

Living in San Francisco

LOOKING FOR HOUSING	3
THE ESSENTIALS	6
ELECTRICITY AND PHONE SERVICE	6
AUTO MECHANICS	6
BOOKS	6
CLOTHES	6
DISCOUNT STORES	7
DRY CLEANING AND LAUNDRY	7
FURNITURE	7
HAIRCUTS	7
HARDWARE/BUILDING SUPPLIES	7
MUSIC	8
POST OFFICES	8
VIDEO RENTALS	8
FOOD: ON AND OFF-CAMPUS	9
EATING AT UCSF	9
EATING OUT	9
GROCERY STORES	14
TRANSPORTATION	15
ENTERTAINMENT	21
PERFORMING ARTS	20
MUSEUMS AND GALLERIES	21
CINEMA	22
NIGHTLIFE	22
RECREATION	25
MILLBERRY UNION PROGRAMS AND SERVICES	24
OUTDOORS UNLIMITED	24
RECREATION IN THE CITY	25
GOLDEN GATE PARK	25
OTHER PARKS IN SAN FRANCISCO	27

SPORTS	26
NEIGHBORHOODS TO WANDER	26

THE BAY AND BEYOND **29**

MARIN AND BEYOND	29
SONOMA AND MENDOCINO	33

LIVING IN SAN FRANCISCO:

Looking for Housing

THE BASICS:

- Have a renter's application (or "renter's resume") filled out when you begin. This should include former tenant information, employment information, credit history, and personal references. You can also obtain letters of recommendation from the program by contacting Debbie. Since the program pays for your tuition, you may want to include tuition as part of your "salary" to satisfy landlords who discriminate on the basis of income.
 - If you have a pet, it may help to bring a "pet resume" showing that your little buddy won't wreak havoc on the place. Bring a cute picture, too. (Yes, this is absurd, but I didn't write the rules).
 - Obtain a credit report. The big national agencies are Experian (www.experian.com/consumer, or call 888-397-3742), Equifax (www.equifax.com, or 800-729-0083), and TransUnion (www.tuc.com, ordinarily, no phone orders). You can order an instant credit report online for about \$10. Allow a week or two for delivery of a hard copy. Or, in SF, contact Renttech to obtain a paper Equifax report on the spot for \$30 (863-7368).
 - Plan on having enough money for a deposit, application fees, utilities, etc. (realistically, about \$1500-2000). Stipend checks don't start arriving until October 1, so start saving/begging NOW. If you have a problem, see the Program Director.
 - Have a telephone number. You can rent a cell phone or voicemail number at many places around town, including Renttech. It's important to give landlords or potential roommates a way of contacting you **quickly**.
 - Bring a good map to San Francisco when hunting for a place to live.
 - Leave **LOTS** of time to do this. It's reasonable to spend a month looking for a place, although in the weakened local economy often you can find a nice place within a few weeks depending on your familiarity with the city. Bring a sleeping bag and expect to couch-surf with grad students, or think about subletting a place for the summer. Contact the medical school's Office of Curricular Affairs (476-2346) to access the "medlists" (in which med students advertise empty sublets), or check the UCSF website (below). The International Youth Hostel at Fort Mason is another housing option (771-7277), as are local guesthouses and hotels. Try the Carl Hotel (at 198 Carl St., 661-5679), Moffatt House (various Inner Sunset locations, 661-6210), or Hillpoint Inn (15 Hillpoint Ave, 753-0393). Additional listings are at http://www.cas.ucsf.edu/cho/Short-Term/OC_Lodging_MAIN.html
 - Public phones cost 50 cents. Bring change (or get a cell phone).
 - Keep a sense of humor about this.
 - A helpful glossary of terms for perusing the housing ads:
 - W/D – washer dryer
 - Hdwd – hardwood floors
 - Ww, w/w, or ww carpet – wall to wall carpet
 - PG&E – Pacific Gas and Electric
 - GGP or GGPark – Golden Gate Park
 - BR – bedroom
 - Studio – combined living room and bedroom with no dividing wall
 - Lndy – laundry or Laundromat
 - Sqft – square foot
 - Flat – occupies entire floor of house or building
 - In-law – unit within house occupied by owner. May or may not have separate entrance.
-

THE (affordable) NEIGHBORHOODS:

THE SUNSET: Some of the cheaper rents around, lots of pastel stucco, somewhat foggy, and replete with good restaurants. Good transportation on the N-Judah and 28-19th Ave lines, and generally within walking/biking distance from campus. A big plus: near the beach and the park. A big minus: you may not want to look up at UCSF from your bedroom.

COLE VALLEY: Beautiful homes, close to UCSF, a little sunnier, but very popular with yuppies (and consequently not-so-affordable anymore). Near the Haight. On the 43-Masonic and N-Judah lines, and within walking distance of UCSF.

THE RICHMOND: Fairly inexpensive, mostly (but not totally) lacking in architectural splendor, some fog, ethnically diverse, and amazing Asian restaurants. The Richmond is well-served by the 38-Geary bus and the 28-19th Avenue, and is a short bike ride from UCSF. Also, it is near Baker Beach and the Presidio. Plus/Minus: you ARE a little bit isolated from UCSF and your classmates here.

THE HAIGHT: Forget the '60s. Today, the Haight is filled with trendy boutiques and tourists by day (the Gap is on the corner of Haight and Ashbury); homeless folks and their dogs reliving the Summer of Love by night. Beautiful Victorians rent for a ridiculous sum. A better bet is the Lower Haight (East of Divisadero), which is less gentrified, and cheaper. Well-served by the N-Judah and various bus lines (6, 71).

FILLMORE/WESTERN ADDITION/NORTH OF PANHANDLE: Affordable housing is available here, but isn't always easy to find. Served by the 43-Masonic bus line. Looks a lot like the Haight, but with fewer shops and crowds.

NOE VALLEY: Pretty Victorians, sunny, lots of families and young couples. Pricey. A schlep up a big hill to UCSF. Served by the 22-Fillmore and J-Church MUNI lines, so you need to transfer to the N-Judah to get to UCSF.

CASTRO: Super-lively neighborhood, traditionally the gay district of SF. Attractive homes, costly, and a journey up the 17th St. hill to UCSF. Served by the N-Judah and other MUNI lines.

THE MISSION: Sunny! A largely Latino neighborhood which is still cheap, and wonderful food. Far from UCSF, but close to SFGH and Mission Bay. Served by the 22-Fillmore, which connects to the N-Judah, T-Third and the 14-Mission. The Mission has a reputation for crime, so ask the landlord or check with other students about the particular location before you sign the lease.

TREASURE ISLAND: Literally an island in the middle of SF Bay (but not Alcatraz). Former military homes are now being rented to students at "affordable" prices. Amazing views of the city, but transportation off the island is not always easy to come by.

UCSF HOUSING OFFICE

Housing Services

Mission Bay

1505 4th Street

San Francisco, CA 94143-3100

TEL 415/514-4551

FAX 415/514-4560

<http://www.campusliveservices.ucsf.edu/housing/default.html>

Housing Services

Parnassus

500 Parnassus Avenue
Millberry Union 102 West
San Francisco, CA 94143-0232
TEL 415/476-2231
FAX 415/476-6733

<http://www.campuslifetimeservices.ucsf.edu/housing/default.html>

These offices administer all UCSF housing options. Accommodations for single students consist of the Turk Boulevard Housing Program and the University Residence Program (mostly pharmacy students). Aldea San Miguel is the family student housing facility (a good, inexpensive option if you are married with a family). Rents are adjusted annually.

Of much greater importance... OFF CAMPUS HOUSING OPTIONS

The Housing Office maintains a self-service bulletin board that lists privately owned off-campus rentals including apartments, flats, houses, rooms, and shared arrangements. Listings are available on-line at the Housing Options web site (<http://www.housing.ucsf.edu/cho>) under On-Line Services. The website is updated far more frequently than the bulletin board. Note, however, that access to the website is NOT restricted to UCSF personnel; it is a very popular listing service for SF home-seekers.

The Housing Office does not investigate, endorse, or guarantee the accommodations listed. Students, especially those with families, are encouraged to allow ample time for locating suitable housing prior to the start of the quarter.

Other housing options include roommate referral services, rental listing agencies, word-of-mouth, walking through neighborhoods looking for "RENT" signs, looking at bulletin boards (try the bulletin boards at UCSF and at local coffee houses), real estate offices/property managers, and reading the paper.

Roommate referral services: for a modest fee, you can search detailed listings of houses and flats to share with one or more people. Rents are cheaper this way, you may have more flexibility, and you won't be lonely. Expect to pay \$500-\$1000 for shared situations. Two reliable services are Roommate Referrals (www.roommateservice.com) and Renttech (www.renttech.com), 18th St and Hartford (near Castro), 863-7368). Roommate referral has listings over the phone, in print, and on the web; Renttech has walk-in, fax, and web options.

Rental Listing Agencies: these companies specialize in rental properties (which you can then share with others), and charge you for looking. Leases typically last for a year. Among the many services are Metro-Rent (www.metrorent.com, 2021 Fillmore, 563-RENT) and Renttech (see above). Real estate agencies and property managers perform similar services. Find them in the Yellow Pages. On the web, try www.springstreet.com. Another bet is www.SF4Rent.com, which has listings of vacant apartments and shares.

Hitting the pavement: talk to friends, colleagues, storekeepers, bartenders, ANYONE about places that might be available in the neighborhood. If you see an area you like, take a walk around -- landlords frequently post "FOR RENT" signs (and don't advertise anywhere else).

Craig's List and other online bulletin boards: A great, FREE on-line resource is the community bulletin board called Craig's List (www.craigslist.org), which includes SF housing listings. It also allows you to post an ad -- and attracts a fairly amusing and literate crowd. Craig's List is well-read, so apartments are snatched up quickly. For moral support (and still more listings), try SF Renter at www.Sfrenter.com.

A WORD ABOUT RENT CONTROL LAWS IN SF: Rent in San Francisco is regulated differently than in California as a whole. Buildings built before the early 1970's are under rent control, which means that rents do not increase more than 2.8% per year IF at least one tenant has his/her name on the lease. If the "original leaseholder" moves out, landlords are able to increase the rent to whatever they feel is appropriate. In addition, landlords cannot kick out tenants who pay their rent on time -- so once you're in, you're in. The exception is if the landlord 1) decides that s/he or an immediate family member wants to move into your unit (Owner-Move-In eviction), or 2) if the building is being taken off the rental market permanently (Ellis Act eviction). BE SURE to ask if your prospective unit is subject to rent control! Additional information can be found at the SF Tenants' Union (www.sftu.org), or phone 282-6622) or the SF Rent Board at www.ci.sf.ca.us/rentbd.

