Department of POPULATION HEALTH SCIENCES

Salt Lake City Information
Recreation/Outdoors

*Being surrounded by beautiful mountains has its perks, both in winter and summer.*

**Student Life Center**

801-581-8898

[http://campusrec.utah.edu](http://campusrec.utah.edu)

Located just west of the George S. Eccles 2002 Legacy Bridge and adjacent to the Fort Douglas TRAX stop, the Student Life Center connects student life with academic life and creates a more engaged campus community. This is your place for recreation, relaxation, and socializing!

**Outdoor Adventures**

801-581-8516


Outdoor adventures here at the U is the largest collegiate rental shop in the nation. They offer head-to-toe equipment to meet your needs for outdoor activities in any season. They’ll set you up with everything you need to get the most out of your trip!
Ski Resorts
www.skiutah.com

Alta
www.alta.com

Brighton
www.brightonresort.com

Deer Valley
www.deervalley.com

Park City
www.parkcitymountain.com

Snowbird
www.snowbird.com

Solitude
www.skisolitude.com

Sundance
www.sundanceresort.com
Discount Lift Tickets

Ski-N-See 801-733-4477
www.skinsee.com
Locations all over the city

The Lift House 801-943-1056
www.lifhoussports.com
Located at the base of Little and Big Cottonwood Canyon.
National Parks & Outdoor Rec

www.utah.com/nationalparks/
www.go-utah.com

Antelope Island:  www.utah.com/stateparks/antelope_island.htm
Arches:  www.nps.gov/arch/
Bryce Canyon:  www.nps.gov/brca/
Canyonlands:  www.nps.gov/cany/
Capitol Reef:  www.nps.gov-care/
Cedar Breaks:  www.nps.gov/cebr/
Flaming Gorge:  www.flaminggorgecountry.com/
Glen Canyon:  www.nps.gov/glca/
Zion:  www.nps.gov/zion/

Wasatch Front Canyons:  Big Cottonwood Canyon, Little Cottonwood Canyon, City Creek, Mill Creek – amazing hiking nearby.

Uintah Mountains:  Located 100 miles east of Salt Lake City.  A perfect weekend get-away for camping, hiking, boating, and backpacking.
Finding Culture in SLC
Performing Arts

**Ballet West**
801-323-6900
www.balletwest.org
Utah’s touring ballet company performs often at Capital Theatre.

**Broadway in Salt Lake**
801-355-5502
https://saltlakecity.broadway.com/
Touring Broadway productions.

**Desert Star Playhouse**
801-266-7600
www.desertstarplayhouse.com
A cabaret-style theatre. They perform musical comedy melodramas. Popcorn, pizza, and hotdogs served.

**Eccles Theatre**
801-355-2737
artsaltlake.org/venue/eccles-theater
Hosts touring Broadway shows, concerts, and other entertainment events.
Kingsbury Hall 801-581-7100
www.kingsburyhall.org
Regularly hosts national musicians and other touring acts. Located on campus and student tickets are cheap.

Off-Broadway Theatre 801-355-4628
www.theobt.com
A local theatre company that produces shows from the most popular to the most obscure.

Pioneer Theatre Company 801-581-6961
www.pioneertheatre.org
Located on campus. Professional non-traveling theatre company.

Rose Wagner Perf. Arts 801-323-6977
http://www.slccfa.org
Eclectic arts performances including dance & acting.

Salt Lake Acting Company 801-363-7522
www.saltlakeactingcompany.org
Liberal oriented plays. Saturday’s Voyeur (a spoof on local culture) is a yearly local favorite. Alcoholic beverages allowed.

The Utah Symphony 801-533-6683
www.utahsymphony.org
Performances at Abravanel Concert Hall in the winter and Deer Valley Resort in the summer. Student discount tickets available.
Wiseguys Comedy Club                   801-463-2909
www.wiseguyscomedy.com
Features stand-up touring and local comedians.

Museums

Clark Planetarium                            801-456-7827
www.clarkplanetarium.org
Interactive museum offering an entertaining look at the universe. Simulated space flights, star shows, and dancing laser lights.

Ft. Douglas Military Museum         801-581-1251
www.fortdouglas.org
Located on campus at Fort Douglas. Features exhibits honoring and educating visitors about Utah’s military history.

Gateway Plaza Mall                          801-456-0000
http://shopthegateway.com/
The Gateway isn’t a mall. It’s Salt Lake City’s downtown destination for shopping and dining, entertainment, community-driven events, urban living, and creative office space. With direct access to public transit, The Gateway serves up a one-of-a-kind blend of unique retail, hip nightlife, a cutting-edge arts and culture scene, an innovative technology hub, and more.

