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.
**Fitness & Recreation**

**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

**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.

**500 Parnassus Avenue**
(in front of ACC Building)

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

**500 Parnassus Avenue**
(Millberry Union/Street Level)

**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
415.476.1121

**Food, Drinks, & Snacks**

**400 Parnassus Avenue**
(500 Parnassus Avenue, Millberry Union, Floor B1)

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

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

**505 Parnassus Avenue, First Floor**
(near elevator M)

**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](http://www.ucsfhealth.org/for-visitors/gift-shops)

**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)

**Bank of America**

**Golden 1**

**Wells Fargo**

**505 Parnassus Avenue**

**Golden 1**
(Floor 2)

**513 Parnassus Avenue**

**Golden 1**
(School of Nursing Lobby)
500 Parnassus Avenue
(Millberry Union)

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

Vision Optical
(Floor B1)
Comprehensive vision services, contact lenses, and quality frames
Monday-Friday: 8:30 am-5:00 pm
415.476.3100

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

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

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 Sitckerity resources, parent education events, and more.
tiny.ucsf.edu/familyservices
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

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.
launderlylocker.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
© - UCSF Shuttle
- Muni Bus Stop
▲ - Entrance (Accessible)
▼ - Vending Machines
🍴 - Food
❓ - Information

University of California
San Francisco
SHUTTLE STOPS
530 Parnassus Avenue
(Library)

GOLD
Mission Bay ⇒ Zuckerberg San Francisco General Hospital ⇒ Parnassus Heights at Library ⇒ Mount Zion

ORANGE
Parnassus Heights at Library ⇒ St. Mary’s Hospital ⇒ 3360 Geary St. ⇒ Laurel Heights ⇒ Mount Zion

LIME
Parnassus Heights at Library ⇒ Buchanan Dental Center (BDC) 100 Buchanan St. ⇒ Mission Center Building (MCB) 1855 Folsom St. ⇒ 16th St. BART Station

BRONZE (drop off only)
505 Parnassus Avenue
Medical Center-Emergency

401 Parnassus Avenue
(Langley Porter Psychiatric Institute-LPPI)

GREY | Express Service
Parnassus Heights ⇒ Mission Bay

BLUE
Parnassus Heights ⇒ Zuckerberg San Francisco General Hospital ⇒ Mission Bay ⇒ Mount Zion

BRONZE
Parnassus Heights at LPPI ⇒ Aldea ⇒ ACC ⇒ Parnassus Heights at Library ⇒ 6th St. ⇒ Dental

VA
Parnassus Heights ⇒ San Francisco Veterans Affairs Medical Center (SFVAMC)

UCSF Shuttles
415.476.GOGO (4646)
shuttles.ucsf.edu

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