



# Southern California Food Allergy Institute

## A Welcome Guide to **Long Beach** and Area Attractions



### **Welcome to Long Beach, California**

The Southern California Food Allergy Institute is providing you with this welcome guide to assist with your introduction to life in Southern California. You may find it helpful to read this guidebook in its entirety or find that only certain sections pertain to your situation.

Our staff is always available to assist and provide any additional information:

Our offices are open Monday to Friday from 8:00 am to 4:30 pm. Please call our main number at (562)490-9900 to contact us.

# ABOUT

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## History of Long Beach

Long Beach, a city rich in history and diversity. Not only is it the well-known residence of the Queen Mary, Long Beach Aquarium of the Pacific and Long Beach Grand Prix, here, you'll find eclectic neighborhoods —each with a story to tell. Home to a perfect blend of wonderful and welcome communities.

### Neighborhoods/Communities

#### North Long beach

North Long Beach is home to Bixby Knolls, a quaint corner of town which is known for hosting it's fabled "First Fridays," where shops and

restaurants stay open for residents and visitors to stroll along Atlantic Avenue.

Area attractions include Rancho Los Cerritos, the Richard Goad Theater, and the Long Beach Historical Society Museum.

Known to be an exceptionally family-friendly neighborhood, Bixby Knolls has embraced neighborhood events from "First Fridays" to Kidical Mass bike rides & stroller groups. Arguably their most well-known event is "First Fridays," is a monthly special event along Atlantic Avenue.

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Businesses stay open late as thousands of folks stroll between restaurants, shops, and street-side booths while being entertained by live bands and entertainers. Neighborhood pride is strong with this community and the area has been undergoing a true “renaissance” with many great partnerships with the City of Long Beach, city council offices, homeowner and neighborhood associations, and other community groups.

## Central Long Beach

In the heart of Long Beach lies the Wrigley neighborhood, named for William Wrigley Jr., the owner and founder of Wrigley Spearmint Gum.

Wrigley played an instrumental role in the development of Southern California, including the area of Long Beach that gets its namesake from the entrepreneur.

Wrigley is home to Veteran's Park and the Wrigley Marketplace shopping district.

Home to Broadway Corridor, starting just East of Downtown and stretching to Belmont Shore this business area is a mini-Renaissance within Long Beach.

Many new businesses have opened, and storefronts and nearby homes have undergone historical restorations. Along the corridor visitors

will find a cornucopia of great restaurants, coffee shops and specialty stores selling art,

clothing, furniture, antiques and much more. This was the first neighborhood in Long Beach to feature our iconic rainbow crosswalks.

This neighborhood comes together on the 3rd Thursdays in the Spring in Summer for food truck fun featuring a variety of food trucks options for your dining pleasure!

## Westside

Discover West Long Beach, just on the other side of the Los Angeles River, this section of the city is home to thriving small businesses and favorite local dining spots. There are three parks in the area including Silverado Park, with its popular skate park, and the more than 12.29 acre Admiral Kidd Park.

Admiral Kidd Park is a 12.29-acre park that is located on the west side of Santa Fe Avenue, between Hill and Willard Streets. Spacious park offering sports fields & courts, a recreation center with youth programs & playground.

## Downtown Waterfront

Pine Avenue is home to “Restaurant Row,” featuring food from around the world, with something tasty for every appetite and every budget. After dark the Avenue comes alive with night spots featuring music and entertainment.

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Saunter along the sidewalks and admire the LED display, as thousands of colorful, ever-changing lights illuminate the street's historic buildings in a warm glow.

The East Village Arts District appeals to the artist in all of us, with its avant-garde shops, galleries and restaurants, many located in restored historic buildings. The Rainbow Harbor Esplanade bustles with waterborne activity. A walk along the Esplanade reveals luxury yachts, tall ships, charter vessels, water taxis, fishing boats and pleasure crafts. The Pike Outlets has restaurants,

entertainment venues, and shops, plus a vintage Ferris Wheel and Carousel. Shoreline Village overlooks both Rainbow Harbor and Queensway Bay with its picturesque turn-of-the-century buildings housing one-of-a-kind restaurants and shops.

## **East Waterfront**

Long Beach's East Waterfront is your gateway to exploring the sandy beaches, inland waterways, and bays that make our city a watersport paradise.

Along the water is Bluff Park, where you can stroll along the sand or in the grass while taking in breathtaking views of the Pacific Ocean. Bluff Park is adjacent to the renowned Long Beach Museum of Art, which is open year-round for art aficionados to enjoy.

