

Welcome!

Welcome to UC San Francisco. Take advantage of the variety of services and amenities at Parnassus for you to enjoy 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.

here

at UCSF

A GUIDE TO SERVICES
PARNASSUS



Food, Drinks, & Snacks

400-500 Parnassus
(Elevator G, Breezeway)

UCSF Farmers' Market

Local, seasonal, farm-fresh produce, nuts

Wednesdays:
10:00 am-3:00 pm

400 Parnassus Avenue
(in front of ACC Building)

Terzetto Express

Coffee and espresso drinks, pastries, salads, sandwiches

Monday-Thursday:
6:00 am-3:30 pm
Friday: 6:00 am-2:00 pm

530 Parnassus Avenue
(Kalmanovitz Library/Street Level)

Caffé Central

Hot and cold drinks, delectable pastries and tasty salads

Monday-Friday:
8:00am-6:00pm

2 Koret Way
(Floor 2, facing Saunders Court)

Ladle & Leaf

Serving soups and salads all made fresh and in house

Monday – Friday:
7:00am – 4:00pm

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-8:00 pm
Saturday & Sunday:
8:00 am-5:00 pm
415.682.8038

Panda Express
Chinese-inspired appetizers, entrees, side dishes

Monday-Friday:
9:30 am-8:00 pm
Saturday & Sunday:
10:30 am-5:00 pm
415.665.7954

Carmelina's Taqueria
Tacos, burritos, enchiladas, quesadillas, nachos, daily specials

Monday-Thursday:
7:30 am-7:00 pm
Friday: 7:30 am-5:00 pm
Saturday: 10:00 am-3:00 pm
415.502.1121

Palio Caffé
Espresso drinks, panini sandwiches, salads, lasagna, soup, pastries

Monday-Thursday:
6:30 am-6:00 pm
Friday: 6:30 am-5:00 pm
415.681.9925

Subway
(Floor B1)
Sandwiches, wraps, salads, soups, cookies

Monday-Friday:
7:00 am-9:00 pm
Saturday & Sunday:
8:00 am-8:00 pm
415.661.0199

Transportation

Shuttle Stop
530 Parnassus Avenue
(Library)

BLACK stops:
Mount Zion → Laurel Heights
Monday-Friday:
6:30 am-7:45 pm

TAN stops:
Laurel Heights → Mount Zion
Monday-Friday:
6:40 am-7:35 pm

LIME stops: Buchanan Dental Center → Mission Center Building (MCB)
Monday-Friday:
6:05 am-8:35 pm

PURPLE stops: 3360 Geary → Mount Zion → 3360 Geary
Monday-Friday:
6:15 am-6:38 pm

Shuttle Stop
505 Parnassus Avenue
Medical Center-Emergency

PINK stops: Kezar
Monday-Friday:
5:30 am-9:00 am

Shuttle Stop
414 Parnassus Avenue
(Langley Porter Psychiatric Institute-LPPI)

GREY stops: Mission Bay
Monday-Friday:
6:15 am-10:08 pm

BLUE stops: SFGH → Mission Bay → Mount Zion
Monday-Friday:
5:55 am-9:30 pm

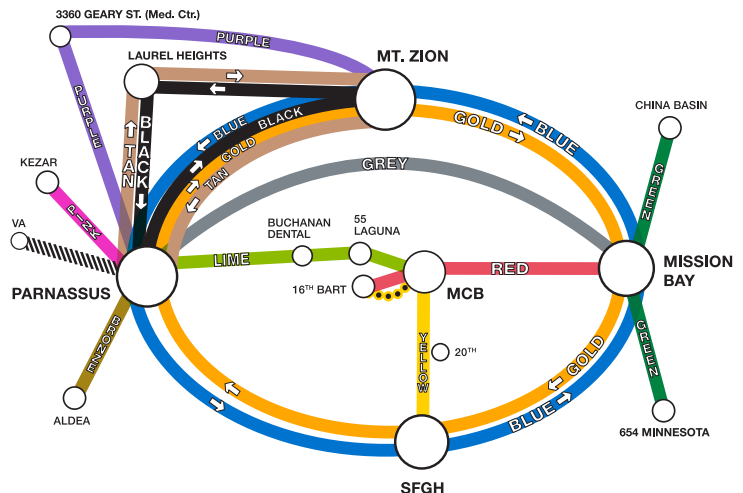
GOLD stops: Mount Zion → Mission Bay → SFGH
Monday-Friday:
5:45 am-9:20 pm

BRONZE stops: Aldea Housing → Surge/Woods Lots
Monday-Friday:
6:40 am-6:49 pm

VA stops: Veterans Administration Medical Center
Monday-Friday:
6:35 am-9:05 am,
4:35 pm-7:05 pm

UCSF Shuttle Hotline
415.476.GOGO (4646)

UCSF Shuttle System
NextBus: nextbus.com/#1/ucsf



500 Parnassus Avenue, Millberry Union Public Garage

(Entrances on Parnassus and Irving)

