

PARADISE POINT RESORT & SPA  
**ISLAND VIBES**

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@paradisepointsd #paradisepointsd  
@tidal\_sd #tidalsd  
WWW.PARADISEPOINT.COM

# PARADISE FUN GUIDE

Paradise Fun Guide activities are included in the Resort Amenities Fee.  
RSVP Recommended. Dial 0 to sign up.

## TUESDAY

### ISLAND FUN RUN

7AM BIKE RENTALS HUT

## WEDNESDAY

### SMARTPHONE PHOTOGRAPHY

4PM BIKE RENTALS HUT

## THURSDAY

### ISLAND FUN RUN

7AM BIKE RENTALS HUT

### MEDITATION

10AM MEET OUTSIDE THE SPA

## FRIDAY

### YOGA

10AM MEET OUTSIDE THE SPA

### GARDEN GUIDED TOUR

11AM BIKE RENTALS HUT

### TASTES FROM PARADISE

1PM TIDAL

## SATURDAY

### YOGA

10AM MEET OUTSIDE THE SPA

### GARDEN GUIDED TOUR

11AM BIKE RENTALS HUT

### KITE FLYING

1PM TIDAL BEACH

### FUN IN THE SAND

2:30PM TIDAL BEACH

## SUNDAY

### CRAFTING 101

11AM TIDAL BEACH

### KITE FLYING

1PM TIDAL BEACH

### FUN IN THE SAND

3PM TIDAL BEACH

### KAN JAM TOURNAMENT

4PM TIDAL BEACH

## DAILY

### ISLAND TREASURE HUNT

EXPLORE PARADISE AND ALL OF THE MUST-SEE LOCATIONS. TREASURE GUIDE IS AVAILABLE ON THE BACK OF THE RESORT MAP.

### RECREATIONAL SPORTS

AVAILABLE TO CHECK OUT AT ISLAND MARKET (WITH ROOM KEY) ⇒ BASKETBALL, CORNHOLE, TENNIS, PING PONG, PUTT PUTT GOLF.

### BEACH CHAIRS & UMBRELLAS

AVAILABLE ON A FIRST COME, FIRST SERVE BASIS. LOCATED AT TIDAL BEACH, 10AM-4PM.



## PARADISE ART SERIES

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. Visit [paradisepoint.com](http://paradisepoint.com) for more information.

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

**4:30PM - 6PM | Resort Lobby | RSVP Recommended**



# ISLAND INSPIRED ACTIVITIES

**LAND VOYAGER\*** • Bikes | Skateboards | Surreys | Electric Bikes  
Available to rent at Island Adventure Hut.

**SEA EXPLORER\*** • Paddle Boards | Kayaks | Funcats | Paddle Boats  
Jetskis | Sailboats | Power Boats | Lessons and Skippers available.  
Available to rent at our Marina, located next to Barefoot Bar & Grill.

\*Resort Guests receive a 20% discount on Action Sports Rentals before 12PM, daily. Must present room key.

**FISHING** • Plan a fishing adventure for the whole family at Dana Landing. 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** • 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.**

## SKATEBOARDING LESSONS

Local professional skateboarder, Mike Owen, teaches our guests of ages 5+ everything there is to know about "Sidewalk Surfing" and will get you carving concrete in no time. Great for beginner or intermediate levels. Available FRIDAY - SUNDAY.

**1-hour Group Lessons: 9AM – 10AM and 10AM – 11AM**

**\$45 p/ person (min. 3 people, max. 8)**

**1-hour Private Lessons: 11AM – 12PM | \$60 p/ person**

*If these times don't work for you, please email [mike@sandiegoskateboarding.com](mailto:mike@sandiegoskateboarding.com). Must register 1 business day prior to lesson day. Please dial 0 to register and confirm participation.*



## TENNIS CLINICS

Private and Semi-private lessons available by appointment only.

