

### Outings

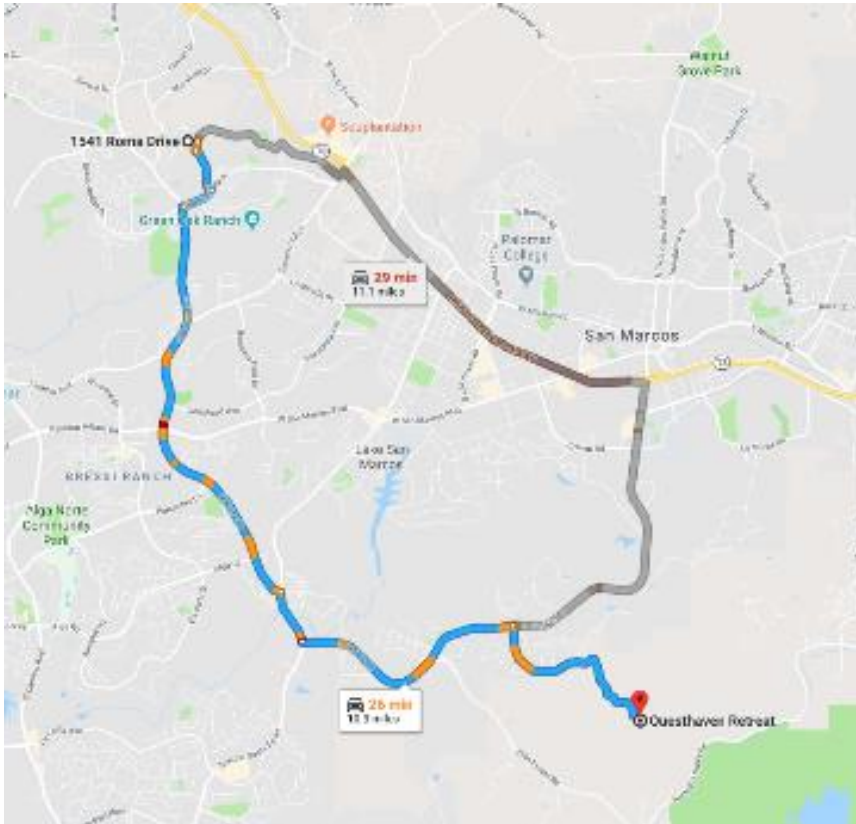
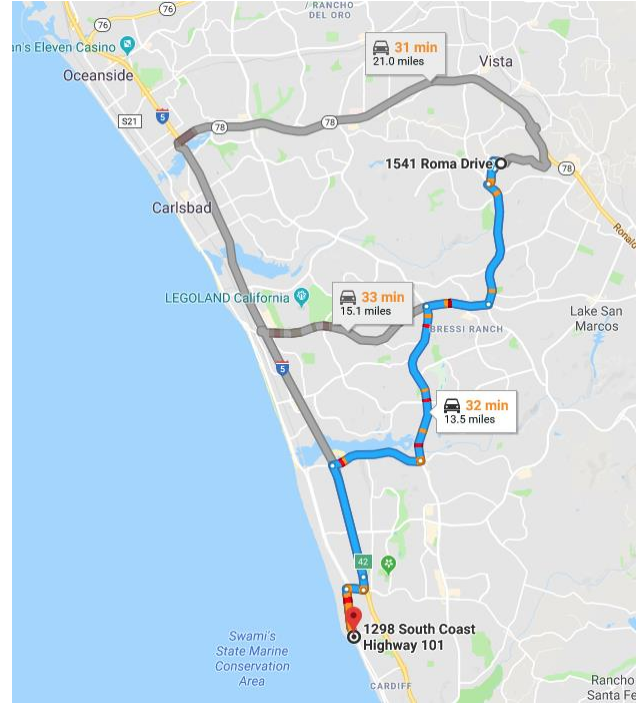
**Friday, February 16, 1:00 pm** Lunch at Lotus Café and Beach outing at **Swami's Beach**, 1298 S Coast Hwy 101, Encinitas, CA 92024



Swami's Surf Beach is a famous surfing mecca at the south end of Encinitas, CA. The park at Swami's Beach is a great vantage point for watching surfers and has shaded areas to enjoy a picnic as well. When the tide isn't too high, you can walk south for quite a distance into [San Elijo State Beach](#). Walking north leads into a spot below the steep Encinitas bluffs called [Boneyards](#).

“After cycling around Encinitas I came across Swami's Park next to the Flower Fellowship. There is a small grassy-park-picnic area and a wooden staircase down to the beach. The sand is soft and the water clarity

was nice and clear. Not a lot of surfers in this area, the waves were calm. It's nice to enjoy a beach walk not covered with tons of tourist and people traffic. If you want to enjoy a quiet beach, this place would be it.”



There is a long stairway that descends the steep bluff from the parking lot to the beach. If the parking lot is full you will have to park along the highway outside of the park entrance. During low tides some tide pools can be found at the point north from the bottom of the stairs.

**Sunday, February 18**  
**PanEuRhythmy at Questhaven**

7:45 am Carpool to Questhaven  
8:25 Meet at Questhaven  
PanEurhythmy Circle  
8:30-9:20 Dance the PanEurhythmy.

**Questhaven Retreat, 20560**  
Questhaven Rd, San Marcos, CA  
92078, (760) 744-1500

## **Cafés, Delis and Natural Foods Grocery Stores in the Vista Area**

### ***Recommendations for Restaurants***

**Friday, February 16**, Lunch at 1:00 pm

**Lotus Café & Juice Bar**, 765 S. Coast Hwy 101 Encinitas, CA 92024 (in the Lumberyard Shopping Center) 760-479-1977. Small cafe offers an array of carefully sourced eats including plenty of vegetarian & vegan choices. **Menu:** [lotuscafeandjuicebar.com](http://lotuscafeandjuicebar.com); **Order:** [doordash.com](http://doordash.com)

**Friday, February 16**, Dinner at 6:00 pm

**Urban Plates**, 1923 Calle Barcelona Carlsbad, CA 92009 760-334-7755 —casual natural food restaurant, order at counter (Forum Shopping Center Next to Jimbo's) 760-652-5678

**Saturday, February 17**, Lunch at 1:00 pm

**Souplantation**, 1860 University Dr. Vista CA 92083 760-630-9217

**Saturday, February 17**, Dinner at 5:00 pm

**Thai One On**, 485 S Melrose Dr. Vista, CA 92081 [thaioneoncuisine.com](http://thaioneoncuisine.com) (760) 643-1688

**Sunday, February 18**, Lunch at 1:00 pm

**Urban Plates**, 1923 Calle Barcelona Carlsbad, CA 92009 760-334-7755 —casual natural food restaurant, order at counter (Forum Shopping Center Next to Jimbo's) 760-652-5678

### ***Other Choices***

**Frazier Farms Natural Grocery (and deli)**, 225 Vista Village Drive Vista, CA 92083 (760) 758-7175

**Jimbo's Natural Foods Grocer**, 1923 Calle Barcelona Carlsbad, CA 92009 760-334-7755

**Trader Joes**, 2629 Gateway Rd Carlsbad, CA 92009 760-603-8473

**Sprouts Farmers Market**, 3243 Camino de los Coches Carlsbad, CA 92009 760-635-0625

**The Yellow Deli**, 315 E Broadway Vista, CA 92084 [yellowdeli.com](http://yellowdeli.com) (760) 631-1888

**Nucci's Italian Cafe & Pizza**, 1580 S. Melrose Dr. Vista, CA 92081 [nuccisitaliancafe.com](http://nuccisitaliancafe.com) (760) 598-1005