



Santa Cruz Accommodations

This charming resort town offers miles of magnificent coastline and majestic redwood forests as well as a multitude of unique shops.

Throughout the world, Santa Cruz is known as a center for spiritual communities and abundant, organic, vegetarian cuisine.

Enjoy your stay!

	RATES*	AMENITIES	DISTANCE TO TY CENTER
Hinds House 529 Chestnut St, Santa Cruz, CA 95060 831-423-0423 • hinds-house.com	<i>(1-week minimum)</i> \$300–\$525 per week	Full kitchen, dining room	4 blocks
Adobe on Green Street 103 Green St, Santa Cruz, CA 95060 831-469-9866 • adobeongreen.com	\$109–\$179 per night \$569–\$659 per week	Private baths, jet tubs, healthy breakfast, gardens, peaceful environment	7 blocks
Santa Cruz Hostel 321 Main St, Santa Cruz, CA 95060 800-909-4776, code 45 or 831-423-8304	Shared room: \$18 members, \$21 non-members Family Rooms available (slightly higher fee) Rooms may be reserved for 3 nights. When available, reservation can be renewed.	Self-help kitchen. Clean, near beach	5 minutes
Bay Front Inn 325 Pacific Ave, Santa Cruz, CA 95060 831-423-8564	Winter: \$68–\$128 Summer: \$225	Heated pool, cable, high-speed Internet, free continental breakfast	10 minutes
Land of Medicine Buddha 5800 Prescott Rd, Soquel, CA 95074 831-462-8383 • medicinebuddha.org	Winter: \$55 (single)–\$125 (quadruple) Summer: \$65 (single)–\$135 (quadruple)	Rustic cabins in the redwoods; includes breakfast	20 minutes
Comfort Inn 314 Riverside Ave, Santa Cruz, CA 95060 831-471-9999 • comfortinn.com	Winter: \$59–\$179 Summer: \$89–\$249	Suites, fireplaces, pool	10 minutes
Best Western All Suites Inn 500 Ocean St, Santa Cruz, CA 95060 831-458-9898 • bestwestern.com	Winter: \$89–\$190 Summer: \$160–\$295	Refrigerators, microwaves, fireplaces, jacuzzis, heated pool	10 minutes
Sea and Sand 201 West Cliff Dr, Santa Cruz, CA 95060 831-427-3400 • santacruzmotels.com	Winter: \$99–\$269 Summer: \$129–\$349	Ocean front with view from every room; suites with hot tub or spa	10 minutes
Best Western Seacliff Inn 7500 Old Dominion Ct, Aptos, CA 95003 800-367-2003 or 831-688-7300 • seacliffinn.com	Winter: \$129–\$139 Summer: \$169–\$259	Restaurant, suites, private spas; near beaches	25 minutes
Chaminade 1 Chaminade Ln, Santa Cruz, CA 95065 800-283-6569 or 831-475-5600 • chaminade.com	Winter: \$129–\$199 Summer: \$219–\$259	Restaurant, suites, pool, spa	15 minutes
Coast Santa Cruz Hotel 175 West Cliff Dr, Santa Cruz, CA 95060 831-426-4330 • westcoastsantacruz.com	Winter: \$149–\$199 Summer: \$259–\$349	Ocean front with view from every room; restaurant	10 minutes
Babbling Brook Inn 1025 Laurel St, Santa Cruz, CA 95060 800-866-1131 or 831-427-2437	\$179–\$295	Fireplaces, whirlpool tubs; an acre of beautiful gardens; includes breakfast	5 minutes
Riverside Inn 505 Riverside Ave, Santa Cruz, CA 95060 800-426-2899 • riversideinn-santacruz.com	Winter: \$35–\$149 Summer: \$49–\$249	Near beach & boardwalk; continental breakfast; free parking	5 minutes

* To connect with others to share accommodations, contact TYI office. Also, during fall and winter, rent a house in a good location in Santa Cruz for much less than the price of a bed & breakfast or room. craigslist.org is a helpful website to find seasonal and off-season rentals.

Since Santa Cruz is a popular destination, make your reservations early if possible, especially in the summer.

