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1 Food

Twice a year, Salt Lake City offers a [Dine O' Round](#) - an opportunity to explore a number of participating restaurants for a reasonable price (lunch 10\$, three course dinner 15 - 30\$). Fall Dine O' Round starts in the second week of September.

1.1 Restaurants Near the U

- The Union -on campus Quick and relatively cheap. Pretty good selection, pretty mediocre fare. Also Outtakes if you want mini-mart style food.
- The Pie Pizzeria -200 south (east of 13th east) Renowned underground pizza joint, serves beers, great cheese-bread, infamous pies and rustic aura.
- Sono Express -200 south (east of 13th east) Mom and Pop japanese restaurant, with relatively cheap dishes. Delicious tempura shrimp.
- B&D Burgers -13th east (south of 2nd south) Burgers. Milkshakes. Tuesday dollar burgers. Zucchini fries. General delicious greasebomb fare.
- Indochine -230 S 1300 E Vietnamese bistro, pretty good food and cheap lunch specials.
- Einstein Bagels -13th east (south of 2nd south) Not quite the New York bagel, but the closest thing you will find.
- Aristo's -13th east (south of 2nd south) Greek food for a moderate price. Sit down, less of a grab and go.
- Market Street Broiler -13th east (south of 2nd south) Fresh seafood flown in daily. Tasty but very expensive.
- Big Ed's -University Street across from President Circle. Darker interior gives this burger joint a pub like atmosphere. Cheap beers and burgers, and excellent House salad dressing!
- Subway and 7-11 -13th east (south of 2nd south) Subs and convenience, the one stop shopping spot.
- The Point -Huntsman Cancer Institute Run by Gastronomy, the outfit that runs several upscale eating spots in town (The New Yorker and Market Street Broiler). The prices are higher than the Union, but not terribly because Huntsman subsidizes it. Parking is free with a validation.
- The School of Business Cafe The Art Museum Cafe At the Fine Arts museum on campus. Really good food, a nice break from the Union.
- Gandolfo's -1300 East and 200 South Good "New York" style sandwiches.

1.2 Restaurants Around Town.

- Hire's Big-H -400 South and 700 East Drive-in or sit down burger joint.

- Trio -900 east and 700 south Good atmosphere and outdoor patio, probable wait list on the weekends, and “mature” menu offers something for everyone.
- Cafe Martine -22 East and 100 South Relatively unknown amongst college students. Its bank vault atmosphere with great appetizers and deserts, is described as a perfect choice for a romantic evening or light meal with good company.
- Litza’s Pizza -400 South and 700 East You guessed it, pizza...located next to Hire’s Big-H.
- Wingers -400 South and 700 East Great wings also located next to Hire’s Big-H.
- Pei Wei -2100 South and 1000 East Sit down or order out. Check their website: <http://www.peiwei.com>
- Sage’s Cafe -437 east and 3th south Fantastic atmosphere and 100% vegan, but their success over the years is evidence that their food appeals to more than just vegans. Try the Guaca-Nut Burger.
- Happy Sumo -Gateway Mall Fantastic sushi place and offers a nice range of vegetarian sushi options. Also offers half-price sushi on ‘VIP nights’ — go there and ask to join the mailing list.
- One World Cafe -41 south and 300 east No Menu, price your own food, organic and vegetarian options. decent coffee.
- Sun and Moon Cafe -5205 Emigration Canyon Road Good cafe, especially for weekend brunch.
- Crown Burgers -chain, so they are everywhere A utah original, fast food chain. Home of the fry sauce, some love it, some hate it. An unhealthy blend of mayonnaise and ketchup, you decide.
- Red Butte Cafe -Foothill Shopping Plaza
- Oasis -151 South 500 East
- East West Connection -1400 South Foothill Dr.
- Rumbi Island Grill -700 East and 400 South (in the big strip mall) Fish, Chicken, Beef, Shrimp, and Tofu Rice bowls. Moderate price for very good food.
- Noodles and Co. -700 East and 400 South (strip mall again) Several varieties of noodle dishes, recreating several ethnicities. Try the Penne Rosa and the Buttered Noodles. Mmmm.
- Soup Kitchen -1100 East and 1900 South Really good soups and sandwiches. Try the garlic breadsticks.
- Big City Soup -400 West and 200 South A fun place to eat lunch. Clam chowder and Lobster Bisque are awesome.
- Long Life Veggie House -3300 South and 1300 East Vegan dishes that taste like real meat. Our meat-eaters have not been able to tell the difference.
- Iggy’s Sports Grill -700 South and 200 West Sports bar with good food.
- Samba Grill -Gateway Mall Brazilian grill, cheaper than Rodizio’s but not as good.
- California Pizza Kitchen -Gateway Mall