Living in San Francisco:

The Essentials

Just in case you were wondering where to buy a box of picture hooks (if you're settled) or a sleeping bag (if you're not), here are a few suggestions from UCSF students.

ELECTRICITY AND PHONE SERVICE:

Pacific Gas and Electric (PG & E): <http://www.pge.com/> or 1-800-PGE-5000 to establish new service.
Pacific Bell: <http://www.pacbell.com/> or call 1-800-310-BELL (2355) for residential customer service, between 8 a.m. and 6 p.m. weekdays.

AUTO MECHANICS (reliable):

Auto Dynamics: 240 6th. St. between Folsom and Howard. 861-8668.

Cole Garage: 930 Cole St. near Carl. 753-2280.

7th Ave Garage: 1311 7th Ave at Irving. 665-6370.

Melrose Motors: 4818 Geary at 12th. 387-4725.

Emerald Auto & Brake: 12th Avenue and Judah. 564-1330

These mechanics can also recommend Smog Check stations, if you're registering a car from out-of-state.

Gasoline is ridiculously expensive in SF, but the ARCO station on Fell and Divisadero has good prices. (But don't go there for Smog Check -- they have been known to suggest unnecessary repairs).

BOOKS:

In addition to Borders and Barnes & Noble, here are a few local shops.

A Clean, Well-Lighted Place for Books: 601 Van Ness. 441-6670. Like it says. Frequently holds readings by prominent authors. Open late.

Black Oak Books: 8th Ave. and Irving. New and Used books.

City Lights: 261 Columbus Ave. 362-8193. Famous bookstore owned by beat poet Lance Ferlinghetti.

Green Apple Books: 506 Clement. 387-2272. One of the largest and best used bookstores in the City, with a good selection of remainders and art books. Open late.

CLOTHES:

Local malls include SF Center (Market and Powell Streets downtown), Stonestown Galleria (19th Ave and Winston Drive), and Serramonte Center (off I-280 in Colma). Union Square is the heart of San Francisco's shopping district; most well-known stores have a branch in the neighborhood.

Department Stores include Bloomingdales (Westfield Mall), Macy's (Union Square, Serramonte Center, Stonestown Galleria) Nordstrom's (SF Center or Stonestown Galleria) and H & M (Union Square).

For Outdoor gear, try REI (840 Brannan Street, between 7th and 8th Streets) and the North Face outlet (1325 Howard St.).

The Haight is great if you're in search of funky new and used clothing. Check out Aardvark's, Buffalo Exchange, or the Wasteland for unusual used items. The Fillmore St. neighborhood, near California St., has a handful of classy thrift shops (such as Crossroads), as well as some very trendy boutiques.

Goodwill has a plethora of shops around town, but its new flagship is at 2279 Mission (826-5759).

Outlets include CP Shades in Berkeley at 2133 University Ave, ROSS stores sprinkled around the city, and the outlets in SOMA on 2nd and 3rd Streets, near Bryant and Brannan.

DISCOUNT STORES:

- Cost Plus: 2552 Taylor at the Wharf. 928-6200. Housewares, specialty foods, and wines.
- K Mart: 1200 El Camino Real, Colma.
- Office Depot: all the office supplies you could need, no membership. 855 Harrison, 243-9959; 2675 Geary Blvd. (at Masonic Ave.), 441-3044
- Office Max: Geary Blvd. at Arguello. 831-1080.
- Price-Costco: 450 10th Street (626-4288); 451 S. Airport Blvd. in South San Francisco, (872-2021). Many other locations as well. You can buy virtually anything in bulk here, but you have to be a member.
- Target: 5001 Junipero Serra in Colma. 992-8843. Discount household goods, electronics, etc.
- Whole Earth Access: 401 Bayshore Blvd. 285-5244. This enormous store has household appliances, electronics, and almost everything else you can imagine. There's an even larger store in Berkeley. If you're planning on moving, this is a place to get free boxes.

DRY CLEANING AND LAUNDRY:

Prosperity Cleaners: 912 Cole between Parnassus and Carl. 566-9040.

Snow White Cleaners: 340 Judah (at 9th Ave.). 664-0550.

Sunshine Cleaners: 1500 9th Ave. (and Kirkham). 661-0473.

Neighborhood laundromats are plentiful, and usually open until 10 or midnight. Brain Wash on 1122 Folsom St. is a combination cafe and laundromat, for those of you who seek conversation amidst the hum of countless spin cycles (431-9274).

FURNITURE:

Weekend garage sales occur frequently in the Sunset and Richmond, and are a great way to furnish a place.

- IKEA: 4400 Shellmound St., Emeryville. 510-420-4532. Just over the Bay Bridge, this is THE place to pick up cheap Swedish furniture and meatballs.
- Discount Depot: 525 Haight. 552-9279. For furniture, futons, or linens.
- Goodwill: Their flagship is at 2279 Mission (826-5759), but there are branches in many other SF neighborhoods.
- Pier 1 Imports: 3535 Geary, at Stanyan (387-6642), or 9th and Bryant.
- Craig's List: <http://www.craigslist.org/sfo/fur/> or <http://www.craigslist.org/sfo/gms/>

HAIRCUTS:

- Campus Cuts: I level, Millberry Union.
- Supercuts: Irving between 8th and 9th Aves. Cheap, but for a reason.
- Chinatown: various locations. Great haircuts for less than \$12.
- OR, look on the back of the Bay Guardian for salons offering free/cheap model cuts. You may need to go for a few hours, but the savings is worth it. Architects and Heroes and DiPietro Todd are two great salons that offer model cuts.

HARDWARE/BUILDING SUPPLIES:

- Cole Hardware: 956 Cole near Parnassus. 753-2653. Very helpful service.
- Home Depot: off I-280 in Colma. 650-755-9600.
- Irving Variety: Irving between 7th & 8th Aves. 731-1286. Find your odds & ends here.
- Progress (True Value): 724 Irving near 8th Ave. 731-2038.

MUSIC:

Major chains include Tower, Virgin Megastore, and Warehouse. Here are a few local picks:

- Amoeba Music: Haight and Stanyan. Huge selection, shows, late hours. 831-1200.
- Mobster Records: 85 Carl St., 242-0119. Small, neighborhood new + used store.

POST OFFICES:

There is a stamp machine on the I level Millberry Union near the ATM machines as well as the by the elevators of the Ambulatory Care Center. The nearest post office branch is on Irving at 9th Ave., last pick-up at 5:30 pm. Other branches include 22nd Ave. and Irving, Haight and Clayton, and 3425 Geary at Parker. This branch also has a passport window.

VIDEO RENTALS:

Le Video: 9th Ave. at Lincoln. Wide selection of current releases, oldies, and foreign films. Much better than the local Blockbuster Video (Geary Blvd. at 17th Ave.).

Living in San Francisco

Food: On and Off-Campus

Eating at UCSF

- Moffitt Cafeteria: Sure, it's a hospital cafeteria, but it has an impressive variety of offerings, and a few genuine deals. No tax if you tell the cashier you're a student.
- Panda Express: The food court at Millberry Union houses one of a chain of fast-food Chinese restaurants. Quick, greasy, and it attracts throngs at lunch.
- Palio: This yuppie Italian eatery charges an arm and a leg, but draws a crowd because of its specialty sandwiches, salads, coffees, and addictive iced tea.
- Carmelina's Taqueria: Some items are affordable. Fairly tasty Mexican fast food.
- Bear Snacks: Directly west of the Millberry Food Court there sits this convenience store, which sells cookies, snacks, drinks, magazines, and a wide assortment of both gourmet and common candies.
- Subway Sandwiches: On the I level of Millberry Union, home of Jared. Open on weekends.
- Courtyard Cafe: AKA the Nursing School cafe. Its sandwiches, Chinese entrees, and coffee are a staple and the wide-windowed dining area is a central meeting place. Located on the west side of Saunders Court, the central courtyard between the S building and the Nursing building.
- Starbucks: The ubiquitous tentacles of this nefarious organization reach to the street level of 350 Parnassus. A better choice is ...
- Caffe Terzetto: Coffee cart under the Ambulatory Care Center entrance. Good coffee with a discount if you bring your own mug.
- Vending Machines: Moffitt Hospital's only vending machines are located on the second floor, down the same hallway as the cafeteria.

Eating Out!

In a city with over 4,000 restaurants, where does one begin? Think about it - even if you eat out once a day, every day, it will take you over 10 years to try all of them! Here's a guide to help you through this maze of gastronomic excess. Bon Appetit!

KEY: V = vegetarian-friendly
 \$ = around \$10 or less
 \$\$ = between \$10-20
 \$\$\$ = over \$20

NOTE: prices include dinner for one person without wine or drinks.

INNER SUNSET:

Art's: 747 Irving. 665-7440. Greasy spoon, fork, and knife. Best priced breakfast in the Sunset. Lunch specials include Korean barbeque. \$

Beanery: 7th and Irving. 661-1090. A favorite for residents of the Inner Sunset. Come here in the morning and relax outside on the sidewalk. \$

Beijing on Irving: 1030 Irving 731-8110. Mainstream Chinese-American dishes served by a quirky head waiter. Lunch is probably better than dinner. \$, V

The Crepevine: Irving btw. 7th and 8th. 681-5858. Savory and sweet crepes in a relaxed, inviting setting. Try the lemon-carrot-honey-ginger juice -- it's delicious. Packed at brunch. \$, V

Ebisu Restaurant: 1283 9th Ave. 566-1770. Very good sushi and other Japanese entrees. Ask about the house specials which are not on the menu such as the caterpillar roll and the 49er roll. Closed Sundays. \$\$-\$\$\$\$

Hotei: 1290 9th Ave. 753-6045. Terrific Japanese noodle dishes, friendly and efficient service. \$, V.