If you're looking to put your toes in the water or in the sand, look no further than Belmont Shore & Naples Island. The two neighborhoods combine to form a quintessential beach town in our big city. By day, visitors to the Shore can sunbathe or enjoy a cool swim at any one of the many lagoons in Alamitos Bay. For avid water sports enthusiasts, there are designated areas for windsurfing, jet skiing and water-skiing (equipment rentals are available).

Those interested in more leisurely activities may want to simply stroll along Second Street, sampling its many shops and restaurants or take a scenic tour of nearby Naples. Like Venice, Italy—which served as the inspiration for Naples' master plan—the community was designed around an extensive canal system, giving the area a classical, romantic character. Romantic gondola rides in authentic Venetian gondolas and complete with serenading gondoliers allows visitors to capture the full romance of Naples Island. Dine the night away at an array of restaurants on Second Street or take a trip to Italy with a stroll through Long Beach's own canals.

## **Eastside**

Home to California State University Long Beach and Long Beach City College, the Eastside of the city is where natives and transplants can engage in their educational pursuits.

Beyond the bounds of our campuses, the Eastside is home to several parks and

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recreational areas where residents and visitors can unwind.

## Metro Attractions and Entertainment

### Metro Attractions and Entertainment

Long Beach is one giant playground located right in the heart of Southern California. Here you can experience it all from a deep sea adventure at the Aquarium of the Pacific right on the bay and a voyage in time aboard the historic Queen Mary to lively guided tours through downtown and the colorful East Village. Within an hour's drive, you can explore the fabulous worlds of Universal Studios Hollywood, Disneyland, Disney's California Adventure and every major Southern California attraction in surrounds areas of Anaheim and Los Angeles.

### Sports City, U.S.A.

Metro Los Angeles is truly a "sports city," with the fans and facilities to prove it. In the past 10 years, new facilities have been constructed for the area's major sports franchises. More than six million fans attend sporting events in the area each year.

### The Los Angeles Dodgers (MLB)

<https://www.mlb.com/dodgers>

The Los Angeles Dodgers are an American professional baseball team based in Los Angeles, California. The Dodgers have a loyal fanbase, evidenced by the fact that the Dodgers were the first MLB team to attract more than 3 million fans in a season (in 1978), and accomplished that feat six more times before any other

franchise did it once – Dodger fans bleed Blue. The season runs from April to September.

### The Anaheim Angels (MLB)

<https://www.mlb.com/dodgers>

The Anaheim Angels are an American professional baseball team based in Anaheim, California. The team's founder, entertainer Gene Autry, owned the franchise for its first 36 years. The Angels have drawn more than 3 million fans

to the stadium for 16 years straight, and at least 2 million for 17 seasons. The season runs from April to September.

### Los Angeles Rams (NFL)

<https://www.therams.com/>

The season runs from September to January.

### Los Angeles Chargers (NFL)

<https://www.chargers.com/>

The season runs from September to January.

### The Los Angeles Lakers (NBA)

[www.nba.com/lakers](http://www.nba.com/lakers)

The NBA's Laker season runs from October to June.

## Metro Attractions and Entertainment

### **The Los Angeles Clippers (NBA)**

[www.nba.com/clippers](http://www.nba.com/clippers)

The NBA's Clippers season runs from October to June.

### **The Anaheim Ducks (NHL)**

[www.avalanche.nhl.com](http://www.avalanche.nhl.com)

The Honda Center is also the home of Anaheim's beloved hockey team. The season runs from September to June.

### **The Los Angeles Kings (NHL)**

[www.nhl.com/kings](http://www.nhl.com/kings)

The Staples Center is also the home of Kings and the season runs from September to June.

### **The LA Galaxy (MLS)**

[www.lagalaxy.com](http://www.lagalaxy.com)

The Stub Hub Center is their home. The season runs from March to October.

### **The Los Angeles Football Club (MLS)**

[www.lafc.com](http://www.lafc.com)

## Visitor information

### **California tourism office**

[www.visitcalifornia.com](http://www.visitcalifornia.com)

### **Visit Long Beach**

130 East 1st Street

(On the Corner of 1st Street and Pine Avenue)

Long Beach, CA 90802 562.436.7700 [www.visitlongbeach.com](http://www.visitlongbeach.com)



Photos: VISIT Long Beach

### Annual Local Events (All photos pulled from visit Long Beach website for this section)

#### Grand Prix of Long Beach

Dubbed the largest street race in the country, come see race cars reach speeds of up to 200 miles per hour while zipping through the streets of Downtown Long Beach. The Grand Prix of Long Beach is the largest event in the city drawing in a crowd of around 170,000 spectators.