- Hatch Family Chocolates -390 4th Avenue AMAZING chocolate.
- Fiddler's Elbow and Salt Lake Pizza and Pasta -2100 South and 1000 East Good pizza, pasta, and grill. Order from either restaurant from the same table!

American

- Ruth's Diner -2100 Emigration Canyon Road Good breakfast food. A MUST VISIT and often crowded.
- Blue Plate Diner -2100 east and 2100 south Another good diner with great breakfast
- Park Cafe -604 E 1300 S This is a nice place next to the Liberty Park. Good for breakfast. Good prices, great breakfast food. Chili and hashbrowns .. mmm-mmm.

Italian

- Caputo's -300 South and 300 West Amazing subs, to-die-for cheese cake, lasagna, pasta salads, very Italian, and very good at a moderate price.
- Michelangelo's -on Highland just south of 2100 south. best Italian food in the city and in the bold opinion of a known italian, the only italian food in town.
- Cocina Toscana -300 West Pierpont Ave. Italian food that comes highly acclaimed. Don't judge this book by its cover, the deceiving exterior houses a great interior.

Mediterranean

- Mazza -1515 south and 15th east, 9th S and 9th E Best mediterranean in town. Falafels, baba ghanooj, and spinach fatayers brings tears to the eye. The new location at 9th and 9th has much more seating.
- O'Falafel! - 2100 South 790 East. The name speaks for itself! A more "grab and go" style than Mazza. Owner is very friendly and from Jerusalem (he knows how to make a mean Falafel Sandwich).
- Greek Souvlaki -300 south and 400 east Good greek food, fast.
- House of Kabob & Pita -268 S Main St. Across the street from the Trax Gallivan Plaza stop. Mediterranean with a very tasty juje (chicken) kabob plate
- Dimitri's Cafe -Medical Arts Building about 11th east and 1st south Greek breakfast and Lunch
- The Other Place -500 East and 300 South Excellent Greek diner. Try the Mediterranean Spaghetti for a good vegetarian option, or the lamb chops otherwise. The Avgolimono soup is to die for.

French

- L' Avenue Bistro -1355 east and 2100 south Good French Bistro except on Sunday for brunch.

Mexican

- Barbacoa -near 9th and 9th Very tasty Mexican food.
- CafeRio - near Smith on 4th South and 6th East, some people like it more than Barbacoa, try grilled stake salad.
- Red Iguana -North Temple and 700 West Best Mexican food in town — bar none. Famous for their moles (the sauce, not the critter).
- Beto's -400 South and down a ways (west of 500th east) 24-hour mexican food. Late night greasy food binging here.
- Alberto's -300 West and 500 South (other location exist) Mexican food open 24 hours a day. Cheap and huge burritos.
- Su Casa -510 East and 300 South Cheap but good mexican food.

Indian

- Star of India -55 East and 400 South Very tasty lunch buffet. Authentic Indian food.
- Himalayan Kitchen -73 East 400 South Nepalese and Indian food, lunch buffet.
- Bombay House -2731 Parley's Way Indian restaurant recommended by an Indian student. Enough said.
- House of Tibet -145 East 1300 South Cheap and good lunches.
- Curry in a Hurry -210 South Main Street Excellent, fast Indian food. And it's even Halal, for all us Muslims!
- Cafe Shambala -382 east and 4th Ave. Tibetan cafe. Vegetarian/Vegan friendly lunch buffet. The spicy potatoes and steamed veggie mo mos are more beautiful than God.

