



PARADISE POINT ISLAND RESORT

# ISLAND VIBES

Fourth Edition: October, November, December 2019

## PARADISE FEATURE

# THE KUNZE FAMILY

## BACK TO PARADISE

*A family tradition since 1970.*



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@paradisepointsd | #paradisepointsd  
@tidal\_sd | #tidalsd

### Paradise memories handed down for the 4th generation!

The Kunze family, from Ventura County, began vacationing at Paradise Point (they knew it as Vacation Village) in the 1970's when they had their first annual summer family trip. Their favorite island activities consisted of relaxing at our 5 pools, riding bikes around the resort, climbing the observation tower and swimming in the bay. They ended each day with the whole family around the bonfire, roasting s'mores. As the years went on, the group grew into more friends and family.

*"Those memories are ingrained in my mind. Nothing but happiness fills my heart when I think of my childhood summers spent here. Eventually, as we got older, my family faced some devastating hardships and the annual trip faded. But it remained as a big memory that we each held close and often reminisced about. Recently in past 3 years we sadly lost my mom and grandpa unexpectedly. As a part of my healing process, I decided it would help with my grief to go back and relive some wonderful happy moments that I had with my family.*

*So, for Spring break my husband and I took our 5 year old son, Noah, to Paradise Point. It was such an energizing, humbling time that we had there. The moment we drove on property I felt "at home." I loved that it still had the same calming feel. It is important and special for me now, to continue making our Spring Break trip at Paradise Point as I want my son to have happy family memories and experience the fun of the resort that I was so lucky to have had myself. I always knew that one day I would bring back and continue this tradition. It is my hope now, to gather siblings and cousins for a big reunion there and bring our 80 year old grandma who started the tradition 50 years ago. Our children would become the 4th generation to be making memories at Paradise Point."* – Nicole Smith

**"It warms our hearts to know that our property has become the backdrop to creating so many amazing memories for our visiting guests."**

- Michael Stephens, General Manager

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PARADISEPOINT.COM

# PARADISE FUN GUIDE

\*Paradise Fun Guide activities are included in the Resort Amenities Fee.

Dial 0 to confirm participation.

## WEDNESDAY

### Smartphone Photography

Learn tips and tricks to capture amazing photos!  
*Please bring your own smartphone.*

4pm | Bike Rentals Hut | RSVP Recommended

## THURSDAY

### Good Morning Island Fun Run

Whether you're a beginning or experienced runner, start the day focused on wellness!

7am | Bike Rentals Hut | RSVP Recommended

### A Simple Mind Meditation

Clear your mind and relax the body.

10am | The Spa | RSVP Recommended

## FRIDAY

### FitCamp

A mix of high-intensity cardio and strength exercises.  
*Ages 18+, Class fills up at 10 people!*

6:30am | The Spa | RSVP Required

### Yoga For You

Complete your stay with a wellness experience and join our yoga class. *The class is open to all ages and abilities, yoga is for you!*

10am | The Spa | RSVP Recommended

### Our Garden of Good

Explore the flora and fauna via a walking guided tour.

11am | Bike Rentals Hut | RSVP Recommended

### Tastes from Paradise

Our diverse team of Chefs invite you for a culinary experience to explore flavors you'll find on the island.

1pm | Tidal | RSVP Required, 24 hour advanced notice

\*All activities subject to change without notice.

## SATURDAY

### Yoga For You

Complete your stay with a wellness experience and join our yoga class. *The class is open to all ages and abilities, Yoga is for you!*

10am | The Spa | RSVP Recommended

### Our Garden of Good

Explore the flora and fauna via a walking guided tour.

11am | Bike Rentals Hut | RSVP Recommended

### Kite Flying

1pm | Tidal Beach | RSVP Recommended

### Fun In The Sand

Have buckets of fun building in the sand!

2:30pm | Tidal Beach | RSVP Recommended

### Dive In Movie

Our favorite maritime marquee is filled with your favorite films projected on a big screen, poolside. *Please ask Front Desk for movie title.*

5pm | Main Pool | RSVP not required

## SUNDAY

### FitCamp

A mix of high-intensity cardio and strength exercises.

8am | The Spa | RSVP Required

### Crafting 101

Enjoy crafts from tie-dye to rock painting.  
*Pricing ranges from complimentary to \$25*

11am | Tidal Beach | RSVP not required

### Kite Flying

1pm | Tidal Beach | RSVP Recommended

## DAILY

### Island Treasure Hunt

Explore Paradise and all of the must-see locations.