Just Like Home: 1924 Irving, at 20th. 681-3337. Tasty, basic Middle Eastern sandwiches and platters. \$, V

L'Avenida Taqueria: Irving at 6th. 681-1246. A reliable and friendly neighborhood staple. Packed at lunch and dinner. \$, V

Mae Thip: 524 Irving near 6th. 759-9644. One of the better Thai restaurants to be found in walking distance to UCSF. \$-\$\$, V

Marnee Thai: 2225 Irving (& 23rd). 665-9500. Astonishingly good, inexpensive Thai food. \$, V

Minh Tri: 534 Irving. 566-5335. Bright, spicy Vietnamese cuisine. \$-\$\$, V

Naan and Curry: 642 Irving. 664-7225. Great Indian/Pakistani food and extremely affordable. \$, V

Park Chow: 1240 9th Ave. near Lincoln. 665-9912. Lively international salads, pastas, sandwiches, and specials. Friendly, hip service. \$, V

PJ's Oyster Bed: 737 Irving (near 9th). 566-7775. Cramped, loud atmosphere with awesome oysters and zesty Cajun favorites. Best seafood in the Inner Sunset. \$\$\$

Pasquale's: Irving and 8th Avenue. Tasty pizza for the Sunset. \$

Pasta Pomodoro: 816 Irving St. 566-0900. Good pasta at good prices. \$\$

Pluto's: 627 Irving St. 753-8867. Cafeteria-style salads, grill, and sides. Huge, delicious portions for a pittance. \$, V

Pomelo: 92 Judah near 6th Ave. 731-6175. Small noodle shop with inventive international dishes. \$, V

Tart to Tart: 641 Irving at 7th. 753-0643. Lunch and desserts. You may see more med students here than in HSW on some mornings. \$

Wing Sing Bakery: 339 Judah. 661-5798. The dim sum is not the world's best, but is extremely inexpensive and close enough to campus for lunch. (Better yet, you can take it to the park). \$

COLE VALLEY/THE HAIGHT:

AXUM café: 698 Haight. 252-7912. Ethiopian food. \$, V

Bangkok 900: 900 Stanyan, 665-5333. Great, inexpensive Thai food, friendly waiters, and a comfortable, casual atmosphere. \$, V

Cha Cha Cha: 1805 Haight. 386-5758. Caribbean-influenced tapas. Great tasting and very unusual food with an average of a two hour wait. Put your name on the list and come back in a few hours (your table will almost be ready) or hang around and try pitchers of their sangria (you'll still wait two hours, but you won't care by the end). The goat cheese and red pepper sandwich is terrific. \$/\$\$

Crepes on Cole: Carl & Cole. 566-4433. The best of the nearby crepe places. Tasty entrees. Unbelievable chocolate banana walnut crepe for dessert! Outdoor seating on nice days. \$,V

El Balazo: 1654 Haight, near Clayton. 864-8608. Innovative Mexican (care for a cactus burrito?), good salsas. \$, V

EOS: 901 Cole St., 566-3063. Inventive Eurasian dishes with an award-winning wine list, casual atmosphere, and innovative presentation. Desserts are amazing. Wine bar next door. Bring your platinum card. \$\$\$.

Escape from New York Pizza: 1737 Haight. 668-5577. Open til 2am. If you like your pizza flat and greasy, this may be the place for you. Pesto pizza is a winner. \$

GrandeHo's Kamekyo. 943 Cole St., near Parnassus. 759-8428. Some say it's the best sushi around. Popular, friendly neighborhood restaurant. If they get to know you, the food is even better. \$\$-\$\$\$\$, V

Kan Zaman Cafe: 1793 Haight. 751-9656. Mediterranean food, Mediterranean style -- complete with hookahs and sweet-smelling tobacco. \$-\$\$, V

Massawa: 1538 Haight. 621-4129. Enormous plates of East African food which you eat with your hands. The service is usually so slow that by the time your dinner arrives, you can usually do it justice. \$-\$\$, V

Nearly Mediterranean: Haight and Cole. This falafel place is great for a pick-me-up. \$, V

Zazie: 941 Cole St. 564-5332. A small French bistro with patio seating in the back. Good for brunch, or for a casual romantic dinner. \$\$

RICHMOND/PRESIDIO HEIGHTS:

Angkor Wat: 4217 Geary (at 7th). 221-7887. Great Cambodian food with a floor show. Recommended by the Vatican. Closed Monday. \$\$

Beach Chalet: 1000 Great Highway. 386-8439. Catch the sunset on a clear night and enjoy honest American/continental food with a super in-house microbrew. \$\$

Brother-in-Laws BBQ: 705 Divisadero. 931-7427. Homestyle BBQ and take-out. \$

Brothers Restaurant (I and II): 4128 Geary Blvd., 387-7991; 4014 Geary Blvd., 668-2028. Excellent Korean BBQ at your table and well worth the wait. Be prepared for BBQ smoke permeating your clothes! \$\$

Cliffhouse: 1090 Point Lobos. 386-3330. Wonderful Omelettes and a great view of the ocean during spring and fall. A tourist destination with an interesting history. See the musee mecanique downstairs. \$\$.

Coriya: 852 Clement St. at 10th Ave. 387-7888, 387-8999. This all-you-can-eat hot-pot and BBQ place is always crowded, even at 10 pm. Open late. Choose from a wide selection of fresh vegetables, seafood, noodles, and sliced meats, then cook it yourself. Great with a crowd of friends. \$\$

Hong Kong Flower Lounge: 5322 Geary. 668-8998. The best dim sum in the city served every day at lunch. Elegant atmosphere and gracious service. \$\$

JAPAN CENTER: Post and Fillmore. A host of restaurants in and around this shopping center.

King Charcoal BBQ: 3741 Geary Blvd., near Arguello. 387-9655. Korean BBQ, less crowded than Brothers. Try the \$40 BBQ dinner for two -- it feeds four, and then some. \$\$, V

Khan Toke Thai House: 5937 Geary Blvd at 23rd. 668-6654. Traditional Thai food in a romantic setting. Leave your shoes at the door. \$\$, V

Mandalay: 4348 California. 386-3895. Fantastic inexpensive Burmese food. \$

Mel's Drive-In: 3355 Geary (387-2244); also at 2165 Lombard (921-3039). Classic diner favorites. Open 'til 1am, or til 3 on weekends. The Lombard St. location is open 24 hours. \$

Natraj Indian Restaurant: 5217 Geary at 17th Ave. (831-7898). Indian favorites, plus a buffet luncheon. \$-\$\$, V

New Golden Turtle: 308 5th (near Clement). 221-5285. Excellent Vietnamese food. The marinated, grilled beef salad is exceptional. \$-\$\$, V

Ocean: 726 Clement. 668-8896. Excellent Cantonese seafood at reasonable prices. \$\$

Peet's Coffee: 3419 California (221-8506) or 2156 Chestnut (931-8302), 54 West Portal (731-0375), and other San Francisco locations. \$

Rassela's Ethiopian Cuisine: 2801 California at Divisadero. 567-5010. Half Ethiopian restaurant and half jazz bar (with live music every night). Talk about symbiosis! Take a date here to impress him/her with the diversity of your tastes. \$\$, V

Straits Cafe: 3300 Geary Blvd. 668-1783. Truly wonderful Singapore food. \$\$

Ton Kiang. 5821 Geary Blvd. 386-8530. Dim Sum in an elegant setting. Packed on weekends. A must for family visiting from out-of-town. \$\$, V

Vishal India Restaurant & Sweets: 5625 Geary Blvd. (nr. 20th Ave) 751-2975. Great food like tandoori and popular Indian music. \$ - \$ \$, V

NORTH BEACH AND CHINATOWN:

JUST WALK AROUND. It's difficult to choose poorly in this area.

House of Nan King: 919 Kearny (in Chinatown, at Jackson). 421-1429. A hole-in-the-wall Chinese restaurant with some of the best Chinese food (as well as some of the longest lines) in San Francisco. Chicken cooked in beer is something to write home about. Come prepared to wait. Walk in and tell the owner to surprise you. You won't be disappointed. \$-\$\$

Ristorante Ideale: 1309-1315 Grant Ave. at Vallejo St.. 391-4129. Light Italian food, pleasant atmosphere, snooty waiters. \$\$

L'Osteria del Forno: 519 Columbus Ave. 982-1124. Delicious homemade Italian. A little oasis on Columbus. Yum. \$

Mario's Bohemian Cigar Store: 556 Columbus. 362-0536. A North Beach landmark. Capuccino, aperitifs, sandwiches, and some al forno specials, but do they really sell cigars...? \$

Silver Restaurant: 737 Washington (Chinatown). 433-8888. Chinese food with an extensive menu, open 24 hours. Hang out and watch entire families eating dinner in the middle of the night, if you don't mind grease dripping down your chin. \$

Stinking Rose: 325 Columbus. 781-ROSE. Their motto is "We season our garlic with food." Huge lines; not always worth the wait. \$\$

Waterfront: Pier 7. 391-2696. Fresh, tasty seafood. \$\$\$

THE MARINA:

Andale Tacqueria: 2150 Chestnut. 749-0506. Refined burritos. Come for the salsa and the fireplace. \$, V

The Grove Cafe: 2250 Chestnut. 474-4843. Coffee bar, sandwiches, and great atmosphere. Grab a seat at a big wooden table and play backgammon, or sit outside and people-watch. \$

Inner Sunset favorites Pluto's and Pasta Pomodoro also have branches here, and there's a branch of Mel's Diner on Lombard St..

THE CASTRO AND NOE VALLEY:

Firewood Cafe: 4248 18th St. 252-0999. Salads, pastas, brick-oven pizzas, and sides. Yuppie comfort food in a fun, relaxed atmosphere. \$, V

Nirvana Restaurant: 544 Castro. 861-2226. Pan-Asian noodle house. \$, V

Sparky's Diner & Pizza: 240 Church. 621-6001. Trendy pizza, trendy waiters, trendy clientele, but where else can you get pizza by the slice, sandwiches, and milkshakes at 4am? Try the Barbara pizza. Open all night. \$-\$\$\$

THE MISSION:

An incredibly diverse selection of restaurants has sprung up in this neighborhood, to fit all budgets. Here are but a few less-expensive options. For fine dining, see the weekly papers for the flavor-of-the-moment.

Esperpento: 3295 2nd St. (at Valencia). 282-8867. This Spanish eatery has hand-painted tables. It specializes in tapas, including fiery shrimp and creamy chicken croquettes. A neat dish is octopus in its own ink. \$-\$\$.

La Cumbre: 16th and Valencia. 863-8205. Many say this is the best taqueria in the Mission. Fantastic steak burritos. \$, V

La Rondalla: 901 Valencia (at 20th). 647-7474. Eat Mexican food amid an explosion of Christmas lights (all year) and sometimes a mariachi band. Late hours (open until 2:00 a.m.). Closed Mondays. \$-\$\$\$

La Taqueria: 2889 Mission (near 25th). 285-7117. Very good steak burritos and tantalizingly close to Dianda's Italian Bakery for when you've lost all shame and are really ready to make a pig of yourself. \$, V

Taqueria San Jose: 24th and Mission. 282-0203. Rumor has it they serve the best burritos in the known universe. \$, V

Tacqueria Can-Cun: 2288 Mission (252-9560) and 3211 Mission (550-1414). Great Mexican (noticing a theme here?). Try the Burrito Mojado, which drips with red sauce, cheese, sour cream, HOT salsa, and guacamole, for less than \$4. \$, V

Ti-Couz Creperie: 3108 16th St. at Valencia. 252-7373. Long lines, tasty crepes. \$\$, V

Here's a list to get your cupboard stocked. A * denotes stores within a few blocks of UCSF.

