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

### 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:
11:00 am-4:00 pm
415.566.1260

**Café Bellini**
Pizza, burgers, sandwiches, salads, smoothies, pastries
Monday-Friday:
7:00 am-5:00 pm

**Carmelina's Taqueria**
Tacos, burritos, enchiladas, quesadillas, nachos, daily specials
Monday-Thursday:
9:00 am-6:00 pm
Friday:
9:00 am-5:00 pm
415.502.1121

### Subway
*(Floor B1)*
Sandwiches, wraps, salads, soups, cookies
Monday-Friday:
9:30 am-4:00 pm
415.661.0199

### 513 Parnassus - School of Nursing, 2nd Fl
**Ladle & Leaf**
Monday-Friday:
10:00 am-3:00 pm
Order for pick-up at www.ladleandleaf.com

### 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

### Relaxation & Fun

**500 Parnassus Avenue**
*(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

### Banking & ATMs

**350 Parnassus Ave**
Bank of America

**ACC Elevator Breezeway**
(between 400-500 Parnassus)
Chase
Golden 1
Wells Fargo

**500 Parnassus Avenue**
*(Millberry Union, Floor B1)*
Golden 1 Credit Union
Monday-Friday:
10:00 am-5:00 pm
Bank of America
Golden 1
Wells Fargo

**505 Parnassus Avenue**
Golden 1
(Floor 2)

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

**500 Parnassus Avenue**  
(Millberry Union)

**UCSF Campus Store**  
(Floor B1)  
Monday-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

Monday-Friday:  
7:30 am-4:45 pm  
415.476.2566

**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-7:00 pm  
Saturday & Sunday:  
10:00 am-6:00 pm  
415.681.3394

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

**Facilities Customer Service & Support 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

$ - ATMs
P - Parking
S - UCSF Shuttle
• - Muni Bus Stop
➡️ - Entrance (Accessible)
✈️ - Vending Machines
🍴 - Food
❓ - Information

University of California
San Francisco
Connect with us online.

campuslifeservices.ucsf.edu

facebook.com/UCSFCampusLifeServices

instagram.com/ucsfcampuslifeservices

twitter.com/UCSF_cls

Mobile Concierge
CLS services app, available for Android or iPhone

Looking for something else, like hospital information or student services? Visit: ucsf.edu

Directory

Conferences, Events & Meetings
bit.ly/conf-serv

Millberry Union Conference Center
415.476.2019

Aldea Center on Mount Sutro
415.514.2054

Documents & Media
415.514.2054 | DMcsr@ucsf.edu
bit.ly/doc-media

Facilities Services
415.476.2021
bit.ly/ucsf-facilities

Family Services
tiny.ucsf.edu/familiyservices

Health Services
Main Office: 415.514.4550
housing.ucsf.edu

Retail Services
415.514.4743
bit.ly/shop-eat

Transportation
Shuttles: 415.476.GOGO (4646)
Parking: 415.476.2566
transportation@ucsf.edu
transportation.ucsf.edu

UC Police Department
Non-emergency: 415.476.1414
Emergency: 415.476.6911
police.ucsf.edu

Wellness and Community
415.476.2675
wellnessandcommunity@ucsf.edu
wellnessandcommunity.ucsf.edu

Fitness & Recreation
Parnassus: 415.476.1115
Mission Bay: 415.514.4545
bit.ly/ucsffitrec

Information in this brochure is subject to change. For most recent information visit: campuslifeservices.ucsf.edu