



Rio San Diego Plaza II
2275 Rio Bonito Way
Suite 100
San Diego, CA 92108
(800)816-5438

Helpful Tips

The Lifestyle Lift San Diego center is in Rio San Diego Plaza II at I-805 and Friars Rd. The center is less than a quarter mile northeast of the Mission Valley Marriott, and two miles west of Qualcomm Stadium. Rio San Diego Plaza II has two curved, red brick buildings located on the east side of Rio Bonito Way, between Rio San Diego Dr and Friars Rd. Once inside the main entrance, the suite is the first set of doors on the right, next to the directory.

Parking

Complimentary parking lot available.

Directions

From the North via I-5 South (Del Mar, Solana Beach, Encinitas)

1. Travel I-5 South, then merge onto I-8 East.
2. Take the Qualcomm Way exit, then make a slight right to merge onto Qualcomm Way.
3. Turn right onto Rio San Diego Dr.
4. Turn left onto Rio Bonito Way.
5. The center is on the right side of the street.

From the North via CA-163 South (Clairemont Mesa East, Kearny Mesa, Serra Mesa)

1. Travel CA-163 South toward Downtown.
2. Take Exit 4 for Friars Rd and turn right, toward Qualcomm Stadium.
3. Turn right onto Qualcomm Way.
4. Take the first left onto Rio San Diego Dr.
5. Turn left onto Rio Bonito Way.
6. The center is on the left side of the street.

From the North via I-15 South (Poway, Sabre Springs)

1. Travel I-15 South and merge onto I-8 West.
2. Take the Qualcomm Way/Texas St exit.
3. Stay to the right, then take a right at the light to merge onto Qualcomm Way.
4. Turn right onto Rio San Diego Dr.
5. At the next light, turn left onto Rio Bonito Way.
6. The center is on the right side of the street.

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From the South via CA-15 North (Cherokee Point, South Park, Logan Heights)

1. Travel CA-15 North and take the Friars Rd West exit.
2. Turn left on River Run.
3. Turn right on Rio San Diego Dr.
4. After driving under the 805 overpass, take an immediate right turn into the parking lot.

From the Southwest via CA-163 North (San Diego International Airport/ SAN, East Village, Grant Hill)

1. From San Diego International Airport: travel on North Harbor Dr going east, turn left onto West Grape St, then merge onto I-5 South.
2. Merge onto CA-163 North toward Escondido.
3. Merge onto I-8 East toward El Centro.
4. Take the Texas St/Qualcomm Way exit.
5. Make a slight right to merge onto Qualcomm Way.
6. Turn right onto Rio San Diego Dr.
7. Turn left onto Rio Bonito Way.
8. The center is on the right side of the street.

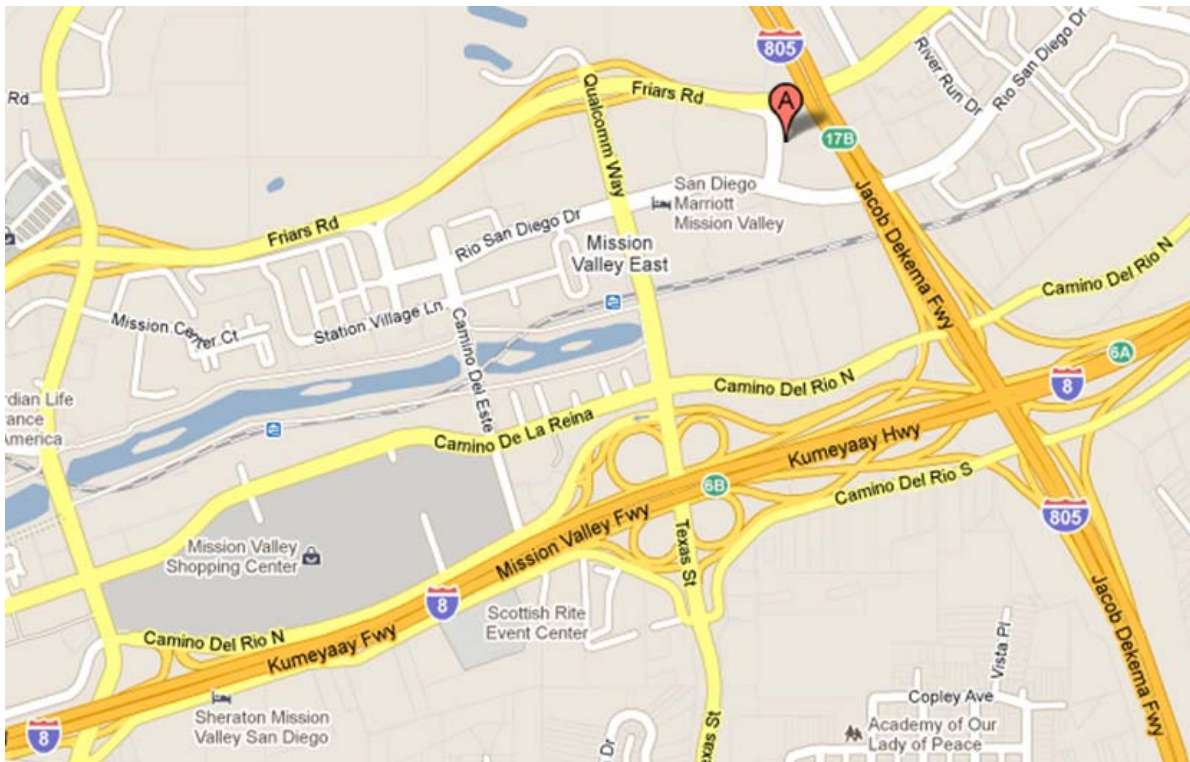
From the East via I-8 West (La Mesa, El Cajon)

1. Travel I-8 West toward Beaches.
2. Take the Qualcomm Way/Texas St exit.
3. Stay to the right, then take a right at the light to merge onto Qualcomm Way.
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