Grocery Stores

Large grocery stores:

- * Andronico's: Irving & Funston: Although they do have wonderful fresh produce and an extensive selection of cheeses and meats, Andronico's has been nicknamed "Pay-Through-The-Nose" with good reason.
- * Cala Foods: Stanyan & Haight: Less expensive than Andronico's. Also at Calif. & Hyde; Geary & 4th. Open 24 hours.
- Safeway: 7th Av. between Fulton and Cabrillo; Taraval and 17th; Noriega and 30th Ave.; Church & Mission. Open 24 hours. Some also have a pharmacy. Marina Safeway at Marina Blvd. & Buchanan is a favorite of the local singles. Pick up prospective partners while you shop - not a joke.
- Trader Joe's: Masonic and Geary; 9th and Bryant. An experience. Gourmet breads, cheeses, prepared foods, frozen foods, juices, fruits and more ...including an extensive wine collection. Best of all, the prices are dirt cheap.
- Albertson's on 1515 Sloat Blvd. between 34th Ave. and Lakeshore Plz. There are new Albertson's at Fulton and Masonic (Panhandle) and the Richmond on Clement, right around 39th Ave. or so (just across from the Lincoln Park golf course).

Small grocery stores, produce markets, and specialty markets:

- * Park's Street Markets: 5th Av. and Irving; 10th Av. and Irving: Cheap, fresh fruits, vegetables, dairy products, cereals, but no meat. They have the best prices.
- * Mt. Sutro Market: Stanyan & Parnassus: conveniently close to campus but overpriced.
- * Real Food Company: Stanyan near Carl: Great organic foods, but you pay for the higher quality. There's also a good, albeit expensive, deli next door.
- *Sunny Country Foods: Parnassus & Stanyan: Organic produce, natural foods, flowers, and great music.
- Other neighborhood produce markets: 18th and Geary, 20th and Geary, 25th and Clement, Cole and Parnassus, 22nd and Irving, 15th and Taraval, Page and Divisadero.
- *Chinese Market: 9th Ave. between Irving & Judah: Specialty foods as well as take-out Chinese food.
- Sunset Super at 25th and Irving has great meat and fish at ultra low prices...and there is a small parking lot. Drive very carefully down Irving, especially on weekends as it's often like a game of Frogger.
- Also check out 20th and Irving, Clement St. between 8th and 6th Avenues, and 25th and Irving for larger, bustling Chinese Markets.
- Farmer's Market: At the Ferry terminal (Market and Embarcadero) on Saturday mornings. Organic produce and prepared foods.

Living in San Francisco

Transportation

ON FOOT:

Walking is the best way to travel in San Francisco. The city is organized into self-contained neighborhoods, so you can do all your shopping locally. Travel by foot is slow enough that you can enjoy the charm of North Beach, the energy of the financial district, and the funkiness of Haight-Ashbury. So next time you are tempted to drive to the mall, stop--instead put on your Asics (or your Birkenstocks) and explore. Walking tours of San Francisco are described in a variety of tour books, including the charming [Stairway Walks in San Francisco](#), by Adah Bakalinsky.

Guided tours are listed weekly in the Events section of the Sunday [Chronicle's](#) Datebook (pink) section, and in the local free papers.

ON TWO WHEELS:

Bicycling is another great way to see the City. Hills, parks, and vistas make San Francisco a bicyclist's paradise. A fine bike map of the Bay Area can be obtained from Caltrans by writing to:

CALTRANS District 4
District Bicycle Coordinator
P.O. Box 3366 Rincon Annex
San Francisco, CA 94119

For a few dollars you can get a key to the bicycle cages on the first floor of Millberry Garage. Go to the parking office, MU garage level G (476-2566).

Bicycles can be rented throughout the city. Bikes are for rent at Lincoln Cyclery at 772 Stanyan between Carl & Waller, and at other shops in the immediate area. Staff are extremely helpful with route suggestions, small repairs, and answering all sorts of questions.

Wear a helmet! Use lights and reflective tape at night. Drivers are better here than in most large cities, but exercise caution nonetheless.

Rollerskating/Rollerblading: There are a number of places from which you can rent skates. Certain sections of Golden Gate Park are closed to cars on Sundays so you can enjoy safe skating in the Park. On Sundays between 10 am-5 pm, John F. Kennedy Drive between Stanyan and 19th Ave. is one such section. Rentals are available from Skates on Haight (752-8375) Tuesday through Sunday.

ON FOUR WHEELS:

City-issued "J" stickers are required to park on the streets around school. They can be obtained BY NEIGHBORHOOD RESIDENTS at the SF parking office, 27 Van Ness, 503-2020 for \$27 for 1 year. Bring your vehicle registration and proof of address (utility bill, bank statement, auto insurance card). Without a J sticker, Inner Sunset parking is limited to 2 hours on weekdays from 8-6. DPT officers act swiftly, and with a vengeance, to issue tickets to cars parked illegally. Some local streets and areas of the park do not have time-restricted parking; alas, these spots tend to go quickly. In all areas, watch for street cleaning signs. Once or twice a week, any given street is scheduled for street cleaning. If you are parked there during those hours, expect a parking ticket. More hints: never park in a red zone. Never block anyone's driveway, even by a tiny amount – the homeowner has the right to have your car towed or ticketed.

ON MANY WHEELS:

MUNI, or the municipal railway, offers service to all sections of the city -- car-less students will become familiar with their brightly colored buses, streetcars, and cable cars. The fare is \$1.50, and exact change is required. Cable cars cost more. Transfers are free, can be used twice within a 2-hour period,

and must be asked for upon boarding. A monthly Fastpass is available for \$45 from many stores and at the Moffitt cashier. It allows unlimited rides for one calendar month on all MUNI vehicles and on BART stops within the city limits between Balboa Park and Embarcadero. A weekly pass (valid Sun-Fri), is available for \$15 from many stores. Tokens, which are available at Bear Snacks, are sold in a 10-pack (\$15.00). A superb MUNI map is for sale at the UCSF Bookstore. It includes a listing of all bus routes and frequency of stops. In addition, the Yellow Pages lists all MUNI routes. Information, including instructions on how to get to a particular location, can be obtained by calling 673-MUNI.

Real-time MUNI information is available at <http://muni-metro.nextbus.com> . You can see trains pattering all around the city -- it's kind of fun.

Use the MUNI trip planner: <http://www.sfmuni.com/routes/tripplan.htm> if you aren't sure how to get where you're going.

Buses. Bus lines that run near UCSF are the 6, 66, 43 (stop on Parnassus), 71 and 72 (stop on Lincoln).

Streetcars (the Metro). MUNI lines J, K, L, M, N and T all start underground on Market Street at Embarcadero. After coming above ground near Van Ness, they branch west and south. The N-Judah line stops at the Irving Street entrance to UCSF and is the quickest way to get downtown, to BART, or to Ocean Beach. N-Judah buses run between 11 pm and the wee hours of the morn. The T-Third line goes by AT&T Park and out to the Mission Bay Campus.

Cable cars. \$5.00. If you have a Muni Fast Pass, you can ride for free. Impractical, but fun. The Hyde-Powell Street and Mason-Powell lines run between Market Street (near Union Square) and Fisherman's Wharf. The California Street line runs between the Hyatt Regency Hotel at the Embarcadero and the top of Nob hill. They are usually overloaded with tourists.

TRAVEL OUTSIDE SF:

If you travel outside the city limits often you might want to buy a Regional Transit Guide, available from local bookstores. Or, try <http://www.transitinfo.org>

BART (Bay Area Rapid Transit), <http://www.bart.gov> is a commuter train/subway system that provides service between San Francisco and much of the East Bay. It connects with MUNI in the city and with Alameda Contra-Costa transit (AC Transit) outside (transfers are free). It operates from 4 am to midnight Monday-Friday, from 6 am to midnight on Saturdays and from 8 am until midnight on Sundays. Fares depend on the distance traveled. General information can be obtained by calling 788-BART. BART also sells bike permits. Call 464-7133 for info about taking your bike on BART.

SamTrans connects San Francisco with San Mateo County to the south. Several bus lines leave from the Transbay Terminal at Mission and 1st St. A guide to SamTrans is in the Yellow Pages or at <http://www.samtrans.org>. Also, SamTrans can get you to Serramonte shopping center. Take MUNI #28 south on 19th Ave. to the Stonestown shopping center and catch the SamTrans #21A to Serramonte. Call 1-800-660-4287 for information.

Golden Gate Transit (<http://www.goldengatetransit.org/>) operates buses and ferries to Marin County. One popular route is to take MUNI #43 (catch it right out in front of school heading east) to Geary/Masonic where you can catch the GG Transit #50. This line runs as far north as Novato and cuts through Sausalito on the way. Additionally, the #50 transfers to a number of other lines which can take you virtually anywhere in Marin County, including Point Reyes National Seashore. For information call 332-6600.

Caltrain Peninsula Rail railroad (<http://www.caltrain.com>) operates a line that extends from San Francisco to San Jose. A one way trip to San Jose takes 1 hr and 25 min. It operates M-F 5am-11pm, Sat/Sun 6am-11pm. For the time being, there is no weekend train service due to track repair, but bus service is in place in the meantime. Buy tickets before boarding the train; otherwise you will be charged

a 25% premium. The SF terminal is at Townsend and 4th St. To get to the terminal from UCSF, take the N-Judah to Van Ness and catch the #42 (Downtown loop bus) headed south--it stops right in front of the Caltrain terminal. Call 1-800-660-4287 for information.

Bus pools operate between UCSF and Marin County. Call Transportation Services at 476-1511 for information.

UCSF-Sponsored Vanpools run from Marin, the East Bay, and the Peninsula. The cost varies and is paid by the month. Call Transportation services at 476-1511 for information.

AC Transit buses (<http://www.actransit.org/>) connect San Francisco with the East Bay. The San Francisco terminal is located at 1st and Mission. Call (510) 839-2882 for information.

Ferries are operated by Golden Gate Transit, by Red and White Fleet, and by other agencies. The GGT ferries depart from the Ferry building at the base of Market St for Sausalito and Larkspur. Red and White Fleet boats (<http://www.redandwhite.com/>) leave from Pier 43-1/2 at Fisherman's Wharf to Richmond, Alcatraz, and around the bay (call 673-2900). For more information on destinations, see the complete list of ferry services at <http://www.transitinfo.org>.

Amtrak has a station in Oakland (1807 Wood St) which can be reached by BART or a shuttle from the Transbay Terminal located at Mission and 1st Streets. Call 1-800-USA-RAIL for information.