#### Long Beach Pride Festival & Parade

The Long Beach Pride is the second largest event in the city and one of the largest Pride events in the country. With about 80,000 participants, the two-day event features more than 250 marching groups and floats representing various religious, governmental, sponsor, and social organizations.



#### Long Beach Sea Festival

The Annual Long Beach Sea Festival consists of dozens of waterside festivals and events including: kids sailing competitions, the Chinese Dragon Boat Festival and the Great Sand Sculpture event.



Long Beach Sea Festival.

## Pow Wow Festival

Experience Long Beach's latest [art-focused](#) festival! This week-long celebration of urban contemporary art features larger than life site-specific murals and multimedia installations by cutting-edge artists from around the world. Originally established in Hawaii, this art, music, and culture extravaganza expanded into Long Beach, drawing record crowds from across the greater Los Angeles area.



Pow Wow festival.

## Catalina Ski Race

Dubbed "The World's Greatest Ski Race," see more than 100 super boats race between Long Beach and Catalina Island. Water skiers from around the globe come to participate. This race has notoriety because of the number of participants, and because it is the only open-ocean ski race regularly scheduled anywhere in the world. It is an especially unique challenge to compete across 62 miles of ocean.



Race in Long Beach.

## Long Beach Jazz Festival

Take top jazz artists of the year, set them atop a grassy knoll in a beautiful lagoon and you've got the Long Beach Jazz Festival. You'll also find a wonderful variety of food, displays of art and much more.



The Long Beach Jazz Festival.

## Jet Blue Long Beach Marathon

The Marathon course runs along the waterfront a vast majority of the time and a half marathon course that's strictly beachfront property. Take part in the Marathon, half

marathon, bike tour, wheelchair marathon, or 5K run!



The Jet Blue Marathon in Long Beach.

## Metro Area Attractions

### The Queen Mary Hotel

1126 Queens Highway, Long Beach 90802

The Hotel Queen Mary houses 347 spacious staterooms, many with ocean views. The art deco ocean liner Queen Mary, now celebrating 40 years in Long Beach, has emerged as a favorite attraction with historic tours and special exhibitions; 347 spacious staterooms with elegant suites, fine restaurants and Sunday Brunch, a spa, shops, ocean views and meeting facilities aboard and alongside for 20 to 5,000 guests; a world-class destination for traditional and eclectic live entertainment – and one of the world's most haunted sites. Convenient to the Long Beach Convention Center, downtown shopping and dining, airports and other Southern California Attractions.

### Metro Area Attractions

#### Aquarium of the Pacific

100 Aquarium Way, Long Beach, California 90802

Visitors can meet more than 11,000 animals in over 50 exhibits as you explore sunny Southern California and Baja, the frigid waters of the Northern Pacific and the colorful reefs of the Tropical Pacific. Touch shark and ray species. Get up-close with a penguin. Touch over 150 sharks in Shark Lagoon. Feed colorful birds in Lorikeet Forest. Touch sea jellies. Join a Behind-the-Scenes Tour. Enjoy Turtle Vision 4-D. Take a voyage on a daily Whale Watch or Harbor Cruise. You can even get up-close and feed a sea lion, sea otter or shark by reservation during weekend Animal Encounters. Butterfly

pavilion and insect center.

#### Cabrillo Marine Aquarium

3720 Stephen M White Dr, San Pedro

Cabrillo Marine Aquarium is a trusted resource that inspires exploration, respect and conservation of Southern California marine life. With its spectacular natural setting adjacent to Cabrillo Beach Coastal Park and the Port of Los Angeles, Cabrillo Marine Aquarium is uniquely suited to its leadership role in marine science education, aquaculture research and community recreation. The historic Frank Gehry-designed aquarium displays the largest collection of Southern California marine life in the world. Since 1935, CMA has provided visitors with both a natural and interactive approach to learning about the marine environment of Southern California. an hour

### **Catalina Express**

04th Avenue, Westminster

Just an hour off the coast of Long Beach sits Catalina Island. Picturesque Avalon with its Mediterranean climate, laid back lifestyle and abundance of activities is a perfect getaway. Catalina Express' fast boats depart daily from the Catalina Landing in Downtown Long Beach year-round. celestial seasonings

### **Los Cerritos Wetland**

715 South Forest Street, Denver

Four Mile Historic Park seeks to preserve Colorado's western rural heritage. It is home to Four Mile House, Denver's oldest house, which once served as a stagecoach stop, wayside inn and tavern for travelers on the Cherokee Trail. The 12-acre park offers school/youth programs, senior field trips, special events, guided museum and grounds tours, a summer day camp and site rental opportunities.

