
European bistro relaxed, romantic charming  
( 4 min drive )



★ **Pacific Coast Grill**  
California Fusian, seafood( 5 min drive )



**Ki's in Cardiff**  
Healthy, wholesome, organic meals (5 min drive)



★ **Haven at Fox Point Farms**  
Farm to table, earthy ,locally inspired ( 5 min drive)



★★ **Valle (Oceanside)**  
Michelin-starred, artful, modern Baja  
cuisine.(20 min drive)



# CREATIVE SOUL

*A day to awaken your senses and express yourself freely*

## Arrival Afternoon

(After 3 PM)

### *Ease into your stay*

- Settle in with **tea in the garden** or on your private deck
- Relax with a **Garden Massage and Foot Soak**, a serene way to reset (available by reservation)
  - Visit Downtown Encinitas and Downtown Leucadia Art galleries
  - Enjoy painting, journaling or a sketching session in your suite or garden nook
- Schedule a Quiet Reflection or Recovery Room session at **Clubhouse Encinitas** before dinner

### *Dinner*

**Leu Leu** in Leucadia— Bohemian Mexican with Global Flair  
**Herb & Sea** in Encinitas — creative coastal cuisine  
**Valentina** in Leucadia — intimate European wine café, relaxed and romantic  
**Campfire** in Carlsbad— inventive and communal, with a creative flair  
**Lilo** in Carlsbad —Creative Japanese- French Michelin starred

### *Evening Rituals*

Moonlit walk or gentle stretching on your deck.

## Full-Day Experience

(For 2–3 Night Stays)

### *Morning*

- Enjoy an intentional breakfast at the Inn : tea, fruit, and slow moments
  - Choose your exploration

**Downtown Encinitas walking tour** see brochure for walking routes followed by lunch at **Qero Peruvian**

**Wellness Lab Workshop Activities at the inn**— make soap, lotion stone, or infuse honey or olive oil with herbs to take home (available by reservation) followed by lunch at **Atelier Manna**  
**Self-Realization Fellowship Meditation Gardens, bookstore & Swami's beach** followed by lunch at **Waverly**

### *Afternoon*

- Take a pottery class at **The Mudd House** in Leucadia
- Visit the **Solana Beach Cedros District** and immerse yourself in creative furniture and book stores and wine shop
  - Express yourself in the **Creativity Lab** — paint, press flowers or color a mandala or do a DIY art project
    - Take a class at **Gold Meditation** or book a Recovery Session at **Clubhouse Encinitas**
      - Rest, write, or simply lounge with tea in your suite or the garden

### *Dinner*

Restaurant from list above

## Departure Morning

(Before 11 AM)

- Early meditation or beach walk at **Moonlight Beach**
  - Light breakfast and tea in the garden
  - Short gratitude journaling before checkout
  - Honey or olive oil tasting in the Inn lounge

Inn at Moonlight Beach · Encinitas, California

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# CREATIVE SOUL

## Directions

Scan QR code for locations, directions, and general info

- The Mudd House**  
802 North Coast Highway 101, Encinitas  
( 3 min drive )  
→ 
- Annie's Canyon Trail, Solana Beach**  
498-450 Solana Hills Drive, Solana Beach  
( 10 in drive )  
→ 
- Torrey Pines State Natural Reserve**  
12600 North Torrey Pines Road, La Jolla  
( 20 min drive )  
→ 

## Reservations

Scan QR code for locations, directions, and general info

★ Reservations (especially on weekends) ★★ Reservations several weeks in advance

- ★ Inn at Moonlight Beach**  
Graden Massages & Foot Soak  
Wellness Lab Activities  
→ **Text 760-450-9549, email or  
Call 760-450-5027** for availability  
Advanced reservation required  
→ 
- ★ Club House Recovery Room**  
50 min Recovery Room Session  
Infrared Sauna & Cold Plunge ( 7 min walk )  
→ 
- ★ GOLD Meditation**  
Breathwork, Sound-healing, Meditation ( 4 min Drive )  
→ 
- ★ Herb & Sea**  
California Coastal. Chic. Fresh. Elevated. Vibrant  
( 8 min walk )  
→ 
- ★★ Leu Leu**  
Bohemian Mexican with Global Flair  
( 4 min drive )  
→ 
- ★★ Atelier Manna**  
Seasonal Creative Brunch Michelin Guide  
( 5 min drive )  
→ 
- ★★ Camp Fire**  
Creative, wood-fired, vibrant dining.  
( 18 min drive )  
→ 
- ★★ Lilo**  
Japanese French style Tasting menu  
Michelin starred ( 13 min drive )  
→ 
- ★ Haven at Fox Point Farms**  
(Farm + Table ( 5 min drive )  
→ 
- ★ Valentina**  
European bistro relaxed, romantic charming  
( 4 min drive )  
→ 