Greyhound Trailways Bus route information can be obtained by calling 558-6789. The station is located on the 3rd floor of the Transbay Terminal (1st and Mission Sts.)

The Green Tortoise bus line shuttles 'adventure travelers' up and down the West Coast. 956-7500.

AIRPORT TRANSPORT:

Taxi fares to San Francisco and Oakland International Airports average more than \$30. Fortunately, there are bus lines and van services that offer service at a much lower cost. Many shuttles recently raised their prices, but you can pick up coupons for 12 rides in the phone book or the valupak coupons that come in the mail. Most shuttles are in the \$15 dollar range now.

Supershuttle (or any of the other van services) is your best bet for relatively cheap door-to-door service. For approximately \$17 a van picks you up at your house, never making more than three stops for passengers (except on "emergency" days around holidays), and takes you directly to your airline terminal. The Supershuttle vans can be found at the departure level of the airport for a ride back home. Most students have found this the fastest, cheapest, and most reliable way to get to or from the airport. Call 558-8500 a day in advance for a ride to the airport or book online at <http://supershuttle.com/>. You can't book a ride back home ahead of time, so just find the van to your neighborhood when you arrive at the airport.

The Airporter bus leaves every 20 minutes from the Hilton Hotel (at Mason and O'Farrell). The fare is \$17.50/one way. Call 673-2432 for more information. To get to the Oakland Airport, take the N-Judah to the Civic Center and connect with BART. Take BART to the Coliseum station. BART operates a shuttle from the Coliseum to the Oakland Airport. Call 788-BART.

BART to SFO is an economic way to get to the airport. Check for fares and schedules online at: <http://www.bart.gov/>

Another cheap way to the SF Airport is SamTrans bus line 7B or 7F from the Transbay Terminal at Mission and 1st St. The fare is \$4. The bus leaves every half-hour. Sam Trans buses also serve the airport from the Stonestown Shopping Center (19th Avenue). Call 1-800-660-4287 for information.

Living in San Francisco:

Transportation to Local Airports

(From: <http://www.sfgate.com/traveler/guide/transportation/airports/shuttles.shtml>)

Shuttle companies all over the Bay Area offer airport-to-door service, usually charging about \$15. Discounts are offered for groups of 2 or more being picked up at the same location.

During holidays and other peak travel seasons, it is important to call a few days ahead to reserve shuttle service.

Private car service and limousines are available by appointment. Prices and availability vary widely, so check the Yellow Pages under *limousines*.

Company	Phone Number	Airports Served
A-1 Shuttle Services	(510) 676-0565 (888) 698-2663	OAK
Advanced Airporter	(415) 550-1112	SFO
Airport Interlink	(916) 372-6615	OAK
Airport Shuttle	(510) 653-1500	OAK / SFO
Air-Transit Shuttle	(510) 568-3434	OAK
American Airporter Shuttle	(800) 282-7758 (415) 282-0733	SFO
AM-PM Airporter	(510) 547-2155	OAK
Atlas Express Airport Connection	(510) 569-5982	OAK / SFO / SJC
Atlas Express Airport Shuttle	(408) 249-7777	OAK / SFO / SJC
BayPorter Express	(415) 467-1800 (877) 467-1800	SFO
Bay Shuttle	(415) 564-3400	OAK / SFO / SJC
Bridge Airporter Express	(800) 300-1661	OAK
City Express Shuttle & Limo	(510) 638-8830 (888) 874-8885	OAK / SFO
Door-to-Door Shuttle	(415) 775-5121	SFO
East Bay Connection	(510) 945-0268 (800) 675-3278	OAK
Lorrie's Airport Shuttle	(415) 334-9000	SFO
M & M	(415) 552-3200	OAK / SFO
Pacific Airport Shuttle	(415) 681-6318	SFO
Peter's Airport Shuttle	(650) 871-8315	SFO
Quake City Shuttle	(415) 255-4899	OAK / SFO
Santa Clara Airporter	(415) 771-7710 (800) 771-7794	OAK / SJC

SF City Shuttle	(650) 876-0789 (650) 876-0789	SFO
SFO Airporter (service to major hotels)	(800) 532-8405	SFO
South Bay Airport Shuttle	(408) 559-9477	OAK / SFO / SJC
South & East Bay Shuttle Inc.	(408) 225-4444 (800) 548-4664	OAK / SFO / SJC
SuperShuttle	(800) BLUE-VAN	OAK / SFO / SJC
USA Shuttle & USA Charter	(408) 441-6337	OAK / SFO / SJC
VIP Airport Shuttle	(408) 885-1800	OAK / SFO / SJC

Living in San Francisco:

Entertainment

A good place to start is <http://bayarea.citysearch.com/>.

Performing Arts

In general, you should call the day of the performance to find out if rush tickets are available. Listings and Reviews for current performances can be found in the Guardian or SF Weekly.

For many theaters, it is possible to get half-price tickets through STBS (Stubs), located on Stockton St. (between Post and Geary) on Union Square (433-7827). Open Tues. - Thurs. 12 - 7:30; Fri. - Sat. 12-8. (Sun & Mon tickets available on Sat.) Offers half-price tickets on the day of performance for many Bay Area theaters.

SAN FRANCISCO OPERA (864-3330) War Memorial Opera House, 301 Van Ness at Grove. Student rush tickets (when available) are sold ninety minutes prior to performance for \$25, and require one student ID per ticket. In addition, standing room tickets (\$10) are often available two hours before curtain.

SAN FRANCISCO BALLET (703-9400) War Memorial Opera House, 301 Van Ness at Grove. Student rush tickets (when available) are sold two hours prior to performance for half-price, and require a student ID.

SAN FRANCISCO SYMPHONY (431-5400) Davies Symphony Hall, 201 Van Ness at Grove. Rush tickets for regular season concerts (not featuring a chorus) are available for \$10 one hour before performance time, cash only. In the fall, the symphony distributes literature on all their concert series. There are a certain number of student tickets set aside for each series of six concerts. This year, some PSPG students got together to purchase the tickets at the student rate. One student went down to the box office and presented a valid student ID per seat requested. Some students split a series with other students; they have five tickets for each show, and different people wind up going each time.

AMERICAN CONSERVATORY THEATER (749-2250) at 405 Geary. The city's premier repertory theater. Half-price tickets are sold 1/2 hour before performance. Student subscriptions can be very inexpensive (as little as \$7/show).

THE MAGIC THEATER (441-8822) At Fort Mason, Building D (Laguna & Marina Blvd.) Half-price tickets available on date of performance through STBS. This small playhouse (99 seats) is at the cutting edge of American theater. Sam Shepard has premiered all of his works here.

ZELLERBACH AUDITORIUM (University Box Office 510-642-9988). UC Berkeley. Zellerbach features many of the world's best dance companies, orchestras, and theater groups. Student prices are available.

BEACH BLANKET BABYLON (421-4222) 678 Green St. at Club Fugazi. Comical, original, and somewhat funky dancing/singing production unique to San Francisco.

POCKET OPERA (989-1855) Various locations. The Pocket Opera presents high quality and often rare operas at locations around the Bay Area.

Museums and Galleries

The Datebook (the pink section of the Sunday San Francisco Chronicle), Guardian, and SF Weekly list current museum exhibits and gallery shows. Museums denoted with a * offer free admission on the first Wednesday of every month, as well as extended admissions hours.

ANSEL ADAMS CENTER FOR PHOTOGRAPHY (495-7000) 250 4th St. (between Howard & Folsom). Open Tues.-Sun. 11-5 and first Thurs. of each month 11-8. Free first Tues of each month 11-5. Museum devoted to displaying great (and frequently changing) works of photography.

* **ASIAN ART MUSEUM** (581-3500) 200 Larkin Street, Sunday 10- 5, Monday Closed, T-Sat 10-5. Adults: \$10, College students with ID: \$6. Nearly 10,000 objects are in the museum's permanent collection, so exhibits are rotated periodically. Highlights include the Jade Room and the Leventritt collection of Chinese porcelains.

* **M.H. DE YOUNG MUSEUM** (863-3330) Music Concourse, Golden Gate Park. Free first Sat. of each month, 10-noon and first Wed. 10-8:45. The museum specializes in American art but also has a very extensive and diverse collection of art through the ages.

***CALIFORNIA ACADEMY OF SCIENCES** (415) 321-8000, 875 Howard Street, San Francisco, CA. Hours: 10 am – 5 pm EVERY DAY OF THE YEAR REGULAR. Adults - \$7.00; Youth 12-17 - \$4.50; Students w/ID - \$4.50; Free Wednesdays - Free admission for all on the first Wednesday of each month.

CALIFORNIA PALACE OF THE LEGION OF HONOR (750-3600). Lincoln Park near 34th Ave. and Clement. Open Tues.-Sun. 9:30-5. Full-year student pass \$45. Both the museum and its surroundings are spectacularly beautiful. The museum specializes in European art, especially Rodin sculptures. Admission is free every Tuesday.

S.F. MUSEUM OF MODERN ART (357-4000) 151 3rd Street (bet. Mission and Howard). <http://www.sfmoma.org>. Open Fri.-Tues. 11-6, Thursday 11-9. Closed Wednesdays. Individual membership \$65. (Half-price 6 p.m. - 9 p.m. on Thurs.). Free Tuesdays with student ID. The Bay Area's only major museum devoted solely to modern art, and a must-see.

CENTER FOR THE ARTS AT YERBA BUENA GARDENS (978-2787) 701 Mission St. (at 3rd). Open Tues. through Sun. 11-6; extended hours on the first Thursday of each month until 9pm; free first Thurs. 6-9 PM. Center hosts diverse cross-cultural visual and performing arts programs. The gardens are a spectacular oasis near Market Street.

* **THE EXPLORATORIUM** (561-0360) Palace of Fine Arts, 3601 Lyon St. (Bet. Marina Blvd and Lombard) <http://www.exploratorium.edu>. Open Tues. through Sun. 10-5, Wed. until 9:30. Open daily Memorial Day through Labor Day 10-6, Wed. until 9:30 pm. A free-spirited, hands-on, and extremely fun science museum of human perception. Call ahead for information and reservations for the Tactile Gallery, a pitch-black, crawl-through, feel-around experience (561-0362, weekdays 10-4). Admission to the Exploratorium is \$10 with a student ID. Admission for the Tactile Gallery is \$16, and you'll need to make reservations (561-0362) 1 to 2 weeks in advance for weekdays and 6 to 8 weeks in advance for weekends.