Guide is available on the back of the resort map.

### Recreational Sports

Available to check-out at Island Market.  
Must present room key.

Basketball – Cornhole – Tennis  
Ping Pong – Putt Putt Golf

### Beach Chairs & Umbrellas

Spend a day at the beach and leave chair and shade service to us! Available on a first come, first serve basis.

10:00am – 4:00pm | Location: Tidal Beach

# ISLAND EXPLORERS



## BOOK A LESSON WITH A PRO!

### Skateboarding Lessons

"Sidewalk Surfing" is a way of life in San Diego, and we want to bring you one step closer to living the San Diego way! Professional skateboarder, Mike Owen, teaches our guests everything they need to know about "Sidewalk Surfing" and will get you carving concrete in no time. Great for beginners or intermediate levels.

**AVAILABLE FRIDAY THROUGH SUNDAY | Ages 5+  
\$60/pp, private | \$45/pp, group (max 8 people)**

**1-Hour Group Lesson | 9am - 10am | 10am - 11am  
1-Hour Private Lesson | 11am - 12pm**

*\*If these times don't work for you, please email [mike@sandiegoskateboarding.com](mailto:mike@sandiegoskateboarding.com). Must register one business day prior to lesson day. Please dial 0 to register and confirm participation.*

## KIDS NIGHT OUT!

Treat yourselves to a date night out at one of our restaurants, spa or a cozy area on property and let us watch the kiddos. They'll enjoy our Island Explorers program complete with games, scavenger hunts, s'mores and more! Dinner is included.

**FRIDAY & SATURDAY | 5pm-9pm | ISLAND ADVENTURE CLUB**

**\$65 for first child, \$50 for each additional child**  
*24-hour advanced notice required.*

*\*Children must be 4 years or older and fully bathroom independent. Parents must remain on Paradise Point grounds while their children are enrolled in Kids Night Out. Subject to availability. Camp themes vary by week.*

# ISLAND INSPIRED ACTIVITIES

*\*Resort Guests receive a 20% discount on Land Voyager and Sea Explorer activities before 12:00pm, daily. Must present room key.*

**Land Voyager** • Adult Bikes | Kids Bikes | Skateboards | Single Surrey Tandem Surrey | Triple Surrey | Electric Bikes  
*Available to rent at Bike Rentals Hut*

**Sea Explorer** • Paddle Board | Single Kayak | Tandem Kayak | Funcats Paddle Boat | Jetski (Yamaha Waverunner) | 17' Rinker | 19' Rinker | Duffy | Hurricane | Pontoon | Sailboats (14'-25' long) | Lessons and Skippers available. *Available to rent at our private Marina.*

**Fishing** • The nearby Dana Landing location will help you plan a fishing adventure for the whole family. Rental fishing rods and bait tackle are available to fish from shore or one of our fishing skiffs. A fleet of six-passenger sport fishing yachts are available for charters for ½ day to 2-day trips.

**Surfing Lessons** • If ocean waves fascinate you, this class is for you. Every 3-hour surf class starts with a quick boat ride from the resort over to Paradise Surf Academy headquarters at Mission Bay Aquatic Center, where the staff will provide in-water instruction on the waves of Mission Beach until you're surfing like a pro. **Dial 0 or visit our website to book. 48-hour notice needed in advance.**

## Tennis Lessons

Private, semi-private and group tennis clinics are available by appointment only.

**\$80/hour, per lesson**

Please text or call tennis pro, Colleen Clery Ferrell at (619) 405-3853.



## Build Your Own Stuffed Animal!

Kids can build a fluffy new friend using materials provided. Build time is approximately 25 minutes for one. Open to all ages. Includes Bear, Birth Certificate & Take-Home Box.

**SATURDAYS | 3:30PM - 4:30PM | RESORT LOBBY**

**Resort Guest | \$20 per bear, \$10 per outfit  
Non-Resort Guest | \$25 per bear, \$15 per outfit**





# RESTAURANTS



## BAREFOOT BAR+GRILL / SAN DIEGO

Breakfast: 7am-11am | Lunch: 11am-5pm  
Dinner: 5pm-10pm | For room delivery dial 0

**Barefoot Bar & Grill** is a local waterfront restaurant coveted for its panoramic views of Mission Bay. Resort guests and San Diego locals alike can enjoy local craft beers, refreshing cocktails, burgers, fresh seafood & salads. Eat inside or enjoy al fresco dining at its finest next to a tropical waterfall, sea-life lagoon & colorful marina.