Thai

- Thai Siam -1425 south and State Street Heaping portions, not too sweet, not as expensive as Bangkok Thai.
- Chanon Thai Cafe -278 E 900 Great (and super spicy) thai food, though the service leaves something to be desired.
- Bangkok Thai -1400 south Foothill Drive Great thai restaurant, remarkable for its variety of vegetarian and vegan options. Home of the meatless mondays, it is a tad expensive, but good to support if you are vegetarian/vegan.
- Monsoon Thai Bistro -Foothill about 1650 south Great thai food.
- Sampan -2100 South and 700 East Tasty, authentic asian. Delivers too.
<http://www.esampan.com>

- [Sawadee](#) (754 East South Temple) - Best of Utah 2007/08, many people consider this one of the best Thai restaurants around, but some furiously hate it, anyhow check it out. They have an outdoor terrace which is nice for Summer.

Japanese

- Sakura Sushi -1615 Foothill Dr. Cheap but good sushi.
- Kyoto -1300 South and 1100 East Japanese food. Moderate to pricey, but enormous portions that are quite tasty. Great ambiance, and it is okay to keep your shoes on despite the appearances. Pretty good sushi at a fair price. Go there for lunch -- almost same size but cheaper.

Chinese

- [Little World](#) (1356S State Street) - hole in a wall kind of place, but very nice Chinese wood, big portions, and opened Sundays.
- [New Golden Dragon](#) (1518S Main Street) - offers dim-sum
- [Hong Kong Tea House](#) (565W 200) - considered to be best dim-sum

Korean

- Ejo 3250 South 700 East - has grill right in front of you on the table. Kind of expensive, go there for Korean BBQ grill.
- [Myung Ga](#) (1839W 3500S) - nice family style Korean food, stone bowls.

1.3 Vegetarian

- The Wasatch Front Vegetarian Dining Guide -This book is a great tool for finding vegetarian restaurants and is available online at: <http://www.vegetarianvoice.com>

1.4 Coffeeshops

SLC has a ton of coffee shops, with many hidden away.

[SLC Coffee Shop Map](#)

[Avenues Coffee Shop Map](#)

- Coffee Connection - State St. 16xx South? - lots of room to study. Private booths with power outlets.
- Alchemy - 1700 S. 300 E.(?). Intimate neighborhood location with rotating art.
- Salt Lake Roasting Co. - 400 South and 300 East They serve coffee here. Two levels of seating, but few power outlets. Free wifi from Xmission (as

many coffee shops around here are). Best coffee roaster, in one person's opinion.

- Salt Lake Coffee Break - 400 South and 400 East Described as a “meat market”, but has tasty snacks.
- Coffee Garden - 9th and 9th They also serve coffee. Popular study place in a hip location.
- Sugarhouse Coffee -2100 South and 1100 East
- Mestizo's - 641 W. North Temple Suite 700. A joint art gallery + coffee shop. Open mic nights and poetry slams. Latin America themed. Has decent Italian and Mexican(?) food, too. It is situated benth condos.
- Starbucks -everywhere Those espresso doubleshots are tasty. The nearest Starbucks is up in the University Hospital ([1862-1880 Medical Dr](#)), and the next one is next to the Whole Foods on 4th South.

The nearest place to get coffee on campus is the [Utah Museum of Fine Arts](#) (UMFA) cafe, it has a nice open terrace and they used to serve a nice mango salad... not any more. There is some brewed coffee in the Union Building's dining area, Point Bistro at the Warnock Engineering Building (WEB). You can get espresso in the Law School Building, which has a Coffee Garden's stand, and in the ground floor at the Library.

1.5 Miscellaneous

Barbeque Joints

- Sugarhouse Barbeque
- Famous Dave's
- Rib Alley Brunch Eats Le Avenue
- Silver Fork Lodge Brazilian Rodizio Grill Brew Pubs Squatter's
- Red Rock
- Desert Edge Burgers
- Fuddrucker's Cajun Bayou (private club)
- Chinese Hong Kong Tea House (or fly to San Francisco)
- Deli Granato's
- Cuccina German Siegfried's Deli (lunch only)
- Italian Fresco's (\$)
- Il Forno
- Cannella's
- The Old Spaghetti Factory
- Mexican/Tex-Mex Miramar
- Casa Sanchez
- taco stands on State Street Pizza Wasatch Pizza
- Salt Lake Pizza and Pasta
- Rusted Sun Pizza
- Southwestern Z Tejas Spanish/Tapas Cafe Madrid (\$)

- Martine's (\$)
- Steak Spencer's (\$) (steak options surprisingly poor here)
- Vietnamese East-West Connection
- Cafe Trang
- The Melting Pot (Fondue – prepare for a long dinner)
- Over the Counter Cafe

2 On the Town

If you didn't know, there are strange liquor laws in Utah. Ones that will affect you the most are: the only alcohol grocery stores, gas stations, etc., are allowed to sell is 3.2% alcohol (4% ABV) (mainly beer). Anything else (including wine) must be purchased from a state run liquor store, the following locations are relatively close to the U. Note that all liquor stores are closed on Sundays and holidays; most close at 7pm (except one on 205 West and 400 South which works till 10pm). Note that all stores stop selling beer after midnight, but they sell it on Sundays.