FORT MASON CENTER (979-3010) Buchanan & Marina Blvd. This collection of buildings, part of the Golden Gate National Recreation Area, is the home of various theaters, workshops, museums, and the incomparable Tassajara Zen Buddhist vegetarian restaurant Greens. Individual membership \$25. Some of the museums within the center are:

- The African American Historical & Cultural Society (441-0640) Building C, 1st fl. Open Wed through Sun 12-5. The permanent collection includes a large and fascinating collection of African sculpture.

- *Mexican Museum (441-0404) Bldg. D, 1st fl. Open Wed-Fri 12-5, Sat.-Sun. 11-5. Besides having a gift shop which is out of this world, the museum has an extensive collection of masks and traditional Mexican art.
- *Museo Italo Americano (673-2200) Bldg. C, 1st fl. Open 12-5 Wed.-Sun. Changing exhibits by Italian-American artists.
- San Francisco Craft & Folk Art Museum (775-0990) Building A, North. Open Tues through Fri 11-5, Sat 10-5, Sun 11-5.

* **SAN FRANCISCO ZOO** (753-7083) Sloat Blvd. at 45th Ave. Open daily 10-5. Weekend tours start at 1pm. Adults \$11. Highlights include koalas, penguins, and the Insect Zoo. Lions and tigers are fed daily at 2PM.

SAN FRANCISCO NATIONAL MARITIME MUSEUM AT AQUATIC PARK (556-3002) (at Polk St.) Open daily 10-5. Free. The museum contains photos, films, charts, and models relating to the merchant sailing industry. An impressive collection of historic ships is located adjacent to the museum. Pampanito's self-guided tour is included in the ticket price: Adults, \$9.00 and is open daily 10-6, except on Wednesday.

Cinema

Check the Guardian or <http://www.moviefone.com> for locations and times. Discount movie tickets ("VIP passes") are available for \$6.50 at the MU Information Desk. These are good at either UA or AMC, two of San Francisco's major movie theater chains. During the academic year, Cole Hall shows almost first-run movies every Thursday and Friday night for \$3.50.

For those whose taste in movies veers a bit further from the main stream, the Red Vic Movie Theater at 1727 Haight (phone: 863-3994, <http://www.redvicmoviehouse.com>) shows off-beat films, as well as older films and foreign productions. A four-movie pass costs \$22. In the Mission district, the Roxie Cinema, located at 3117-16th Street, features avant-garde films (phone: 863-1087). The beautiful Castro Theater, at 429 Castro (near Market), often screens classic films by famous directors (phone: 621-6120). Pre-show organ performances are not to be missed. The Four Star, at 2200 Clement (666-3488), screens art-house films and kung-fu movies.

Nightlife

Don't rely on us for what's hot NOW -- check the Guardian for current listings, or scour local music shops and clothing stores for club flyers.

THE BAR SCENE, FOR STARTERS:

- Dalva, 3121 16th St next to the Roxie cinema. 252-7740. Stylish bar, eclectic jukebox, killer sangria.
- Gordon-Biersch Brewery: Hill Plaza, 2 Harrison St. (Embarcadero), 243- 8726. Hang out with a dot-com crowd, good garlic fries. Great view of the Bay Bridge.
- Kezar's: 900 Cole. Local favorite. Food served. Wear black.
- Little Shamrock: 807 Lincoln Way. Cozy and casual Irish bar with a fireplace that is often crackling with a fire to ward off the chill of the fog.
- Mad Dog in the Fog: 530 Haight near Fillmore. Lower Haight crowd, extensive beer list, darts, and semi-comfy chairs. Quiz game on Monday and Thursday nights.
- Noc-Noc. 557 Haight. 861-5811. Come for the atmosphere, stay for the ambient music.
- Persia Aub Zam Zam: 1633 Haight. A Haight-Ashbury experience, if it's open. Bruno, the self-proclaimed third ugliest man in the world, serves the best martini around.

- San Francisco Brewing Company: 155 Columbus. Brew-pub with eclectic musicians playing.
- Toronado. 547 Haight. 863-2276. A million beers (many of them Belgian) on tap. Good sausages next door at Rosamunde, too.
- Trad'r Sam: 6150 Geary, at 26th Ave. 221-0773. A Polynesian cocktail lounge, tiki lamps and all. Far out.
- Zeitgeist. 199 Valencia at Duboce. 255-7505. Beer and bikers. Outdoor terrace. This place kicks ass!

LIVE MUSIC AND CLUBS:

- The Broadway: 435 Broadway. 291-0333. Swing lessons and dancing.
- Cafe Du Nord: 2170 Market. 979-6545. Dinner served. Live entertainment and dancing, including jazz, blues, salsa & swing on various nights. Very crowded.
- The Endup. 401 6th St at Harrison. 357-0827. Trance/Techno/House, open LATE.
- Justice League. 628 Divisadero at Hayes. 289-2038. Hip Hop/ Drum-n-Bass.
- Last Day Saloon: 406 Clement, 387-6343. Listening and dancing on a small dance floor. Casual atmosphere. No cover Sun-Thurs; Fri-Sat \$5-\$10. Rock, rhythm & blues as well as country.
- Liquid, 2925 16th St. near Mission. 431-8889. Small club with house, trance and techno music.
- Metronome Ballroom: 1830 17th St. 252-9000. \$10 Ballroom dancing. Lessons offered everyday of the week.
- Paradise Lounge: 308 11th at Folsom. 861-6906. Music, poetry readings, etc in a funky atmosphere.
- Plough & Stars: 116 Clement (at 2nd), 751-1122. Let your hair down and listen to Irish music 5-6 nights a week. Guinness on tap.
- Rassalas: 2801 California at Divisadero. 567-5010. Half jazz bar (with live music every night) and half Ethiopian restaurant.
- Ten15: 1015 Folsom near 6th St. 431-1200. Huge dance club, always packed, 4-5 rooms with a diverse array of music.

TICKETS FOR CONCERTS: BASS (Bay Area Seating Service): The closest locations are The Warehouse at 3301 Geary and the Tower Records on Market. For charge by phone, call 510-762-2277. Service charge is \$1.50 to \$6 per ticket: For charge by phone call 1-800-640-1062. Service charge is \$1.50 to \$2 per ticket. Or, try ticketweb online at <http://www.ticketweb.com> for lower service fees.

Living in San Francisco:

Recreation

Millberry Union Programs and Services

Phone: 476-2035 (MU Information Desk)
476-0348 (MU Membership Desk)
476-1115 (MU Fitness Center)

Hours:

Millberry Union Building	Central Desk/Conference Ctr.	Fitness Center
Mon.-Fri.: 6:00am -10:30pm	Mon.-Fri.: 8:30am - 10:00pm	Mon.-Fri.: 6:00am - 10:00pm
Sat.: 8:00am - 8:30pm	Sat.: 7:00am - 8:30pm	Sat.: 7:30am - 8:00pm
Sun.: 8:00am - 7:30pm	Sun.: 12:30pm - 7:30pm	Sun.: 8:00am - 7:00pm

For more information: Pick up a copy of the MU Programs and Services Quarterly Brochure. It contains detailed information and schedules for sports and dance classes, sports programs, Arts and Performances, the Cole Hall Cinema, Intramurals, and Outdoors Unlimited.

Facilities: The Central Desk is located on the courtyard level of MU, just inside the main building. Here you'll find pool tables, ping-pong, arcade games, and two practice rooms with pianos. The gymnasium, a racquetball court, and a squash court are located on the same level, but the entrance to them is one floor below. On the street level, you'll find Palio, Tortola, and Panda Express for food, the bookstore, Bear Snacks, and a florist. One flight down is the Golden 1 Credit Union, two ATMs, Subway Sandwiches, a barber shop, the Source (campus computer store), and Quick Copy. Student Health Services occupies H level, and (if you can negotiate this warren of corridors), you'll find a handy post office on G level.

Outdoors Unlimited

Phone: 476-2078

Location: 550 Parnassus (near 3rd Ave.) - under the UCSF Campus Library

<http://www.outdoors.ucsf.edu/>

Hours: Monday, Wednesday & Friday: 11:30 am - 1:30 pm; 5-8 pm

Tuesday & Thursday: 5-8 pm only

Outdoors Unlimited is sponsored by Millberry Union and is a cooperative resource center for outdoor recreation and adventure. Their informative and entertaining catalogue is available in MU. During the summer, OU is a great resource for kayaking, rafting, and camping equipment and instruction. Come winter, this is the place to rent skis, snowboards, snowshoes, and Lake Tahoe cabins.

Recreation in the City

The City's Parks and Recreation website is <http://parks.sfgov.org/>

The San Francisco Parks and Recreation Department is located in McLaren Lodge in Golden Gate Park (666-7201). They have brochures and information about all the parks of San Francisco, including the incomparable ...

Golden Gate Park

This enormous artificial oasis is literally at UCSF's doorstep, and offers something for everyone -- picnic space, sports fields, bike trails, gardens, concerts, and grazing bison. A partial list of its attractions follows, but the best way to see the park is to explore on foot, blades, bike, horseback, skateboard note that the east end of the park is closed to cars on Sundays.

- Strybing Arboretum and Botanical Gardens: (661-1316) Located at 9th Ave. Open: Mon-Fri: 8 am-4:30 pm, Sat-Sun: 10 am-5 pm.
- Archery Field: Located off Fulton Street and 47th Ave.
- Baseball: Baseball diamonds are located at Big Rec Playfield near 7th Ave. and Lincoln Way. There are two softball diamonds, one at Speedway Meadow and one at Sharon Meadow.
- Basketball: Cement courts located at Oak and Ashbury in the Panhandle.
- Beach Chalet Field: Located off of Ocean Beach and Kennedy Drive, the field is most often used for soccer.
- Bicycling: A 7-1/2 mile paved trail extends from the tip of the Panhandle through Golden Gate Park, adjacent to Sunset Blvd., to Lake Merced. Or, you can ride from JFK Drive to a paved trail along Ocean Beach. Unpaved trails parallel MLK drive, if you crave an urban offroad experience.
- Buffalo: A herd of Buffalo graze along JFK drive, near 35th St.
- Conservatory of Flowers: (752-8060) on JFK Drive. Closed for repairs at press time.
- Fly Casting Pools: Pools are located between Middle Drive and Kennedy Drive, west of the Polo Field behind Anglers Lodge.
- Gardens: Scattered throughout the park. Includes Rose Garden, Rhododendron Dell, Dahlia Garden, and Shakespeare Garden.
- Golf: (751-8987) Golden Gate Golf Course is located near 47th Avenue and Fulton Street. There are nine holes, all par three.
- Horseback Riding: (668-7360) Riding is permitted on designated trails. Golden Gate Park Stables offers rentals and lessons. Call for current information on riding lessons in the arena.
- Horseshoes: A horseshoe court is located at Fulton and Stanyan Streets.
- Japanese Tea Garden: Off South Drive, this is one of the highlights of the park. Tea is served in the teahouse daily. The garden is open 9 am-6:30 pm daily, closed at 5:30 in the winter, fee \$2.50.
- Lawn Bowling Greens: The three greens are open daily on Bowling Green Drive between John F. Kennedy and South Drives. Free lessons are available. Call 753-9298 for more info.
- Meadows: Speedway, Lindley, Marx and Sharon Meadows are the largest meadows in the park. Picnic table and barbecue pits are located in Speedway and Lindley meadows.
- Merry-Go-Round: Located next to the Mary B. Connolly Children's Playground, this eclectic merry-go-round features grinning frogs, pensive ostriches, and smirking zebras. Open daily 10-4:45.
- Model Yacht Sailing: Both wind and motor-powered model yachts may sail on Spreckels Lake near 35th Avenue and Fulton St.
- Playgrounds: Mary B. Connolly Children's Playground is located on South Drive off of 3rd Ave. This colorful innovative playground features equipment for children of all levels of ability -- and for those of us who wish to regress.
- Polo Field: Located on Middle Drive, there is a trotting track, bicycle track, running track, football field and practice field.
- Stow Lake: Rental boats: pedal, electric and rowboats available. The boathouse is open 9 am - 4 pm daily except Mondays during the winter. Call 752-0347
- Tennis Courts: There are 21 tennis courts located in the park between Kennedy and Bowling Green Drives. Call 753-7100 for information about reservations and rates; call 681-0130 for professional lessons.

