Welcome to UC San Francisco, Parnassus campus. Take advantage of the variety of services and amenities provided by Campus Life Services. Food, ATMs, parking, shuttles, places to relax, entertainment, business and family services are all right here.

We want your time at UCSF to be as comfortable as possible, regardless of your reason for being here.
Millberry Fitness & Recreation Center
(500 Parnassus Avenue, Millberry Union, Floor B1)
More than a gym—a fitness lifestyle. Cardio, weights, classes, pool, sports leagues, personal training, kayaking, stand up paddling, and more. Month-to-month membership, 10-visit and single day pass; UCSF employee pricing available. Open to the public.
415.476.1115

500 Parnassus Avenue
(Jump to Millberry Union)
Outdoor Programs
Millberry Fitness & Recreation Center Outdoor Programs
Kayaking, stand up paddling, hiking and camping.
415.476.2078

Wellness and Community
Events, programs, exclusive offers and fun! Opt-in to receive our messages through the UCSF Mobile App.
Learn more: bit.ly/ucsf-opt-in
415.476.2675

Relaxation & Fun

500 Parnassus Avenue
(Millberry Union)
Subway
(Floor B1)
Sandwiches, wraps, salads, soups, cookies
Monday-Friday: 9:30 am-4:00 pm 415.661.0199

400 Parnassus Avenue
Terzetto Express
Coffee and espresso drinks, pastries, salads, sandwiches
Monday-Friday: 6:00 am-12:00 pm

500 Parnassus Avenue
Jamba Juice
Smoothies, oatmeal, wraps, salads, sandwiches
Monday-Friday: 7:00 am-7:00 pm
Saturday & Sunday: 9:00 am-5:00 pm 415.566.1260

Café Bellini
Pizza, burgers, sandwiches, salads, smoothies, pastries
Monday-Friday: 7:00 am-4:00 pm 415.702.6979

Carmelina’s Taqueria
Tacos, burritos, enchiladas, quesadillas, nachos, daily specials
Monday-Friday: 9:00 am-7:00 pm 415.502.1121

Palio Caffé
Espresso drinks, pastries, sandwiches, salads, soup
Monday-Friday: 6:30 am-2:00 pm 415.681.9925

Food, Drinks, & Snacks

505 Parnassus Avenue
UCSF Parnassus Gift Shop
Monday-Friday: 8:00 am-6:30 pm
Saturday and Sunday: 11:00 am-5:00 pm
Holidays: 11:00 am-5:00 pm
Phone Orders
Monday-Friday: 10:00 am-2:00 pm 415.353.1845
www.ucsfhealth.org/for-visitors/gift-shops

Banking & ATMs

350 Parnassus Ave
Bank of America

500 Parnassus Avenue
(Millberry Union, Floor B1)
Golden 1 Credit Union
Monday-Friday: 10:00 am-5:00 pm

505 Parnassus Avenue
Golden 1

513 Parnassus Avenue
Golden 1
(School of Nursing Lobby)
**Shopping**

**Vision Optical**
(Floor B1)
Comprehensive vision services, contact lenses, and quality frames
Monday-Wednesday, Friday 8:30 am-5:00 pm
Thursdays
1:00 pm-5:00 pm
Closed daily 12:00 pm-1:00 pm

**Walgreens**
(Street Level)
Full service pharmacy, travel consultations, and vaccinations
Monday-Friday:
8:30 am-6:00 pm
Saturday & Sunday:
10:00 am-6:00 pm 415.681.3394

**Campus Cuts**
(Floor B1)
Full-service hair care for men and women. Hair care products and gift certificates are available.
Monday-Friday:
9:00 am-5:00 pm 415.476.4827

**UCSF Campus Store**
(Floor B1)
Tuesday-Thursday
9:30 am - 1:30 pm
Pick-up only!
Order online: [UCSFshop.com](http://UCSFshop.com)

**Transit Passes**
Parnassus Transportation Office (Level P-7 Room 26)
Purchase public transit tickets and passes:
- Clipper Card
- MUNI
- BART
- Caltrain
- AC Transit
- Golden Gate Transit and Ferry

**Order online:**
[UCSFshop.com](http://UCSFshop.com)

**Facilities Customer Service Center**
facilities@ucsf.edu

**Recycling & Waste Reduction Program**
recycling@ucsf.edu

**Lodging & Housing**

**Housing Services**
Campus housing and related services for UCSF students, post-docs, residents, clinical fellows, and faculty; and referral brochure for short-term lodging along with resources to find housing off-campus
Parnassus Housing Office
30 Adolph Sutro Court, #104
415.514.4550

**Family Services**

**Family Services**
UCSF Child Care Centers, Referral Services, Back-Up Care and Sittercity resources, parent education events, and more.
[ tiny.ucsf.edu/familyservices](http://tiny.ucsf.edu/familyservices)
[ MyFamily.ucsf.edu](http://MyFamily.ucsf.edu)

**Lactation Accommodation Program**
UCSF lactation room directory, UCSF and community support resources, supply locations, policies, educational events, and more.
[ tiny.ucsf.edu/UCSFpump](http://tiny.ucsf.edu/UCSFpump)

**Laundry**

**500 Parnassus Ave**
(Millberry Union)

**Laundry Locker** (Floor B1)
Drop off/pick up services are open to the public 24 hours a day, 7 days a week.
[ laundrylocker.com](http://laundrylocker.com)
Parking Information
Parking.ucsf.edu
415.476.2566

500 Parnassus Avenue, Millberry Union Public Garage
(Entrances on Parnassus Ave. and Irving Street)

5 Electric Vehicle (EV) Charging Stations, Floor P7

707 Parnassus Avenue, Westside/Kirkham Surface Lot
(Behind the School of Dentistry)

5th Avenue at Kirkham, Beckman/Koret Surface Lot

Bicycle Parking
- Ambulatory Care Center
- Clinical Sciences
- Dental Clinics
- Health Sciences East
- Kalmanovitz Library
- Langley Porter Psychiatric Institute
- Millberry Union Parking Garage
- School of Nursing

Documents & Media
500 Parnassus Avenue
MU West, P8 Level, Room 10E
Mon.-Fri.: 8:00 am-3:30 pm

Printing, design, fax, stationery
415.514.2054 | DMcsr@ucsf.edu

Wi-Fi
Free wireless service; UCSFguest, no password

Conferences, Events & Meetings

Aldea Center on Mount Sutro
The Aldea Center is the ideal venue for small to medium size gatherings. The bright and airy center can be set up and customized to meet the needs of your event.

Venue available Monday-Friday:
8:00 am-7:00 pm
415.476.9888
AldeaCenter@ucsf.edu

Millberry Union Conference Center
Comfortable furnishings, audio-video capabilities, and Wi-Fi Internet access, exceptional views. Perfect for hosting workshops, meetings, lectures, receptions, for casual or formal events
415.476.2019
MUeventmeeting@ucsf.edu

UCSF Parnassus Map

- ATMs
- Parking
- UCSF Shuttle
- Muni Bus Stop
- Entrance (Accessible)
- Vending Machines
- Food
- Information
Information in this brochure is subject to change. For most recent information visit: campuslifeservices.ucsf.edu