### **Earl Burns Miller Japanese Garden**

1250 N Bellflower Blvd, Long Beach, CA 90840

The Earl Burns Miller Japanese Garden is a Japanese garden encompassing 1.3 acres on the campus of California State University, Long Beach, in Long Beach, California, United States. It was dedicated in 1981. Ed Lovell, landscape master plan architect for the University, traveled to Japan and took inspiration from the Imperial Gardens in Tokyo

before designing the garden. Among the annual events held at the Japanese garden is a Koi auction and a chrysanthemum show.

### **El Dorado Regional Park**

1250 7550 East Spring Street, Long Beach, California 90815

This expansive park features a spacious community center, nature center, night-lighted basketball and volleyball courts, softball and soccer fields, skate park, six group picnic sites available for reservation, cross country running,



a disc golf course, a tennis center, an 18-hole golf course, playground equipment, and

multiple duck ponds.

Both the Coyote Creek Bicycle Path and the San Gabriel River Bicycle Path cross the neighborhood. A 4-mile bikeway runs through the 450-acre El Dorado Regional Park and connects with the San Gabriel River Bike Trail at various locations.

### **Jack Dunster Marine Biological Reserve**

5801 Boathouse Ln, Long Beach, CA 90803

The Jack Dunster Marine Biological Reserve is a 2.7-acre site containing 1.5 acres of land and 1.2 acres of shallow water constructed on the northwesterly side of the Los Cerritos Channel adjacent to the Rowing Center at Marine Stadium. It is a natural habitat created for

recreational and educational opportunities for the public.

### **HISTORICAL SOCIETY OF LONG BEACH**

[4260 Atlantic Avenue, Long Beach, California 90807](#)

The Historical Society of Long Beach collects, preserves and presents local history. Using historical documents, photographs, artifacts, and oral and written stories. The HSLB creates exhibits and public programs that connect people to the places they live. Historical Research Center & Historical Collections: This service provides community members, and researchers with a convenient place to access first-hand information, documents, artifacts, maps, and photos detailing the community's history including the Pike.

### **Vincent Thomas Bridge**

[San Pedro, CA](#)

The Vincent Thomas Bridge is a 1,500-foot-long (460 m) suspension bridge, crossing the Los Angeles Harbor in the U.S. state of California, linking San Pedro, Los Angeles, with Terminal Island. It was the first welded suspension bridge in the United States and is now the fourth-longest suspension bridge in California and the 76th-longest span in the world

### **Long Beach Waterfront**

[16th Street Mall and Glenarm, Denver](#)

Along the water is Bluff Park, where you can stroll along the sand or in the grass while taking in breathtaking views of the Pacific Ocean. Bluff Park is adjacent to the renowned Long

Beach Museum of Art, which is open year-round for art aficionados to enjoy.

If you're looking to put your toes in the water or in the sand, look no further than Belmont Shore & Naples Island. The two neighborhoods combine to form a quintessential beach town in our big city. Dine the night away at an array of restaurants on Second Street or take a trip to Italy with a stroll through Long Beach's own canals.

### **Shopping**



Photo: [THE PIKE OUTLETS - Visit Long Beach.com](#)

Numerous shopping and dining options are located across the metro area. Downtown Long Beach is the heart of Long Beach, California, United States, and is the location for most of the city's major tourist attractions and municipal services. It is also the location for numerous businesses. There are many hotels

and restaurants in the area that serve locals, tourists, and convention visitors.

Shopping in Long Beach takes that experience to a whole new level; brimming with extraordinary specialty shops, colorful bazaars, trendy fashion stores and hip furniture stops--this is a shopping paradise! From the downtown menagerie to Fourth Street's funky flair and Second Street's boutique shops in Belmont Shore to serious outdoor shopping destinations all over the city, Long Beach offers everything under the sun.

The Pike was an amusement zone in Long Beach, California. The Pike was founded in 1902 along the shoreline south of Ocean Boulevard with several independent arcades, food stands, gift shops, a variety of rides and a grand bath house. It was most noted for the Cyclone Racer, a large wooden dual-track roller coaster, built out on pilings over the water.

### **The Pike Outlets**

#### **95 S. Pine Ave**

Located next to the Convention Center and Aquarium of the Pacific, The Pike Outlets is a shopping and dining destination located in Long Beach, CA. The center features over 344,000 square feet of great retailers and entertainment options, including Restoration Hardware Outlet, H&M, Cinemark Theatres, and a diverse mix of restaurants including Famous Dave's, Bubba Gump Shrimp Co., Hooters, and much more. Owned and managed by DDR Corp.