3 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

Public Parking Info
415.514.4520

Permit Parking Info

415.476.2568

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

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

Wi-Fi

Free wireless service;
UCSFguest, no password

Department Seated Massage

Seated massage can come to your department at any UCSF location
415.514.4543

Teambuilding

Custom team challenges, ice breakers, local excursions, rock wall climbing parties, and more
415.514.4581

Documents & Media

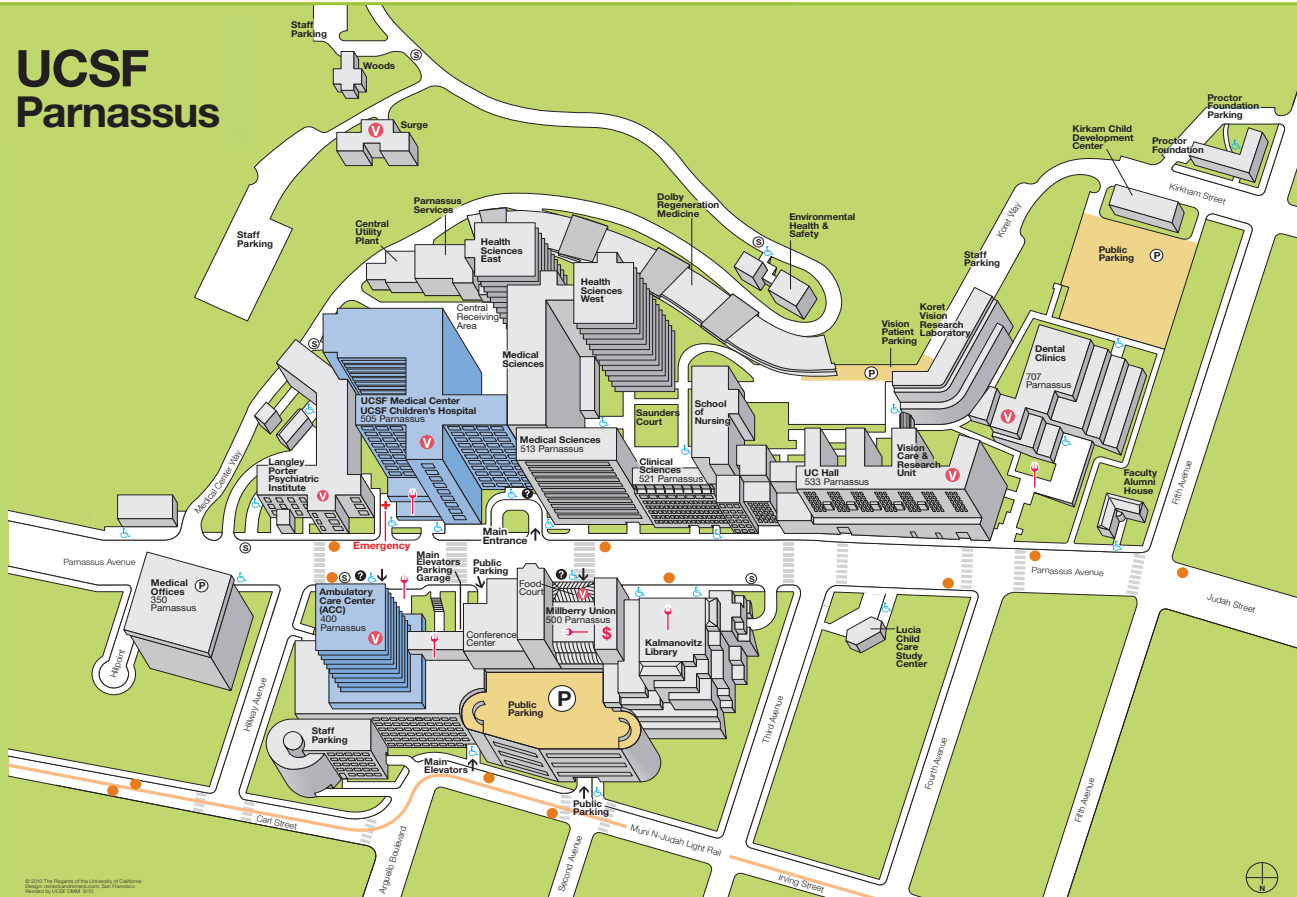
500 Parnassus Avenue
(Millberry Union, Floor P8, Room 10E)

Printing, design, photography, stationery, multi-function printers
415.514.2054

Millberry Union Event & Meeting Center

Comfortable furnishings, audio-video capabilities, and Wi-Fi Internet access, dramatic views, for hosting workshops, meetings, lectures, receptions, for casual or formal events
415.476.2019

UCSF Parnassus



- \$ - ATMs
- P - Parking
- S - UCSF Shuttle
- - Muni Bus Stop
- - Entrance (Accessible) ♿
- V - Vending Machines
- 🍴 - Food
- i - Information