Other Parks in San Francisco

Mountain Lake Park: Lake St. between 8th and Funston. Lake, playgrounds, tennis courts, card shelter, exercise course, and a dog run. Adjacent to the Presidio.

Tank Hill: Atop Belgrave St. Hike up Stanyan to the very top, then turn left on Belgrave. Amazing city views. Ditto **Buena Vista Park** at the Eastern end of Frederick Street and the red rocks at **Corona Heights**, which you can enter off of Roosevelt Way.

Lake Merced: A pair of lakes off 19th Ave. at S.F. State University, near Sloat St.; rent rowboats, canoes, fishing equipment, and sailboards. Jog along the 5-mile perimeter trail. The UCSF rowing club boathouse is here.

Stern Grove: Located off of 19th Ave. and Sloat Blvd. Beautiful park with free Sunday afternoon concerts in summer.

Sports

Tennis And Basketball: Many tennis courts are located in Golden Gate Park. Call 753-7101 for reservations and fees. Other nearby courts are located at: 9th Ave. and Ortega (basketball too), 12th Ave. and Lake, 18th St. and Castro, and Cole and Grattan (also basketball courts). Local high schools have courts that can be used on weekends during the school year and everyday in the summer. Rossi Park, located at Anza St. and Arguello Blvd, also has tennis courts, basketball courts, baseball fields and an indoor pool.

Racquetball: Besides the rustic courts in Golden Gate Park, there are nice courts at What A Racket (994-9080) in Daly City (15 min. from campus).

Swimming: Besides the pool at Millberry Union, there are several San Francisco city pools: Rossi Park at Arguello Blvd. and Anza Street (666-7014) has eight indoor pools The Mission Outdoor Pool is on 19th and Valencia. Sava Pool is at 19th Ave at Wawona (753-7000). For the truly hearty, you can join the hypothermiaphiles who swim in Aquatic Park . (Really, 55 degree water is invigorating!)

Bicycling: Try the local Centennial Trail, a few laps around Lake Merced, the Presidio, Golden Gate Park, and across the Golden Gate Bridge and into Marin. **Critical Mass** rides occur on the last Friday of each month (for information on this un-group, see <http://www.critical-mass.org/>). There are also lots of beautiful rides just outside the city. Outdoors Unlimited has lots of information and maps, as do the bike shops at Stanyan and Frederick Sts. The San Francisco Biking/Walking Guide is available in many bike shops for a nominal cost and includes street grades and bicycle routes. Caltrans also has lots of maps for routes through the city and all of Northern California.

Rock Climbing: Mission Cliffs, at 2295 Harrison (550-0515) is a great place to climb indoors. Bouldering and a variety of marked climbs (at all levels). Call ahead -- student discounts apply on certain days.

Neighborhoods to Wander

There are some streets in the City which are treasures in terms of specialty shops, cafes, and restaurants. Listed below are several that are wonderful places to spend an unhurried afternoon:

- The Sunset: around 9th Ave., between 19th and 25th Ave., West Portal Ave.; Noriega Ave.
- The Richmond: Clement St. between Arguello and Funston, and between 20th and 27th.
- Cole Valley: Cole St. between Parnassus and Frederick
- Noe Valley: 24th St. between Dolores and Castro
- Union Street: Union St. between Van Ness and Fillmore

- Fillmore Street: Fillmore St. between Sutter and Washington
- The Marina: Chestnut St., west of Fillmore St.
- The Mission: the blocks around Mission and Valencia between 16th and 24th streets.
- The Haight: Haight St. between Stanyan and Central, and around Fillmore.
- The Castro: The blocks around 18th and Castro Sts.

The Bay and Beyond

Numerous parks, lakes, campgrounds, and other attractions are within a few hour's drive from San Francisco. Here's a taste:

ANGEL ISLAND: Accessible by ferry from San Francisco or Tiburon, this island has trails, picnic facilities, and unbeatable views of the Bay Area. Call Red and White Fleet for ferry from SF: 546-2805. Park info: 435-1915; Campsite reservations: 800-444-7275.

ALCATRAZ: The tour of this former prison is a must -- and don't put it off until your folks visit. Tours leave Pier 41 at Fisherman's Wharf. Spend the extra few dollars for the audio tour.

GOLDEN GATE NATIONAL RECREATION AREA: The GGNRA (556-0560) encompasses a wide diversity of parks, including some already mentioned. Some of the additional highlights include:

- The Presidio of San Francisco: 566-3111 (National Park Service, Presidio Resource Center). Enter from Lombard St., Presidio Blvd, Arguello Blvd, or Lincoln Blvd. This former home to the Sixth US Army Headquarters is filled with 1480 acres of forested hillsides and meadows and more than 100 miles of scenic roadways and trails. It's an ideal spot for hiking, jogging, and relaxing.
- Muir Woods: Lots of beautiful hiking trails through this redwood forest, a half hour north of here. Don't be put off by the touristy nature of the trail head and parking lot. After you've walked for 15 minutes, you've left the tourists behind.
- Mt. Tamalpais: More trails and hiking available. Excellent views of the bay and the Sierras to the east on a clear day. Connects with Muir Woods. Some of the best mountain biking in the bay area.
- Muir Beach and Stinson Beach: Two of the prettiest beaches in the area (weather permitting, of course).
- Marin Headlands: Excellent hiking and mountain biking trails with incredible views of the bay and the coast. Remains of military fortifications, as well.

EAST BAY REGIONAL PARKS DISTRICT: This park system in the East Bay Area encompasses such places as Lake Chabot in Oakland and Lake DelValle in Livermore (a great place to go boardsailing). The Regional Park Headquarters number is (510) 635-0135.

POINT REYES NATIONAL SEASHORE: Spectacular hikes with Sierra Club views of the coastline and rolling hills. A 1-2 hour drive north. Camping is located a few miles in from the trail head. Call 663-1092.

ROUTE 1: A scenic drive along the coast on Highway 1 is a great way to relax and view Northern California's incredible coastline -- north through the Marin and Mendocino coasts, or south to Big Sur. By bicycle, the views are even more breathtaking.

LAKE TAHOE: Amazing skiing only a few hours away. During the summer, come here to water-ski and hike. On the CA-Nevada border (and you know what that means).

YOSEMITE: Although cabins and most drive-in campgrounds at Yosemite need to be reserved far in advance, there are a few walk-in and drive-in campgrounds where reservations are not needed. The best time of the year is in the spring when the wildflowers bloom and the snow melt fills the waterfalls to capacity. At Yosemite, go to the Valley (open all year) or Tuolumne Meadows (open June - October).

FOR MORE INFORMATION ...: For information on California State Parks call (916) 653-6995 or see <http://www.parks.ca.gov>. For information about National Parks such as Yosemite, call 556-0560 for information, see <http://www.nps.gov>, or check with OU. Some sites to consider include Kings Canyon and Sequoia National Parks, the Eastern Sierra Nevada (Mammoth to Mt. Whitney), Desolation Wilderness, Mt Lassen National Park, local surf areas, hot springs to the North, and kayaking from Jack London Square in Oakland to Treasure Island.

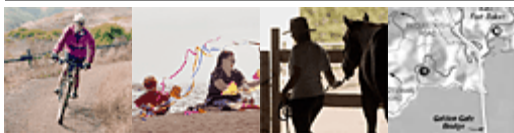
Head for the hills Marin Headlands offer an inviting getaway just a bridge away from the city

<http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2001/07/26/DD171839.DTL&type=travel>

[Peter Stack, Chronicle Staff Writer](#)

July 26, 2001

San Francisco Chronicle
CHRONICLE SECTIONS



It's one of the loneliest spots in the Bay Area, but only a few minutes from bustling San Francisco. With a famous bridge and one of the most spectacular vistas anywhere, it is part of the largest urban national park in the world.

At the southern tip of Marin County is the Marin Headlands, a place of bold contrasts. Representing a large chunk of the 74,000-acre Golden Gate National Recreation Area, it is directly linked to the city by the Golden Gate Bridge. Vista Point above Fort Baker affords one of the best views of the sweeping San Francisco skyline and is usually jam-packed with tourists.

But just a half mile to the west, a winding old military road leads to forlorn beaches, jagged cliffs, barren hills, timeworn Army bunkers and barracks and a mysterious lone river otter occasionally spotted these summer days on Rodeo Lagoon. Nobody knows how "Nessie," as the locals have named him, got there. But whenever he shows his doglike snout, it's a major event.

During the summer months, there's almost always a cool, windswept canopy of fog over the headlands.

Squinting is required to take in the area's many treasures, from a deactivated Nike missile site (where there's a fascinating tour for kids at 10 a.m. Sunday) to a point called Hawk Hill where raptor researchers study hawk behavior and lead an annual autumn banding project.

Just below Hawk Hill is isolated Black Sand Beach, famed as a "clothing optional" hangout, though the steep trail leading to it has been officially closed by the National Park Service.

The headlands smell of yarrow, fennel and coastal sage. Hikers and campers sometimes see a wild bobcat or, on rare occasions, a golden eagle. Along the shore, brown pelicans glide over roiling seas, and at low tide, harbor seals loll in the shrouded sunlight. For visitors, it's a great getaway from the tension of urban life.