### **Retro Row/Fourth Street**

#### **Fourth Street and Cherry**

A 30-minute walk or 10-minute bike ride from downtown Long Beach. Fourth Street is a celebration of independence and diversity, boasting nearly 100 independently owned and operated stores that offer goods, foods, and experiences you simply won't find anywhere else.

### **Pine Avenue**

#### **Fourth Street and Cherry**

As downtown's main business anchor this street offers visitors one of the best selections of fine dining and entertainment choices found in Southern California. A sample of the street's restaurants, many of which offer patio dining, include Rock Bottom Brewery, The Federal Bar, L'Opera, George's Greek Café, BO-Beau and King's Fish House. Entertainment options are equally impressive with nightclubs like Alegria and Café Sevilla, which feature live flamenco dancers. Many of Pine Avenue's restaurants feature live entertainment and dancing.

Pine Avenue is an easy walk from downtown Long Beach's many attractions, including the Long Beach Convention & Entertainment Center, Aquarium of the Pacific, Shoreline Village and The Pike Outlets.

### **Shoreline Village**

#### **401-435 Shoreline Village Drive**

Long Beach, California 90802 Shoreline Village is a waterfront shopping, dining and entertainment center that overlooks Long Beach's beautiful Rainbow Harbor. The Village

welcomes visitors with a relaxed atmosphere and full complement of things to see and do.



Styled after a quaint Cape Cod fishing village, Shoreline

Village is a family friendly destination by day that develops a sense of romance when night falls. Shoreline features an antique carousel, bike rentals to explore the Long Beach coastline, personal watercraft rentals, harbor cruises, and unique specialty shops.

Dine at one of Long Beach's premier seafood restaurants, Parkers Lighthouse, while enjoying the amazing views. Shoreline Village is conveniently located within walking distance of the world-class Aquarium of the Pacific across the harbor from the Queen Mary. Be sure to bring your furry friends as well! With 345 days of sunshine in Long Beach a year, the dog days are year-round, and Shoreline Village is the perfect place for them!

### **2<sup>nd</sup> & PCH**

E 2nd ST & Pacific Coast HWY Long Beach, CA 90803

A coastal contemporary retail and restaurant destination inspired by the neighboring marina. The casual yet refined resort-style character of the architecture, landscape and graphics invites the local community and destination shoppers to enjoy and interact in the lush and rich retail experience.

The property is home to choice restaurants and retailers, connected streetscapes, beautiful marina views and a fun and whimsical landscape palette that invites the guest to enjoy the laid-back SoCal lifestyle.



### **LONG BEACH ANTIQUE MARKET**

4901 E Conant Street, Long Beach, CA 90808

Located at Long Beach Veterans Stadium This Monthly open-air flea market offers 800+ vendors selling antiques, collectibles & vintage clothing. Named one of the TOP TEN FLEA MARKETS IN THE U. S. by Good Housekeeping Magazine and THE BEST SWAP MEET in Los Angeles by L. A. Magazine.

### **East Village Arts District**

Fourth Street and Cherry

A 30 minute

### **Rainbow Harbor Esplanade**

Fourth Street and Cherry

A 30 minute

### **Surrounding areas:**

Los Angeles is a sprawling Southern California city and the center of the nation's film and



television industry. Near its iconic Hollywood sign, studios such as Paramount Pictures, Universal and Warner Brothers offer behind-the-scenes tours. On Hollywood Boulevard, TCL Chinese Theatre displays celebrities' hand- and footprints, the Walk of Fame honors thousands of luminaries and vendors sell maps to stars' homes.

You can use the itinerary builder at [www.discoverlosangeles.com](http://www.discoverlosangeles.com) for surrounding Los Angeles area attractions

Anaheim's central location serves as a convenient gateway to Orange County's 42 miles of Pacific Ocean coastline, luxury shopping, championship golf courses, and terrain for hiking, biking, running, and sunning. Let ARTIC, our Anaheim Regional Transportation Intermodal Center, connecting

trains, buses, Anaheim Resort Transportation (ART) shuttles, and taxis, help you make your way around Anaheim and O.C.

Experience our world-renowned attractions, dine like a foodie, sip award-winning craft beers and specialty cocktails, revel in our vibrant nightlife—come to Anaheim and choose your own sun-soaked Southern California adventure. Whether your visit is for one day or several, there is plenty to do in Anaheim.

You can use the itinerary builder at [www.visitanaheim.org](http://www.visitanaheim.org) for Anaheim area attractions.