- 205 W 400 S — Best chance to be hit up for spare change. This one is open till 10pm, sometimes it's all what you need, most other liquor stores close at 7pm.
- 1154 Ashton Ave — Just off of Highland Drive in Sugarhouse
- 416 6th Ave — Under the Smith's in the Avenues
- 255 South 300 East — Wine store, much better selection of wine and not much of a liquor selection. This store has nice deals for decent cheap wines (4\$) and a selection of discounted 90 point wines. Staff is very helpful and knowledgeable.
- [3245 E 3300 S](#) (right behind the REI store) - People claim this one has best deals for wine, even better than the one on 300 East.
- [1627 Foothill Dr](#) - don't forget this one on Foothill - convenient location and a decent balance of wines and liquor.

New legislation allows bars or clubs that are not "private clubs for members." This used to be a law whereby one person in the "party" of patrons must be a member (usually \$16/year or so). This is different that the "cover charges" that each establishment is under control of. Cover charges usually pay for a DJ or live music. Women can sometimes skirt this charge on certain days and places. Men... you are out of luck.

2.1 Nightspots and Watering Holes

- Green Street -Trolley Square Sunday: dollar pints. Tasty chocolate cake. Thursday night is college night (two dollar pints). And trivia every night.
- Desert Edge -Trolley Square Great atmosphere located in a converted trolley station. Local brewery with the classic brewery menu and good beers. 1/2 off the pitchers if you remember your student ID.

- Brewvies -677 South and 200 West A movie theater usually showing cool flicks and serves beer by the bucket until 1am. The reputed location of the best onion rings in Utah.
- Murphy's -160 South Main Street Neighborhood Irish bar, chat it up with some locals.
- Lumpy's -3000 South and Highland Drive Dancing, pool, live bands and karaoke...described as the "closest thing to Cheers in Salt Lake City," but we will have to wait for a Bostonian for confirmation.
- Tavernacle -201 East and 300 South Dueling piano bar for those graced with voices and those graced with a love for the drink. Good entertainment.
- Keys on Main -242 S Main Street Another Dueling piano bar, slightly less raucous than Tavernacle – better if you want to sit and have a conversation while being entertained.
- Zanzibar for Live Jazz -677 South and 200 West Features "Live Jazz" five nights a week.
- Bayou -645 South State Street 150 Beers from around the world, but you can grab a mixed drink too. Calmer/sit down atmosphere, well lit, pool and live music.
- Club Vortex - Younger crowd, dancing and drinking. Dare we say Salt Lake City has a night club?
- Shaggy's -200 South 200 West 3 stories of retro decorations, bar/club.
- Piper Down -1492 South State Street. Will's favorite bar in Salt Lake. Nice friendly atmosphere, cool people, live music pretty frequently. A little loud sometimes, but a lot of fun. Open mic night on Wednesday. Karaoke on Sunday. No cover charge.
- The Republican - 917 S State St. Not the U.S. political party, but an Irish pub. Pool, Foosball, and a pretty chill atmosphere, overall.
- Fat's Grill -1100 East and 2200 South. Pool and brews, but no hard alcohol.
- Burt's Tiki Lounge -north of Sears on State Street A classic dive bar, cool atmosphere, great place to see local/underground rock and roll shows.
- Area 51 -348 West 500 South Industrial/goth club. We don't really go to goth clubs since we sold all our black nail polish, but if you're into it, here you go. 18 and up. They have a nice 80s night on Wednesdays.

2.2 Shows and Concerts

- Gallivan Center during the summer Monday nights they show free sundance films. Thursday nights they host free concerts
- Red Butte Gardens - Near Heritage Center on campus Concert series during the summers.
- Pioneer Repertory Theater Used to have inexpensive student tickets for dress rehearsals (we will need verification on this one.)
- Utah Symphony Good show and cheap student rush tickets can be purchased on days of performances.