Contact: Tennis Pro Colleen Clery

Call or Text: 619-405-3853

Cost: \$80 per hour, per lesson

## 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**

**RSVP recommended**







# BONFIRES & S'MORE

## Public Fire Pits

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

## Staying in a bayside guestroom?

Reserve an exclusive portable fire pit on the beach in front of your room.

Available Daily from 6:30PM – 9:30PM.

For pricing and availability, please dial 0 to contact our recreation team or email [recreation@paradisepoint.com](mailto:recreation@paradisepoint.com).

## Private Fire Pit Rentals

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

**Cost: \$100/hour**

Includes: Beach chairs, blankets, and s'mores kit. Pizza is available to purchase via Caveman Pizza Company (Please allow 1 hour of delivery time). One fire pit accommodates up to 6 people.

**Location: Tidal Beach**

**Details: Available Friday – Sunday**

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

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



# TASTES FROM PARADISE

**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. **Find our happenings below.**

**Breakfast: 7AM-11AM**

**Lunch: 11AM-5PM**

**Dinner: 5PM-10PM**

**Happy Hour: Monday - Thursday | 3PM -6PM**

**Super Bowl Watch Party: Calling all Football fans! Watch the game on big screens while enjoying mouthwatering wings and local craft beer. February 2 | 3PM**

**Anti Valentine's Day: Cocktail specials | February 14-17**

**St. Patrick's Day: March 17 | 2PM - 6PM**



## Barefoot & Blonde Beer

An iconic beer for an iconic restaurant! Barefoot and Blonde is a collaboration between 32 North Brewing Co. and Barefoot Bar & Grill. You can find this SoCal Blonde Ale in any of our restaurants and at Island Market. For every beer you buy we donate a \$1 to Give Kids The World®. Cheers!

## Caveman Pizza

For a meal of (pre) historic proportions, make your way to Caveman Pizza Company, located in a noteworthy cave designed to double as a bunker when Paradise Point was constructed during the Cold War. Enjoy quality pies, lasagna, salads and sandwiches are fired up using only the freshest homespun dough and ingredients. Caveman Pizza is available for dine in, grab and go, or delivery to your bungalow door. **Open Daily 5PM-10PM.**

## Tropics Cantina

Located at the Main Pool, Tropics Cantina serves authentic "Fresh Mex" straight from Baja California. **Opens for the Season in April.**

## Food2You

Enjoy breakfast, lunch, dinner or a late-night snack in the comfort of your bungalow with Food2You delivery from our restaurants. Order Food2You through the ALICE Guest app, or Dial 0. Last call 30 minutes before restaurant of choosing closes. A service charge is added to each order and gratuity is not included.



## Coffee Bar

Located in the lobby, Paradise Coffee Bar serves drip and specialty coffee, tea & breakfast foods along with Mark and Jade's smiles! Grab and go or lounge by the lobby's historic copper-hooded fireplaces. **Open: Daily 6AM - 10:30AM**



## Tidal

is perched where land meets sea, and features local seafood and craft beverages. A waterside deck, firepits, cozy lounge and savory menu of shared plates beckon casual group gatherings & lively conversation - though the view of the bay might leave you at a loss for words. **Find our events below.**

**2018 Recognitions:** Best Seafood Dish, San Diego Bay Wine + Food Festival® Chef of the Fest, San Diego Bay Wine + Food Festival®

**Monday-Thursday: 4PM-9PM**

**Friday & Saturday: 4PM-10PM**

**Sunday: 9AM-2PM & 4PM-9PM**

**Sunset Happy Hour: Everyday | 4PM-6PM**

**Sunday Brunch: 9AM-2PM**

**Wine Down Wednesday: 1/2 off select bottles of wine. Wednesdays | 4PM-9PM**

**Valentine's Day: 3-course prix fixe menu with an optional wine pairing. Reservations Required. February 14 | 4PM-10PM**



# THE SPA



Nestled in the lush foliage that surrounds our resort, exotic rituals from islands around the world and local San Diego influences collide. The result is The Spa – 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**

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

## THE BLACK BACCARA ROSE FACIAL

Not just an ordinary Rose Facial, this luxe facial harnesses the holistic healing benefits of the Damask Rose. After a milky cleanse and exfoliation, you are masked in pure extract of Damask Rose which instantly reduces the depth of fine lines and wrinkles. Simultaneously, ferulic acid and rosemary counteract premature and environmentally induced aging skin. During the mask, relax and breathe deeply while your esthetician massages your neck, arms and décolleté with pure rose oil to help remove toxins and tone. You will leave feeling renewed and contoured with a dewy rose glow.