Converted from military to recreational use in 1972, the headlands have become an outdoor haven for hikers, cyclists, equestrians, surfers, bird watchers and beach combers. For folks interested in military history, the old buildings at Forts Baker, Barry and Cronkhite, with their bunkers and batteries, are sources of abiding interest. For more than a century they served as a bastion against invasion of the Golden Gate, armed with everything from old muzzle-loading cannon and mortars to Cold War nuclear missiles. But most of the weapons, including the missiles, were never fired.

The Sausalito side of the headlands, location of East Fort Baker and the popular Bay Area Discovery Museum for children, is relatively sheltered from wind and storm inside the Golden Gate. A mere three miles west, Point Bonita lies exposed to the full blast of the wild Pacific surf. The historic lighthouse, critical to seafarers, is still in operation. On some days it's difficult to stand against the wind without holding onto a rail. The lighthouse, in operation since 1855, is open to visitors 12:30 p.m. to 3:30 p. m. every Saturday, Sunday and Monday.

Only a mile or so to the north, surfers ride big waves off Rodeo Beach, one of Marin's most popular boarding spots. Treacherous undertows make the beach off-limits to swimmers (the same holds for Tennessee Beach to the north, at the end of the popular Tennessee Valley Trail).

Battery Mendell above Fort Barry offers a sweeping view of the jagged Marin coastline all the way to Point Reyes and out to the Farallon Islands. Though only a few miles north of the city -- and served by public transit -- the headlands often seem gray, remote and barren. But nobody can pass up the amazing views of the bridge, the city and the bay -- and the awesome vistas of the open sea and craggy points along the beautiful Coastal Trail winding toward Muir Beach.

There are no concession stands in the headlands -- no place to buy food or drink. Visitors frequently cut short their wanderings because they didn't plan ahead. Climate changes can be dramatic. Entire summer days can get socked in by fog and crisp breezes. Headlands devotees claim that the moody atmosphere is soul-cleansing, the ideal stimulant for brisk hikes. Layered clothing is a must.

A visit to the headlands should start with the Marin Headlands Visitor Center in the restored Fort Barry post chapel. Here, the National Park Service and the nonprofit Golden Gate Parks Association have established a first-rate museum, bookstore and information operation that has lots of things of interest to children as well as adults. About 230 people drop by daily.

The center is worth the long, winding drive over Conzelman Road from the north end of the Golden Gate Bridge. (An alternate route is the "six-minute"

tunnel from East Fort Baker, then west on Bunker Road.)

At the visitor center, manager Bob Poirier and National Park Service interpretive ranger Cathy Petrick have an encyclopedic knowledge of the area and can assist with everything from camping permits to a detailed explanation of the rules regarding dogs (on leash on designated trails, off-leash OK on Rodeo Beach). The center is open 9:30 a.m. to 4:30 p.m. daily. (415) 331-1540.

There are several great hikes in the headlands. For starters, take the easy Rodeo Lagoon Trail from the visitor center. Allow about 90 minutes to make the 1.8-mile loop around the large lagoon, which is usually teeming with birds, from striking blue herons to elegant terns. The hike, ideal for kids, leads along Rodeo Beach and back to the visitor center parking lot and rest rooms.

Tennessee Valley Trail (north on Highway 101, take the Stinson Beach exit to Tennessee Valley Road) is another easy hike. But the four-mile round trip to Tennessee Beach (named for the three-masted side-wheeler Tennessee, which went aground there in 1853) takes up to three hours.

Other hikes are more challenging -- the nearly five-mile Wolf Ridge loop and Rodeo Valley loop require stamina, food and water. The Bobcat and Miwok trails give hikers a sense of being far away from urban life. These trails also lead to popular free campsites (permits required) such as Hawk Camp and Haypress Camp.

Some other highlights:

Nike missile site: This restored Cold War-era anti-aircraft missile site, up Field Road from the visitor center, is the only surviving one of its kind in the nation. It's open to the public 12:30 to 3:30 p.m. Wednesdays, Thursdays, Fridays and the first Sunday of each month. (415) 331-1453.

Headlands Center for the Arts: Just west of the visitor center in Building 944. Doors are open during daylight hours. Must-sees include the famous "latrine room" on the first floor and the third-floor project room, where artists are frequently at work. The sumptuous smells from the gourmet kitchen are misleading -- the food is only for artists and staff.

Marine Mammal Center: At Fort Cronkhite. Open to the public 10 a.m. to 4 p. m. daily, it is the primary rescue and hospitalization center for seals, sea lions and other mammals from Mendocino to San Luis Obispo. Visitors often see pups and other recovering mammals. The center has a bookstore and gift shop, visitor center and picnic tables with views of Rodeo Beach. Just down the road, check out the blue whale skeleton that has been reassembled at the Headlands

Institute.

Kirby Cove: This popular walk-in campsite just west of the Golden Gate Bridge, set in a lush stand of cypress and eucalyptus, affords gorgeous views of the bridge and the city along its dark sand beach. Fees and reservations are required for camping. (415) 561-4304.

MARIN HEADLANDS HIGHLIGHTS

- 1 Marin Headlands Visitor Center
- 2 Rodeo Lagoon
- 3 Rodeo Beach
- 4 Point Bonita Lighthouse
- 5 Tennessee Beach
- 6 Miwok Stables, Tennessee Valley Trailhead
- 7 Headlands Center for the Arts
- 8 Nike missile site
- 9 Marine Mammal Center
- 10 Bay Area Discovery Museum
- 11 Kirby Cove
- 12 Battery Mendell

PLANNING AHEAD

Here are key telephone numbers and Web sites for Marin Headlands facilities and events:

-- Visitor Center: (415) 331-1540.

-- Headlands Center for the Arts: (415) 331-2787 or www.headlands.org.

- Marine Mammal Center: (415) 289-7325 or www.tmmc.org.
- Nike missile site: (415) 331-1453 or www.nikemissile.org.
- Marin Headlands Hostel (lodging): (415) 331-2777 or www.norcalhostels.org.
- The Headlands Institute (group and family outdoor educational facility): (415) 332-5771.
- Marin Headlands Native Plant Nursery (volunteer opportunities): (415) 332-5193.
- Camping information: (415) 331-1540 or (415) 561-4304 or www.nps.gov/goga/camping/.
- Bay Area Discovery Museum: (415) 487-4398 or www.badm.org.
- Miwok Stables (trail rides): (415) 383-8048.
- Golden Gate Raptor Observatory: (415) 331-0730 or www.ggro.org.
- Golden Gate National Parks Association: (415) 561-3000.
- YMCA Point Bonita Center (group educational site): (415) 331-9622.
- Park news and events: www.nps.gov/parknews.
- Volunteer opportunities: (415) 561-4755.

Living in San Francisco: Sonoma/Mendocino

(From: <http://www.bayareabackroads.com/cgi-bin/article.cgi?file=/bayareabackroads/archive/1996/11/24/1.DTL&type=travelbab>)



MAP

NORTH COAST --

The coastal countryside of Sonoma and Mendocino counties is magical and unpredictable. With everchanging terrain, weather and lighting conditions, its mood can shift dramatically from one moment to the next. Its only constant is its beauty.

Our trip begins about two hours north of San Francisco in the Sonoma County town of Jenner. We travel north on Highway 1 past Salt Point State Park to Point Arena in Mendocino County. A little later, we venture up into the Sinkyone Wilderness, part of the fabled "lost coast."

Jenner is a very pleasant wide spot in the road with a few places to eat and stay as well as commanding views of the Russian River's final plunge into the Pacific. From Jenner, Highway 1 struggles over the shoulders of steep mountains, where grazing cows have million-dollar views. Out here, even a lazy bull is a tourist attraction.

As the road drops in elevation, it leads to Salt Point State Park, which rambles from a 1,500 foot ridgeline down to a craggy water's edge.



On this day, ranger Dan Murley and I have the park practically to ourselves. With the exception of two snorkelers from Berkeley exploring the protected waters of Gerstle Cove, our only

companions are an opportunistic gull and some sunbathing harbor seals.



Salt Point State Park is pretty large, covering about 15 miles of coastline. In fact, you can stand in many places and see virtually no signs of civilization.

Dan is leading me to one of the most bizarre parts of Salt Point: a landscape that looks like something you'd find on the moon. Dan says a combination of the surf, salt, wind and sand are what causes these wild formations to form.

Dan lives on the grounds of Salt Point State Park. Though there are no other houses nearby, he still feels he's part of a community. "When you look out the window and you see raccoons or brush rabbits or Sonoma County chipmunks or circling osprey or whatever the bird life might be going on, this is your neighborhood and those are your neighbors," he says. "And it's a wonderful feeling."

About 40 miles north of Salt Point is a wonderful neighborhood of the human variety: the unspoiled town of Point Arena.



Jim Levine and his wife, Alix, moved to Mendocino County in the early 1970's to live on a commune. The commune is long gone, but they're still here running Bookends, a bookstore and cafe they jokingly describe as an adult day care center where locals like to hang out.

Ivano Giusti and Louis Sevieri have come from Santa Rosa for the day to the Point Arena Wharf. The big one may have gotten away, but their friendship and the view have not.



Just north of the community of Point Arena is a lighthouse by the same name built after an older lighthouse was badly damaged by the 1906 earthquake.

Ron Frame is a retired police officer from Sacramento. When he first moved to the coast, he had no particular interest in lighthouses. Now, you

can't keep him away.

"I've been a docent out here on and off for three years," he says, "and I still bring my camera out here and people say, 'But you've taken pictures of every possible thing there is to take pictures of.' And I say, 'No, it changes daily.' You know, I mean, the colors...everything changes and it's part of the charm of this place."

The view from the top is breathtaking. On clear days Ron claims he can see the high-rise hotels on Waikiki. In fact, this is the closest point to Hawaii in the lower 48 states.



Additional Information

Salt Point State Park is about two hours north of the Golden Gate Bridge. We barely scratched the surface of the park's wonders, which sprawls from a ridgeline 1,500 feet in elevation to 15 miles of spectacular coastline. For more information, call (707) 847-3221.

About an hour further up Highway 1 is the lovely town of Point Arena. Visitor information is gladly given out at Dupont's Mendocino Mercantile. Their phone

number is (707) 882-3017.

If you can't get through there, try Bookends, which is the local bookshop, cafe and gathering place. Bookends' number is (707) 882-2287.

We ate at a wonderful restaurant in Point Arena called Pangaea. It's not cheap and they don't take credit cards, but the food is fabulous. Reservations are recommended. Call (707) 882-3001.

Just north of town is the Point Arena Lighthouse, which is open to the public daily from 10 am to 4:30 pm. Suggested donation is \$5.00 To find out more about the lighthouse, call (707) 882-2777.