### Happy Hour

Enjoy Happy Hour with local craft beers & drinks, and beautiful views of Mission Bay.

Monday - Thursday | 3pm-6pm



### Island Recipe: Brew-Chelada

Our twist on the traditional Michelada using locally sourced craft beer and a skoosh of alcohol is perfect with any meal (and also a great hangover cure!). *Known as the Bloody Mary of Beers at Barefoot Bar & Grill.*

#### Ingredients:

- 1 oz Cucumber Lime Vodka
- 4 oz Abnormal Blonde Ale
- 2.5 oz Non-Spicy Cutwater Bloody Mix
- Lime Juice (just a splash!)
- Fresh Lime
- Chili Salted Rim

#### Instructions:

1. Using (1) chilled 22oz mug, rim glass rim with chili salt
2. Fill mug with ice
3. Add a splash of lime juice
4. Add a fresh cut of lime
5. Pour cucumber vodka over ice
6. Pour non-spicy Cutwater Bloody Mary Mix
7. Top off with Abnormal Blonde Ale (or preferred light beer)



Open: Daily 5pm - 10:00pm | For room delivery dial 0 Last call at 9:30pm

For a meal of (pre) historic proportions, make your way to **Caveman Pizza**, located in a noteworthy space designed to double as a bunker when Paradise Point was constructed during the Cold War.

Deep inside the cave, quality pies, salads and sandwiches are fired up using only the freshest homespun dough and ingredients. Build your own pizza, choosing from two crusts, three sauces and over 15 tasty toppings, or try some of our popular specialty recipes. Caveman Pizza is available for dine in, grab and go, or delivery to your bungalow door. Delivery charge may apply.



# tidal

seasonal craft & catch

**Sunday - Thursday: 4pm-9pm**

**Friday - Saturday: 4pm-10pm**

**Sunday Brunch: 9am-2pm**

**For room delivery dial 0**

Perched where land meets sea on the shores of Mission Bay, **Tidal** features local seafood and craft beverages. A waterside deck, communal tables & savory menu of shared plates beckon casual group gatherings & lively conversation - though the 180° views of Mission Bay might just leave you at a loss for words.

### 2018 Recognition

Best Seafood Dish, San Diego Bay Wine + Food Festival®

Chef of the Fest, San Diego Bay Wine + Food Festival®

### Sunday Brunch

9am-2pm

### Wine Down Wednesday

1/2 off select bottles of wine.

Wednesdays | 4pm-9pm



### First Wave Dinner

Enjoy an early bird pre-fixe menu with special pricing and bay views! **Monday-Thursday | 4pm-6pm**

### Sunset Happy Hour

Everyday | 4pm-6pm

# TROPICS CANTINA

### Open Friday - Sunday

11am - 6pm (subject to change)

Located at the Main Pool, **Tropics Cantina** serves authentic "Fresh Mex" straight from Baja California.

Outdoor seating available.



### Food2You

Enjoy breakfast, lunch, dinner or a late-night snack in the comfort of your bungalow or anywhere on the island with Food2You delivery from our restaurants.

Order Food2You through the **ALICE Guest app**, or **Dial 0**.



A service charge is added to each order and gratuity is not included.

### Paradise Coffee Bar

Located in the lobby, Paradise Coffee Bar serves drip and specialty coffee, tea & breakfast foods. Grab and go or lounge by the lobby's historic copper-hooded fireplaces.

**Open: Daily 6am-10:30am**



# SPA & WELLNESS



**Nestled** in the lush foliage that surrounds Paradise Point's island resort, exotic rituals from islands around the world and local San Diego influences collide. The result is **The Spa at Paradise Point** – an intimate and inviting San Diego spa sanctuary voted one of the top 100 U.S. resort spas by Condé Nast Traveler.

With the backdrop of a tropical oasis, exotic treatment rooms, & cooling sea breezes, the expertly trained spa therapists will lull you into a sense of well-being and relaxation.

**Spa Hours: Open Daily at 8:30am  
Dial 6350 for The Spa**

## SPECIAL TREATMENTS

Take your vacation to the next level and treat yourself with a relaxing treatment from The Spa.

### Prativada Tarot Massage

Prativada is the Sanskrit word for answers. During this journey your practitioner will harness "The Symbolism of the Good Tarot" to unlock your intuition and aid you in contacting your higher self. Detoxifying Gua Sha in combination with long fluid massage strokes using warming Ginger oil will lull you into a state of psychic serenity.

