

SoCal Triangle

Southern California's best road trip includes three amazing and unique regions all within a few hours of each other. Soak in the sunshine on Santa Monica's iconic beaches, rejuvenate in Greater Palm Springs and explore the world-famous attractions and neighborhoods of San Diego. Your clients will without a doubt appreciate the variety and short driving distances of this itinerary.



Santa Monica is Los Angeles' beach city - a charming seaside town with all of the culture, events and urban amenities of a bustling metropolis. The blend of Santa Monica's natural beauty, award winning dining, incomparable hotel collection and famed shopping options, all on one of California's most iconic stretches of shoreline, creates a truly unforgettable seaside destination.

FOR MORE INFORMATION, PLEASE CONTACT
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**SANTA
MONICA**



Located just two and a half hours east of Santa Monica, Greater Palm Springs is among Southern California's most prized destinations and serves as the gateway to Joshua Tree National Park. It boasts an incomparable collection of seductive luxury hotels, resorts and spas, world-class music and film festivals, and nine different cities.

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**GREATER
palm springs
califonia**



Come soak up San Diego's laid-back and fun-loving vibe while you unwind poolside, at the spa, on the beach or the golf course. The region's unique Cali-Baja culinary scene and craft brew industry has foodies flocking for fresh experiences. World-class attractions provide endless family fun while arts and culture abound. Plus, San Diego's dynamic downtown is home to nightlife that's as vibrant as the destination. Yes, with 70-miles of beaches, friendly people and awesome weather, happiness is calling from San Diego.

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**San DiegoSM**
CALIFORNIA

SAMPLE WELLNESS ITINERARY: 10-NIGHTS

DAY 1: SANTA MONICA

- Arrive in Santa Monica: Take a short taxi from LAX to Santa Monica
- Dine: [Michael's](#) is the perfect spot to sample some light but delightful Californian cuisine

DAY 2: SANTA MONICA

- Rise: Begin your day with yoga as the sun rises over the Pacific
- Bite: Head over to [The Hive](#) for Californian juices and smoothies
- Cycle: Take your bike and head up to Malibu along the beach bike trail.
- Dine: [Rustic Canyon](#) gives a taste of California healthy living dishes with its delicious tasting menu

DAY 3: SANTA MONICA

- Bite: [Kreation Juice Organic Kafe](#) kickstarts the day with great, refreshing food and fresh-made juices
- Relax: Head back to the [Proper Hotel](#) to enjoy the Surya Spa and its innovative range of treatments
- Visit: Enjoy an afternoon on the water and learn to surf or paddle board with [Aqua Surf School](#)
- Dine: [The Upper West](#) is a great spot for new American grub on a patio

DAY 4: SANTA MONICA

- Visit: Head to the [Original Muscle Beach](#) to explore and try out some of the amazing workout equipment
- Bite: [Beaming Organic Superfood Café](#) has a great range of treats to reinvigorate and rejuvenate
- Drive: Set off for Greater Palm Springs

DAY 5: GREATER PALM SPRINGS

- Relaxation morning: Head to [Power Yoga Palm Springs](#) for a yoga morning
- Center's Garden: Feel the atmosphere of the Californian desert
- Spin: Head to [Pedal Spin Studio](#) and try their Pedal Parties
- Drink: Revive yourself with a fresh-pressed juice from [Fresh Juice Bar](#)

- Mountain bike: Rent a mountain bike at [Bike Palm Springs](#) and explore the trails and bike routes of Palm Springs
- Recharge: Go to the 'magnetic vortex' of Landers and soak in a sound bath at the [Integratron](#)

DAY 6: GREATER PALM SPRINGS

- Bite: Start the day with a healthy breakfast at [Mid Mod cafe](#)
- Hike: Enjoy the cool morning temperatures to immerse yourself in a [natural palm oasis](#)
- Reconnect: Explore the tranquil trails of the Indian Canyons or Coachella Valley Preserve
- Healing waters: Relax at one of the [Desert Hot Springs](#) mineral spas
- Dine: End the day at [Morgan's in the desert](#)

DAY 7: GREATER PALM SPRINGS

- Drink and bite: Try organic juices and breakfast bites at [Luscious Lorraine's organic juices & eatery](#)
- Cooking class: Head to [Nourishfoods](#) to participate in healthy cooking demos at local farmer's markets and stores
- [Certified Farmers Market](#): Stroll through the Market and meet the producers!
- Healthy bite: Have your lunch at [Nature's health food & cafe](#)
- Treat yourself: Enjoy a full range of spa treatments at the [Two Bunch Palms](#)
- Dine: Taste some healthy food at [Chef Tanya's Kitchen](#)

DAY 8: SAN DIEGO

- Bite: Stop by [Parakeet Cafe](#) for a fresh breakfast
- Hike: Wander through the [Mission Trails Regional Park](#)
- Eat: Enjoy an invigorating lunch at [Urban Plates](#)
- Explore: Wander around Gaslamp Quarter
- Dine: Head to [Tocaya Organica](#) and be part of the 'better eating' experience

DAY 9: SAN DIEGO

- Bite: Start the day by having your breakfast at [Goodonya](#) and savour some Mexico-inspired organic cuisine
- Yoga: Awake your body and soul with a nice yoga session in Gaslamp
- Visit: Discover the unique seaside area [La Jolla](#)
- Eat: Enjoy a nice lunch at [Puesto](#) in Seaport Village
- Chill: Treat yourself to a Spa afternoon at the [Hotel Del Coronado](#)
- Dine: Pop in to [EVE Encinitas](#) for a nice but simple dinner

DAY 10: SAN DIEGO

- Eat: Join the [Trilogy Sanctuary Cafe](#) to wake up with organic and vegan flavours
- Kayak: Discover La Jolla Coves by rowing through pristine waters!
- Lunch: Head to [True Food Kitchen](#) in La Jolla to taste home-made dishes
- Visit: Go to the [Chopra Center](#) before heading back home
- Depart on British Airways flight from San Diego to London Heathrow



— DISTANCE / TRAVEL TIME —

Santa Monica to Greater Palm Springs
130 MILES (2.5 HOURS)

Greater Palm Springs to San Diego
125 MILES (2.5 HOURS)

San Diego to Santa Monica
135 MILES (2.5 HOURS)