



ADD SOME HEAT TO YOUR FALL VACATION

Into bold flavors and some good wine to go with them? Head to Night + Market Sahn (meaning “three” in Thai to indicate the local restaurant’s third location) for what Chef Kris Yenbamroong describes as “cocaine Thai.” Line up for some of the best khao soi in Los Angeles and complement it with the explosive spicy chicken thighs. We have a feeling you’ll be addicted.

LA VIE BOHÈME

Does shopping help you reach nirvana? **Grab a complimentary bike at the Front Desk** and ride over to Abbott Kinney Boulevard to grab some Bohemian goodies at Ananda (Sanskrit for “bliss”). Between the gemstones, ponchos, and mala necklaces, your friends back home will know you didn’t just shop at Forever 21 on your trip to Los Angeles.



WORK ON YOUR FALL BOD

Summer may unfortunately be over, but keep that beach bod going! Hopefully you may have already taken advantage of our **complimentary Gold’s Gym passes available at the Front Desk**. If you want to add some intense cardio to your routine, **Josh** in Security recommends spinning over at Industry on Main Street. After class, **Jilian** at the Front Desk (always one for dessert) thinks Kippy’s Ice Cream next door is ideal for a non-dairy, soy-free, organic treat!



CLEANSE OR BULK WITH A VIEW

If fresh-pressed juices or protein shakes are more in line with your idea of a post-workout treat, walk a few hundred feet over to the Muscle Beach Juice Bar. Located right across from the famous Muscle Beach, check out some lifters while waiting for your drink to be made. Be there at the right time and you may just spot **Brandon** from the Front Desk preparing for his shift with a wheatgrass shot!



OCTOBER = A SPORTS FAN’S DREAM

The Rams defense is out of this world, LeBron is a Laker, and the Dodgers are in the playoff...what a time to be a sports fan in LA! Join us at Barlo Kitchen + Cocktails downstairs for happy hour from 5 to 7 pm each evening. Your favorite team not playing on national TV and need to venture out? Head over to Brennan’s in the Marina for free pizza on Fridays, Sunday NFL specials, and a live DJ after the game.



..AND WE DIDN’T FORGET HALLOWEEN!

There’s a reason **Brooke** at the Front Desk loves October and it has nothing to do with sports! Between Halloween Horror Nights at Universal Studios and local haunted houses put together by Hollywood industry professionals, there’s plenty of spooky activities to have a busy calendar this month. On the 31st, head over to the West Hollywood Halloween Carnival, which brings out more than a million people to the streets every year!