- Babcock Theater Student productions at inexpensive prices.
- Plan B Theater Some good shows from time to time.
- SLAC and Saturday's Voyeur Two useful guides to Salt Lake City culture.
- Megaplex 12 Movie theater for main stream flicks at Gateway Mall.
- Broadway Theater -111 East 300 South Beautiful theater that shows indie films and serves veggie dogs and fine chocolate to boot.
- Tower Theater -9th and 9th Rents out movies that show at Broadway Theater (if they are released on DVD), and also shows midnight movies on weekends (recent showings have been Taxi Driver and Ferris Bueller's Day Off).

Best Jazz Events

There are two major jazz concert series in Salt Lake City. One is [Red Butte Garden Summer Concerts](#) (amazing thing about these concerts is that Red Butte Garden is private property, so you can have a dinner with wine on the grass), another is [Jazz at Sheraton](#). Sometimes good jazz is performed at the University of Utah's [Kingsbury Hall](#).

2.3 Transportation UTA

Trax and buses Free to all University of Utah students. Make sure that you have your student ID and your verification pass. Both can be grabbed at the Union building in the card office. <http://www.rideuta.com> for schedules and information.

3 Outdoors

3.1 Hiking The Wasatch

- Trail Guide Useful books that describe the hikes, in detail, of the surrounding mountains.
- Dave Hanscom -Computer Science Faculty Knows all about hiking, skiing around here, and a nice guy too.
- Suggested hikes to check out (please read descriptions online or in the books) Hike Timp, Farfeinhorn, White Pine and Red Pine Lakes, Lone Peak, Mount Olympus, Alta's Katherine's Pass, Angel's Landing Hike, Millcreek hikes (especially Bowman Fork), Donut Falls, Box Elder Peak in Tribble Fork (in the AM), Fork Cyn (this is a killer hike), and Shingle Creek to Erickson Basin.
- Wasatch Mountain Club A private outdoor club that has been operating for more than 50 years. However, you don't need to be a member to participate on their hikes. Check out their site: <http://www.xmission.com/wmc/MainSite/index.htm>

- Park near Kamas just beyond Park City Purchase an admission pass for access to lakes and miles of trails.

3.2 Running

- Shoreline trail (trail running)
- Liberty Park (flat, nice woodchip path)
- Sugarhouse Park (paved, small hills)
- City Creek Canyon (paved, uphill)

3.3 Biking

3.3.1 Commuting

For getting around town, check out the Salt Lake City Bikeways Map:

<http://www.ci.sl.c.ut.us/transportation/BicycleTraffic/MAP.htm>

3.3.2 Road Biking

- City Creek Canyon Closed to cars (but open to bikes) on odd-numbered days May through September and all winter. A very nice ride, 5.6 miles one way, ~1360 ft. elevation gain.
- Airport Loop Take North Temple East, to where it meets the airport, and follow the bike path around the airport (through several gates) for an easy 15 miles out and back ride.
- Saltair Ride Starting from S 5600 W and I-80, ride West along the frontage road to Salt Air and the Great Salt Lake Marina. Can be done as an addition to the airport loop.
- Emigration Ride up Emigration Canyon (just follow Sunnyside Ave. East) for 7.8 miles (1310 ft. elevation gain) to Little Mountain overlooking Little Dell Reservoir, or continue on to Big Mountain.

3.3.3 Mountain Biking

- The Bonneville Shoreline Trail via Dry Creek starts from the foothills behind campus.
- The Mill Creek Pipeline trail and Bobsled trail are also classics.
- Solitude ski resort has some great trails in the summer, and you can ride the lift to the top with your bike.
- Also, the area around Park City has plenty of good trails (Mid-Mountain Trail is a classic).