**80 minutes, \$270** – Includes a complimentary deck of "The Good Tarot" to take home.

### Wellness Tips

Here are some helpful tips to make your sprint into the holiday season more peaceful.

#### GROUND YOURSELF

Practice an exercise that connects you energetically to the earth and is simple (1) put your toes in the sand (or grass) (2) take three deep breaths and feel your weight sink into the ground (3) stay focused in this moment and notice the calm of gravity taking over. – Doing this a few times a week will help create a deeper appreciation for the beauty of nature around you.

#### BLUE LIGHT

At night, it is important to avoid exposure to the blue light from our electronic devices. While you're in Paradise, get an extra good night sleep by turning off the lights on your device and move it away from your sleeping area. You may see a difference in your attention, memory, energy and reaction times.

\*Full treatment menu & seasonal specials available at The Spa or online.



## Island Market

Island Market is your one-stop shop for all your vacation shopping needs. Apparel and accessories by Billabong, Reyn Spooner and Chavez for Charities, plus a wide array of giftware, souvenirs, snacks and everything you would need for S'mores by the campfire.

**ROUND UP** your bill at Island Market and donate your change to **Give Kids The World®**

Dial 5935 for Island Market

Sunday – Thursday | 7am – 8pm  
Friday – Saturday | 7am – 9pm

## Pools

All five Paradise Point Pools are heated, including our separate "adults only retreat".

Open Daily | 6am – 10pm

## The Marina

The Marina offers an array of aquatic activities such as sailing, jet skiing, wakeboarding, kayaking, powerboating, stand-up paddleboarding and fishing. You can even Dock and Dine at Barefoot Bar & Grill while admiring the pretty view of Mission Bay!

Dial Ext. 5939

## Fitness Center

Located at the Main Pool, hotel guests can enjoy complimentary use of the Fitness Center.

Open Daily | 5am – 10pm

## Bell Staff & Transportation

Our friendly bell staff can assist you with your luggage, laundry, packages, transportation around the island, express curbside check out, and other needs that may arise.

Dial 0 for Service

## Help Us Give Back For A Good Cause

Our staff, committed to changing lives, has decided to join forces as **The Beards of Paradise** to help raise money for **Give Kids The World® Village**, a non-profit that fulfills dream vacations of critically ill children and their families. Don't worry, you don't have to shave your beard! But, if you would like to donate, visit <https://bit.ly/beardsofparadise>.

You can also give back at our **Wishing Fountain**, located to the right of the sand-pit photo area near the lobby.



# BONFIRES AND MORE

## Bonfires Experiences

Paradise Point has 14 public bonfire pits scattered along the beach and at the Lagoon Pool. Head to Island Market for all the ingredients you'll need to set up your bonfire. The 14 public bonfire pits are first come, first serve.

## PRIVATE/GROUP FIRE PIT RENTALS

Leave the work to us! Reserve an exclusive fire pit for your group and indulge in a one-hour signature Paradise beach experience.

**Location:** Tidal Beach | **Details:** Available Friday – Sunday

**Seating Times:** 6:00pm – 7:00pm, 7:30pm – 8:30pm, 9:00pm – 10:00pm

**Includes:** One fire pit accommodates up to 6 people. Beach chairs, blankets, and s'mores kit included. | **Cost:** \$100/hour | Pizza is available to purchase via Caveman Pizza Company

*\*24-hour advanced reservation required. To reserve, please dial 0 from your guestroom phone. No outside food & beverage allowed.*



**Staying in a bayside guestroom?** Reserve an exclusive portable fire pit on the beach and in front of your room. Available Daily from 6:30pm – 9:30pm. For pricing and availability, please contact our recreation team; [recreation@paradisepoint.com](mailto:recreation@paradisepoint.com).



## Painting in Paradise

Find your inspiration while at Paradise and paint a masterpiece in this step-by-step class led by our resident artist, Lovejoy. Enjoy the flexibility to choose from different picture options on the day of the event. For more information, visit our website or Facebook event.

Pricing ranges from complimentary to \$50. Options to paint Zentangles, 4x5 water color postcards, 8x10 or 11x14 canvas

**FRIDAYS | 4:30PM - 6:00PM | RESORT LOBBY**

*Dial 0 to RSVP, but not required. Event day/time may be subject to change without notice.*