

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, 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

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

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

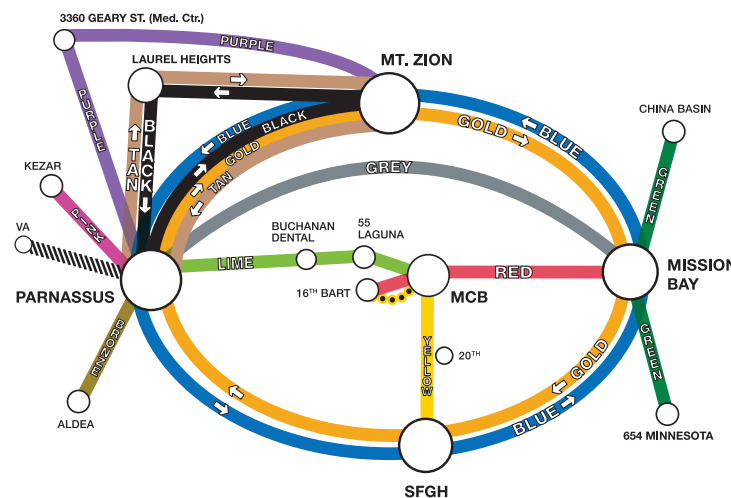
BRONZE stops: Aldea Housing → Surge/Woods Lots
Monday-Friday:
6:40 am-6:49 pm

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



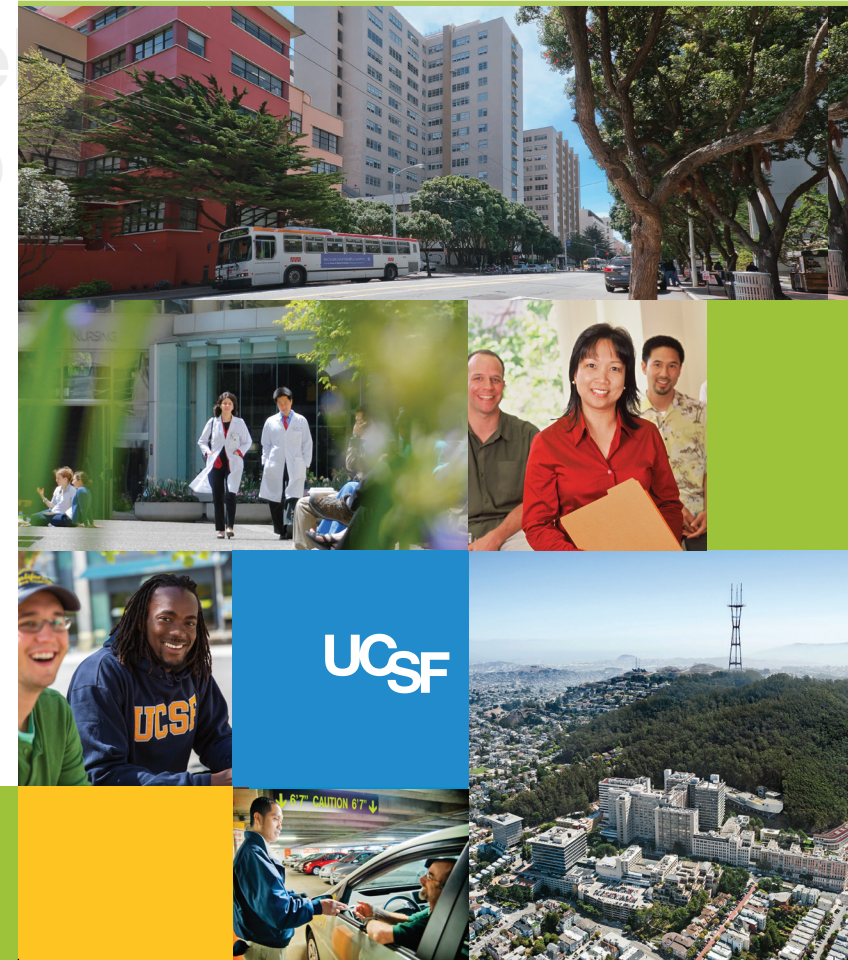
Welcome!

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.

meet up study
get fit get around
fun play
go to
work help
learn shop
graduate relax live
get well stretch
teach get fit laugh
rest bond eat

here
at UCSF
A GUIDE TO SERVICES
PARNASSUS



UCSF Campus Life Services

Making life better here.

Campus Life Services

Connect with us online.