3.4 Parks, Natural Attractions, and Cultural Sites

- Moab & Arches National Park Located in southern Utah, Moab is a great place to either camp or hotel for a quick weekend. Home of the infamous delicate arch, it contains many natural beauties and is a nice escape from the city. Many national parks within the area that contain some nice hikes. Very hot in the summer, nice to visit in the fall or spring.
- Bryce Canyon Beautiful canyon with plenty of day hikes as well as overnights (permit required). Within a few hours of the northern rim of the Grand Canyon, which you should see first, as many prefer Bryce to it.
- Canyonlands Check out Island in the Sky and the Needles.
- Capitol Reef National Park Probably under-rated, contains an amazing feature called the Water Pocket Fold, a 100-mile slash through millions of years of geology. Camp or stay in Day's Inn Torrey, eat at Capitol Reef Inn and perhaps crash there too.
- Zion National Park Favorite national park of many Utah natives. Camping, hiking, climbing, etc.
- Salt Flats Make a stop if you are in the neighborhood, but it isn't that great of a place to make as a final destination. Head north from exit 4 on I-80. Follow the signs for the Bonneville Speedway.
- Mirror Lake Highway
- Copper Mine over in the Oquirrh
- Lake Powell Beautiful, but be ready for a drive
- Temple Square Check out the Mormon Tabernacle choir singing on Sunday Mornings, or their rehearsal on Wednesday nights (open to the public). Also, check out the square and temple.
- Dinosaur Park -Vernal. Dinosaur Park has an amazing campground in Echo Park - 10 miles on the steep dirt road and you get to the primitive campground inside one of the Green River Canyons. You can swim and raft in Green River, which has sand beaches.
- Grand Tetons -Heh "tetons."
- Yellowstone
- Dark Canyon, Grand Gulch, Kolob Canyon and Virgin River Gorge
- Escalante Slot Canyons - after 30 miles of a dirt road you will find amazing half-mile long canyons which sometimes get as narrow as one foot.

3.5 Skiing and Snowboarding

For cheaper season passes, buy early (prices go up after September/October). For even more discounts, check out the Utah Freeskier Society:
<http://www.freeskiersociety.com/>

Alta has a ski **FREE** after 3pm program. One lift is open for everyone from 3 to 4:30pm. This single lift offers several trails: two green, one blue, one "black" trail

through the trees, and a one mile long dummy trail which is the Summer road -- it's perfect for teaching skiing). Alta also offers several 100-200 meter dummy trails with ropes open for everyone all day long. Free after 3pm gets a little bit crowded on weekends and has several blackout days.

- Snowbird -Little Cottonwood Canyon Linked in the back with Alta, this resort is commonly ranked among the top 3 resorts in North America, and usually number 1 in the United States. Averaging slightly less snowfall than Alta, but home of more intense terrain, the bird is for skiers and boarders alike who know what they are doing.
- Alta -Little Cottonwood Canyon 2 miles past the bird is the home of the skiers mountain. Alta is linked to Snowbird on the backside and it is possible to buy a single pass for both mountains. Alta ranks second in average annual snowfall behind Brighton. Self-deemed the locals mountain by those who snub diversity on the slopes...Alta is a skiers mountain only.
- Solitude -Big Cottonwood Canyon Possible to buy ski passes by the number of lifts you would like to take, Solitude makes it economical to come up for a couple runs before the end of the day (or before classes start). Great access to back country if you have the right equipment. Moderate terrain for the more timid.
- Brighton -Big Cottonwood Canyon A little past Solitude, Brighton has become a boarders mountain. The draw of the highest snowfall in the region, moderate terrain, terrain parks, and the highest density of snowboarders has served this mountain well. Additionally they offer night skiing and decent deals on their tickets.
- The Canyons -Park City A more eastern oriented mountain with groomers and definite trails. Unlike the ski attitude of the other mountains, the Canyons has thick forests that will keep you on trails for many runs. A great mountain for families and learning. The cheapest college seasons pass in town.
- Deer Valley -Park City
- Park City -Park City
- Snowbasin -Ogden Pumping tons of cash into this mountain for the Olympics, Snowbasin has five star lodges with comfortable carpeting and amazing chandeliers. Due to its distance from Salt Lake City, this mountain usually has small crowds and is a locals mountain.
- Powder Mountain -Ogden This mountain is another good boarders mountain, however it too is a bit of a drive from Salt Lake City. Snowy days make the pass dangerous to get up and down, so beware. Small crowds here due to the drive from Salt Lake City.

3.5.1 Cross-country and Touring

- Wasatch Tours The definitive guide to ski touring in the Wasatch, written by SoC's very own Dave Hanscom.