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Building Issues & Recycling

Facilities Customer Service Hotline
415.476.2021

Recycling & Waste
415.502.6808

Lodging & Housing

Housing Services

On-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

Aldea Center Housing Office
155 Johnstone Drive (at the top of Medical Center Way)
415.476.2231

Family Services

Family Services

Child Care referrals, sitter search and back-up care resources, parent education events, parent networks, and more

Myfamily.ucsf.edu

Millberry Fitness & Recreation Center

Youth aquatics lessons, outdoor activities (family kayaking and backpacking), youth tae kwon do

500 Parnassus Avenue
415.476.1115

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.
website: laundrylocker.com

Shopping

500 Parnassus Avenue
(Millberry Union)

Campus Cuts

(Floor B1)
Full service hair care for men and women; hair products and gift certificates available; walk-ins welcome

Monday-Friday:
9:00 am-5:00 pm
Saturday: 9:00 am-1:00 pm
415.476.4827

Transit Passes

(Garage Floor P7, Room 26)
Fare cards and monthly passes available for purchase for the following transit services:

- Clipper Card sales
- MUNI Monthly Fast Passes (Adult only - good on MUNI & BART within San Francisco)
- Monthly pass – Adult, senior, youth and RTC
- MUNI limited-use tickets
- MUNI (cash value)
- BART (cash value)
- Caltrain monthly pass, 8-rider ticket, and cash value
- AC Transit monthly passes and cash value
- Golden Gate transit and Ferry cash

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

Vision Optical

(Floor B1)
Comprehensive vision services, contact lenses, and quality frames

Monday-Friday:
8:30 am-5:00 pm
415.476.3100

Walgreens at UCSF

(Street Level)
Full service pharmacy, travel consultations, and vaccinations

Monday-Friday:
8:30 am-8:30 pm
Saturday & Sunday:
9:00 am-5:00 pm
415.681.3394

You See Flowers

(Street Level)
Fresh flowers, plants, and arrangements for all occasions available for pick-up and delivery; online ordering available

Monday-Friday:
9:00 am-5:00 pm
415.476.2898
youseeflowersatuc.com

UCSF Campus Store

(Floor B1)
Books, apparel, emblematic accessories, gifts, supplies, and personal technology needs
Monday – Friday
9:00am – 5:30pm
415.681.3832



Millberry Fitness & Recreation Center

(500 Parnassus Avenue, Millberry Union, Floor B1)

More than a gym – a fitness lifestyle. Cardio, weights, classes, pool, sports, massage, personal training, and more; single-day, 10-visit passes, and monthly memberships available. Open to the public. UCSF and UC discounts available.

Monday-Friday: 5:30 am-10:00 pm
 Saturday & Sunday: 7:30 am-8:00 pm
 415.476.1115

Connect with us online.

campusliveservices.ucsf.edu

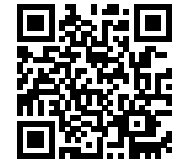
 facebook.com/UCSFCampusLifeServices

 instagram.com/ucsfcampusliveservices

 twitter.com/UCSF_cls

Mobile Concierge

CLS services app, available for Android or iPhone



Relaxation & Fun

500 Parnassus Avenue

(Millberry Union)

Massage

Seated

15-minute restorative massage done fully clothed

Therapeutic (Table)

75-minutes; includes day use of the fitness center, sauna, robe, towel service, and a lock

Call for appointment availability
 415.476.1115

Outdoor Programs

Teambuilding, kayaking, hiking, camping trips
 415.476.2078

Arts & Events

Concerts, movie screenings, discounts on local attractions, seasonal celebrations, staff appreciation, craft-making
 415.476.2675

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



Directory

Banking & ATMs

513 Parnassus Avenue

Golden 1

(School of Nursing Lobby)

505 Parnassus Avenue

Golden 1

(Floor 2)

500 Parnassus Avenue

(Millberry Union, Floor B1)

Bank of America

Golden 1

Wells Fargo

2 Koret Way

(School of Nursing, Floor 2)

Chase

350 Parnassus Ave

Bank of America

400 Parnassus Avenue

Chase

(ACC Elevator Breezeway between 400-500 Parnassus)

First Republic Bank

(ACC Elevator Breezeway between 400-500 Parnassus)

Golden 1

(ACC Building, Floor J)

Wells Fargo

(ACC Building, Floor J)

Arts & Events

415.476.2675

Documents & Media

415.514.2054

Event & Meeting Services

Millberry Union Event & Meeting Center, Parnassus: 415.476.2019

Aldea Center on Mount Sutro: 415.476.9888

Other campus locations: Mission Bay: 415.514.4848

Facilities Services

415.476.2021

Family Services

Myfamily.ucsf.edu

Fitness & Recreation

Parnassus: 415.476.1115
Other campus location: Mission Bay: 415.514.4545

Housing Services

Aldea: 415.476.2331
Other campus location: Mission Bay: 415.514.4550

Retail Services

415.514.4743

Transportation Services

415.476.4646