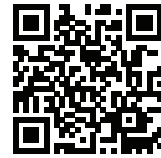
campusliveservices.ucsf.edu

 facebook.com/UCSFCampusLifeServices

 instagram.com/ucsfcampusliveservices

 twitter.com/UCSF_cls

Mobile Concierge
CLS services app,
available for Android
or iPhone



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

Parking

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

Business Services

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

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-ride 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

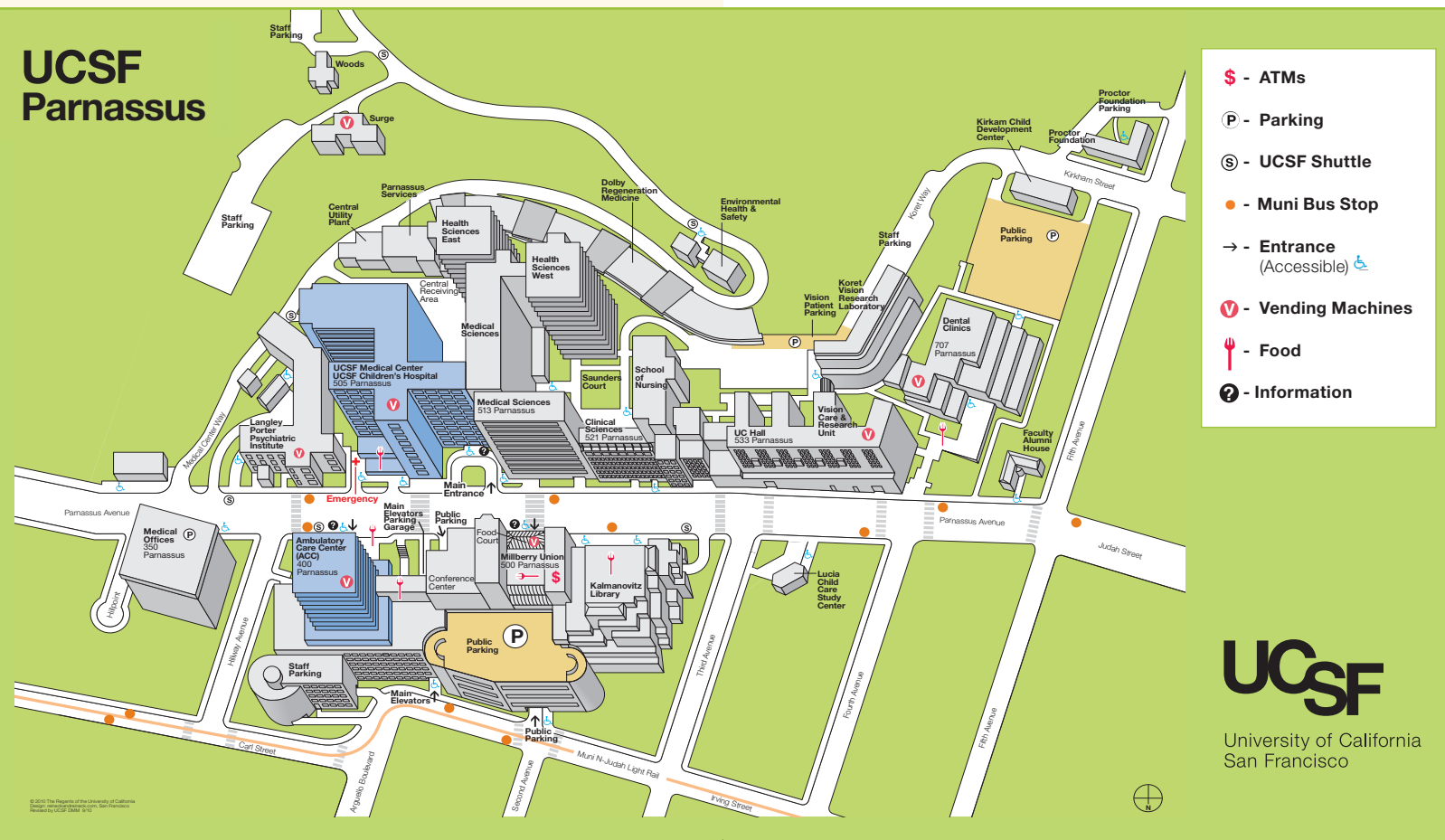
You See Flowers

(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

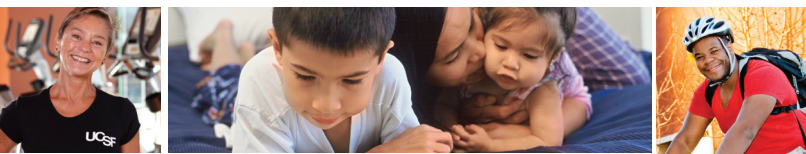
UCSF Campus Store

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



UCSF
University of California
San Francisco

DM 303356 - December 2016



Directory

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