## OPEN YOUR HEART COUPLES PACKAGE

A sacred ritual massage blends our Loving Massage Oil with the grounding vibrations of our Heart Chakra Tibetan singing bowl. Long, fluid massage strokes, when used in combination with the singing bowls, create a sense of lightheartedness, joy and balance. With the Heart Chakra open you will naturally feel love, comfort and peace. A person with an open Heart Chakra is altruistic and respects others and the world. *Can be booked as an individual treatment.*

**Full treatment menu & seasonal specials available online at [paradisepoint.com](http://paradisepoint.com) or at The Spa.**

### Fitness Center

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

**Open Daily | 5AM – 10PM**

### Pools

All 5 Pools are heated, including our “adults only retreat”.

**Open Daily | 6AM – 10PM**

### Island Market

One-stop shop for all your vacation shopping needs, from 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**

### The Marina

The Marina offers an array of aquatic activities (see page 3 for details) and you can even Dock and Dine at Barefoot Bar & Grill or Tidal! **Dial Ext. 5939**

### Bell Staff & Transportation

Our team 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**



# VETS IN PARADISE

At Paradise Point, we pride ourselves in being part of a team that feels like family. Starting off the New Year, we'd like to highlight two team members who have made a tremendous impact on staff, guests, and the resort as a whole. But first, let's take a look deeper into what they've done for our country and the millions of lives they chose to protect in their years of service.



**Jamal**, a Vietnam Army Veteran, served for 2 years and comes from a long line of service members (his dad, who served in World War II in 1940/1941, and his 7 brothers). His first task force mission was at Fort Benjamin Harrison in 1975. When thinking back on his service, Jamal said:

"my service to our country started when I got back from Vietnam by being a good family man, a productive member of society and by helping others". Today, Jamal exudes positivity, happiness, and generosity to everyone he meets.

**Fun Fact:** Jamal takes pride in providing memorable experiences for our guests. He even uses old bamboo found on property to make walking sticks for guests!



**Sonny** served 21 years in the US Coast Guard and was stationed from Massachusetts to Japan, served on two ships and has been awarded several service medals. In Massachusetts, Sonny was based in Gloucester (the film *The Perfect Storm* took place here) where he served as

Search & Rescue. Fishermen would leave the catch of the day on the station back doorstep as a thank you, and Fridays were known as Surf & Turf!

**Did you know?** Sonny was in a motorcycle accident in 2001 and lost his left leg. He took this life changing event as another opportunity to help others, his true passion. Sonny has since become Certified as a Peer Visitor with the Amputations Coalition of America, and supports others who have lost a limb. He is actively involved with the Challenged Athletes Foundation in La Jolla, CA and has raised thousands of dollars for this amazing nonprofit organization. Not only is Sonny an avid swimmer and cyclist, but since he lost his leg he has participated in many triathlons and cycled from San Francisco to San Diego. He is a mentor for many, and loves to help other amputees get back into the game of life.

**Both men were recognized in the 2019 Veteran's Day ceremony at Poway Veterans Park. In their decades of service, these men have continued to put others first before themselves, and are truly an inspiration to witness their daily dedication to our beloved guests and team members while on our San Diego Island.**

Thank you to all the men and women who have served and/or are currently serving our nation. A special shoutout to all our team members for their service:

Sonny Caltado  
Jamal Mujajid  
Gabriel Coronado  
Dennis Holder  
Robert Wagner  
Margaret Haury  
David Toth