- Mountain Dell and Soldier Hollow

3.6 Tennis

University of Utah offers two tennis classes. First one is taught at the Field House (this is an evening class which starts at 7pm). You can register online through the [Fitness Program](#). This is a really beginning class, but you may try it to start. Another tennis class is at the [George S. Eccles Tennis Center](#). This is a set of morning classes for beginners, intermediate, and advanced players which starts at 8am. Search for "tennis" [here](#) to find ESSF 100 (Tennis Elementary) class at the Eccles Center.

You can also try to reserve a court at Field House but typically it's quite hard -- they only accept reservations for the same day and you have to call at 6am to get it. There are multiple outdoor tennis courts around the university, which you can use. The nearest are [East side of the Reservoir Park at the intersection of 100S and Virginia St](#) (west side courts are closed), [Sunnyside Park](#), [East High School \(1300 E and 800 S\)](#). The tennis club at [Liberty Park](#) offers tennis lessons, and courts, but you have to pay for everything there. On the other hand they have a wall behind the courts if you want to practice.

3.7 Gyms

- Climbing gyms Rockreation, The Front, Momentum
- Weights 24 hour Fitness, Apple Fitness, Gold's Gym, Lifestyles, Bally's, and the JCC (Jewish Community Center (open to all))...
- On campus: HPER and the Field house. Both gyms are on campus and free for students (note that if you take vacation semester you have to pay a membership fee). Play badminton at the HPER 101 Saturday and Sunday from 1 to 5pm.

Swimming pools

The HPER pool is free for students. If you are fan of outdoor pools you can go to the [Steiner's Aquatic Center](#). You have to pay 5\$ one-day fee or buy a monthly 36\$ or yearly 240\$ membership. Steiner's outdoor pool has a nice shallow place for kids and offers some swimming lessons.

3.8 Equipment

[Campus Rec](#) rents equipment to students for very cheap. Anything from tents, sleeping bags and air mattresses, to skis, boards, snow shoes, climbing equipment (both rock and ice) and more.

If you plan to start skiing, you have to visit one of the ski swaps for tons of new and

used ski gear. Ski swaps start around September/October. Plan to buy gear early. In case you missed all ski swaps you may get some used skis at [SkiTrucks](#). They charge more than a typical ski-swap.

[REI](#) is a nice sport equipment store with 100% satisfaction guarantee. This means that you can return anything any time. Returned stuff goes to a famous REI garage sale, which is open only for REI members (20\$ membership). Garage sale is a good chance to buy all sorts of equipment in different condition (from new to heavily used). The nearest REI location is on [3300 E and 3300S](#).

4 Home

4.1 Grocery Stores

- Smith's Marketplace -4th south and 5th east, 8th south and 9th east, 402 6th Ave The store on 4th south is a super Smith's housing both food and other randoms like found in a Walmart. Smith's often has a deal for the U students where you get 5% off all groceries with a special card. Ask the customer service desk for more details.
- WholeFoods - 4th south and 4th to 5th east Hippy food store. Stocks seitan suitable for replacing meat if you eat vegetarian or vegan, as well as a wide variety of other interesting foods.
- Costco Buy it cheap when in bulk. Must buy a membership, but you can split it between two people (the cheapest membership is 50\$). Just list them as a spouse and you both will get in.
- Great Harvest -9th south and 9th east Great bread bakery.
- Others Dan's, Albertson's.
- Farmers' Market -Pioneer Park on Saturday mornings but it is a seasonal market open during the summer. Fresh fruits and vegetables, as well as arts and crafts.
- Liberty Heights Fresh -1100 East and 1300 south Great place to buy cheese, lots of specialties, but very expensive. Also sells mostly, if not all, organic vegetables.

4.1.1 Regional stores

Indian

- India Unlimited - Foothill and 1700 south Indian grocery store. Stocks Indian movies for rent, Indian vegetables and spices, and boxed spice mixtures for easy (I mean it) Indian cooking. The foul-smelling Hing also available here.
- Shop-n-go at the intersection of 400 S and 900 E is another Indian store, slightly closer to the U.

Chinese

Southeast Supermarket ([442E 900S](#)) offers a reasonable selection of Chinese food, they have good shrimp for cheap, everything for Tom-Ka Gai, Indian Rice, expensive and non-expensive tea, selection of dumplings, stuff for sushi.