NATURAL FOOD STORES

Aptos Natural Foods

7506 Soquel Dr, Aptos
831-685-3334

Food Bin/Herb Room

1130 Mission, SC
831-423-5526

Staff of Life

1305 Water, SC
831-423-8632

New Leaf Market/Deli

5 locations:

1134 Pacific, SC, 831-425-1793

2351 Mission, SC, 831-426-1306

1210 41st, Cap, 831-479-7987

6240 Hwy 9, Felton

831-335-7322

13159 Hwy 9, Boulder Creek

831-338-7211

INTERNET CAFES

(computers & internet)

Cafe Bene

1101 Cedar, SC
425-0441

Cruzio

903 Pacific, #101, SC
423-1162

Kinko's Copies

105 Laurel, SC
425-1177

McHenry Library

University of California, SC
Internet terminals available
to general public
459-2711

Wired Wash Cafe

135 Laurel, SC
831-429-WIRE

WI-FI

The Attic

931 Pacific, SC
831-460-1800

Bagelry on Cedar

320 Cedar, SC
831-429-8049

Caffe Pergolesi

418 Cedar, SC
831-426-1775

Ugly Mug

4640 Soquel, Soq
831-477-1341

RESTAURANTS

VEGETARIAN OR VEGAN

Asian Rose Cafe

1547 Pacific, SC
831-458-3023

The Bagelry

320 Cedar, SC
831-429-8049

Black China Cafe

bakery and cafe
1121 Soquel Ave, SC
(enter thru Ironwood)
831-460-1600

Cafe La Vie

vegan, organic, raw
429 Front, SC
831-429-6746

Dharma's

4250 Capitola Rd, Cap
831-462-1717

Jumping Monkey

Indian food, vegan
418 Front, SC
831-466-0168

Malabar Cafe

1116 Soquel Ave, SC
831-423-7906

Saturn Cafe

145 Laurel, SC
831-429-8505

Sri

mostly vegan
736 Water, SC
831-457-2350

White Lotus

80 N. Market, SJ
(near Airport)
408-977-0540

VEGETARIAN ENTREES

Charlie Hong Kong

Asian, mostly
vegetarian
1141 Soquel Ave, SC
831-426-5664

Costa Brava

1222 Pacific, SC
831-425-7871

Mobo Sushi

105 S River, SC
831-425-1700

New Leaf Market

1134 Pacific, SC
831-425-1793

Santa Cruz Diner

909 Ocean, SC
831-426-7151

Walnut Ave Cafe

106 Walnut, SC
831-457-2307

Chinese

Golden Buddha

4610 Soquel Dr, Soq
831-479-0789

Little Shanghai

1010 Cedar, SC
831-458-2460

Thai

Bangkok West

2505 Cabrillo
College Dr, Aptos
831-479-8297

Sabieng

1218 Mission, SC
831-425-1020

Sawasdee

5050 Soquel Dr, Soq
831-462-5051

Italian

Ristorante Avanti

1711 Mission, SC
831-427-0135

Mexican

Costa Brava

(2 locations)
505 Seabright, SC
831-423-8190

420A River St, SC
831-429-4204

El Palomar

1336 Pacific, SC
831-425-7575

Jalapeños Taqueria

206 Laurel, SC
831-457-0159

Tortilla Flats

4616 Soquel Dr, Soq
831-476-1754

DIRECTIONS

FROM BAY AREA

- Hwy 101 South to Hwy 280 South.
- Exit Hwy 92 to Half Moon Bay.
- Left onto Hwy 1 South (Coast Highway) to Santa Cruz.
- Hwy 1 becomes Mission St.
- After about a mile, at a major intersection, turn right on Chestnut.
- Turn left on Lincoln.
- First right is Washington. The center is on the left.

PARKING

- Continue down Lincoln. Turn right on Center St.
- On the left side is a large public parking lot. Park here and walk down New St. Turn right on Washington. The center is on the right (708 Washington St).

FROM HWY 17 (OR INTERSTATE 880)

- Entering Santa Cruz, follow Hwy 17 to signs for Hwy 1 North.
- At a major intersection and traffic light at Mission St, continue straight, crossing over Mission. This becomes Chestnut.
- Go down the hill. Turn left on Lincoln.
- First right is Washington. The center is on the left.
- See *Parking*.

FROM CARMEL

- Continue on Hwy 1 North.
- At Mission St, follow the directions as given from Hwy 17.

AIRPORT SHUTTLE/BUS INFORMATION

- Santa Cruz Airporter 800-497-4997:
from San Jose to Santa Cruz \$35
from San Francisco to Santa Cruz \$45
- Santa Cruz Metro Bus 831-425-8600

DRIVING DISTANCE (APPROX) TO TRIYOGA CENTER FROM:

Felton	15 minutes
Soquel/Capitola	15 minutes
Aptos	20 minutes
San Jose	45 minutes
San Francisco	90 minutes; 2 hours (coastal road)

KALI RAY TRIYOGA CENTER, SANTA CRUZ

708 Washington St
Santa Cruz, CA 95060
831-464-8100

TYI Office:

310-589-0600
fax 310-589-0783

info@triyoga.com
triyoga.com

