

Directions to:

Action Chiropractic & Wellness

312 S. Cedros Ave, Ste 326
Solana Beach, CA 92075
(858) 481-1438

From South of Solana Beach, take I-5 NORTH:

1. Exit Via De La Valle
2. Turn LEFT onto Via De La Valle (You will be heading west)
3. Turn RIGHT onto S. Cedros Ave.
4. Turn RIGHT immediately after you pass Cassidy Interiors (If you pass Leaping Lotus, a two-story glass building, you've gone too far).
5. There are two small driveways between Cassidy Interiors and Leaping Lotus, either ramp will lead you into one of the two levels of a parking garage.
6. Take the elevator in parking garage up to the third floor.
7. As you exit the elevator, walk to the left and we are Suite 326.

From North of Solana Beach, take I-5 SOUTH:

1. Exit Lomas Santa Fe
2. Turn RIGHT onto Lomas Santa Fe (You will be heading west)
3. Turn LEFT onto S. Cedros Ave.
4. Turn LEFT immediately after you pass Leaping Lotus (a two-story glass building. If you pass Cassidy Interiors, you've gone too far).
5. There are two small driveways between Leaping Lotus and Cassidy Interiors, either one will lead you into one of the two levels of a parking garage.
6. Take the elevator in parking garage up to the third floor.
7. As you exit the elevator, walk to the left and we are Suite 326.