Korean

Oriental Food Market ([667 S 700 E](#)) - go here for Kim Chi and Korean BBQ meat.

Japanese

Broilers Market ([260S 1300E](#)) sells sushi grade fish (tuna, halibut). Dan's on Foothill started to offer sushi grade fish as well.

4.2 Looking for a Place

- “For Rent” hunting If you have the luxury of a few days, then just looking for the signs is easy and effective enough.
- [www.sltrib.com](#) Check out the online classifieds, good places go fast, so stay on top of them to figure out the new apartments as they come up.
- [www.findandrent.biz](#) Free rental finders agency that will help you find places within your price range and desires. Charge a finders fee upon signing the place.

4.3 Furniture

- Deseret Industries The thrift store has a lot of used furniture, new mattresses, and of course all the thrift store odds and ends.
- Linda's New and Gently Used Furniture -33rd south and Highland Sells new and used furniture for good prices.
- Sun Futon Get futons and beds.
- Wasatch Furniture -600 South State St. Good deals on used furniture. Haggle for the best deal.
- Ikea -67 West Ikea Way, Draper UT Inexpensive flat-pack furniture, “some assembly required”. A bit of a drive, but probably worth it for the quality/price ratio.

4.4 Computers

Campus Bookstore Right on campus, they often have sales or deals with companies for students to buy computers at a decent price.

4.5 Cell Phones

AT&T and Verizon both have offices located in the Gateway Mall. Sprint PCS, T-Mobile and Verizon have stores in the plaza at 400 South and 700 East.

Pretty much all cell phone carriers give student discounts (~15%), but you have to ask for it!

5 Health

5.1 Dental

Dental Select Closest thing to dental insurance without high cost.

5.2 Student Health Service

\$10 co-pay for appointments with student health insurance. Visit the emergency room after-hours, but be prepared to slaughter a few trees by way of paperwork.

6 Automotive

6.1 Mechanics

- Gary Miller -State street and 600 south Specializes in foreign cars, not always the cheapest, but excellent quality work.
- David Early Tires -400 south and 300 east However they were recently bought out by Fire-stone.
- Big O Tires -200 east and south temple Tunex -544 east and 2100 south Good work and they don't rip you off.
- Bailey's Service -217 west 4800 south Honest and reasonable, and he'll shuttle you to trax to get to campus.
- Autograffs -State street Ask for Milton Uppdegraff.
- Ken Garff Nissan -800 south between Main street and 100 west Great service and only \$20 for an oil change.

6.2 DMV

380 west and 2880 south Try hitting them up mid to late morning as the crowd thins during that time. But these guys move around so it is best to check out their site. Note also that there is a separate office for driver's licenses at 1095 Motor Ave (just North of North Temple and West of I-15). Going to the DMV to get a driver's license won't work.

6.3 Free Bikes

<http://www.alumni.utah.edu/ubike/> - crappy free bikes (don't even think of taking them on the trails); you can check them out on the Union Patio

You can also find old one in www.craigslist.org

7 Dog Owners

7.1 Leash Free Parks

Herman Frank's Park -700 east and 1300 south Emigration Canyon Dog Park -2600 Sunnyside Ave

8 Miscellaneous

Lots of good information at <http://utah.citysearch.com>.

8.1 Tax Services

On campus tax services available at Park Building, room 401. contact person: Sara Emery

8.2 Social Security

Offices 202 West and 400 South. (it has changed). Now it's on 200 East 400 South (opposite city library). You can reach it by TRAX

9 Special Deals for Students

- Smith's 5% off all purchases at certain locations
- Sprint, Verizon 15% off
- ATT Wireless 15 % off

- University Bookstore 5% off when using U Card
- Kentucky Fried Chicken 5% off (you may need to insist that there is a discount — a lot of times the person behind the counter doesn't know about it)
- Jiffy Lube (for oil change of your car) has 10-15% student discount
- Subway 25 and 50 cents off 6-inch and 12-inch sandwiches respectively
- Brewvies \$3 student tickets for movies
- The Pie Pizzeria 5% off (or more)
- Desert Edge 50% off pitchers (Limit 2 per ID)
- Broadway and Tower Theaters \$5.50 movies all day
- Rockreation Student rates
- Kinko's 50% off copies
- The Union Free UTA pass