The Leonardo                                    801-531-9800
www.theleonardo.org
Local museum created to honor and embody the spirit of the Renaissance Man. A place where you can freely wander and wonder. Come and discover your inner genius, just like Leonardo did!
Living Planet Aquarium  801-355-3474
www.thelivingplanet.com
12033 Lone Peak Pkwy, Draper
Brings animals to people who might not have the chance to see them or their water-based ecosystems in a natural setting.

U. Museum of Contemp. Art  801-328-4201
www.utahmoca.org
Located in the heart of downtown SLC, UMOCA encourages exploration into what it means to exist in today’s world through art that inspires imagination, stimulates thought, and transforms society.

U. Museum of Fine Arts  801-581-7332
www.umfa.utah.edu
Located on campus.  Showcases small collections and a variety of exhibits during the year.

U. Museum of Natural History  801-581-6927
www.umnh.utah.edu
Located on campus. Largest collection of reptile and amphibian holdings in the state. A great educational facility for young children. Free entry for students!
Live Music

SLUG Magazine’s Daily Calendar offers the most comprehensive list of live music in the state:
http://www.slugmag.com/calendar

The Complex  888-316-3587
http://www.thecomplexslc.com/
A collection of 4 separate venues that hosts an eclectic range of national and local musicians as well as events like raves, roller derby, and UFC-style fights.

The Depot  801-456-2888
www.depotslc.com
With an unmatched sound system and a unique location in the Union Pacific Station. Check show listings for 21+ or all ages designation.

Garage on Beck  801-521-3904
http://www.garageonbeck.com/
There’s some incredible food at this unique and classy bar. The Garage also hosts regular live music including acoustic shows. Every Thursday night is live jazz night. (21+)

In The Venue  801-359-3219
http://www.inthevenueslc.com
This club hosts acts from every genre imaginable. Shows are all-ages with separate bar for 21+ concert-goers. Also includes smaller attached venue Club Sound.

Kilby Court  801-364-3538
www.kilbycourt.com
All ages music venue with outdoor patio and a very unique atmosphere. Experience indie, pop/rock, experimental jazz, and a variety of music during the week. All-ages venue.
The State Room 801-501-2885
http://www.thestateroom.com/
300-capacity live venue presenting both national and local acts. Full bar with beer, wine and cocktails. (21+)

Urban Lounge 801-746-0557
www.theurbanloungeslc.com
Salt Lake’s independent sound stage. Experience a variety of music from independent artists of all genres nearly every night of the week. (21+)

For more great suggestions check out Salt Lake City Weekly free newspaper (found many places on campus and in the city) or online at: www.cityweekly.net.

Bars

Bar X 801-355-2287
Prohibition-era bar with authentic ambiance, specialty cocktails and decades of history. Owned by actor Ty Burrell from Modern Family.

Beer Bar 801-355-2287
www.beerbarslc.com
Located adjacent to Bar X (and from the same owner). Lots of beer on tap, great food, relaxed atmosphere.

Beerhive Pub 801-364-4268
Great beer menu with a frosty ice bar will keep your beer mug cool all night.
Cheers to You  
801-575-6400  
www.cheerstoyouslc.com  
A comfy small bar in the heart of downtown with food from next door local favorite, Eva.

Dick N’ Dixie’s  
801-521-3556  
Quintessential hipster vibe. Great place to get a drink before a show at the nearby Urban Lounge.

Garage on Beck  
801-521-3904  
www.garageonbeck.com  
Cheap brews and excellent grub. Perfect place to chill on the patio or see a live band in an intimate, warm-wood setting.

Gracie’s  
801-819-7565  
www.graciesslc.com  
Gastropub serving American eats & cocktails in a buzzy space with live music, TVs & Downtown views.

The Green Pig Pub  
801-532-7441  
www.thegreenpigpub.com  
A sports bar with huge windows and a rooftop patio. Prime location for a drink before all the festivals during the summer.

The Jackalope  
801-359-8054  
www.facebook.com/jackalopelounge  
Cheap drinks and snowboarding videos at the ready and an open patio during warm weather.
Lake Effect 801-532-2068
www.lakeeffectslc.com
Lake Effect is, at heart, a craft cocktail bar that excels in every beverage genre with nearly 100 different wines, over 150 beers and the largest spirit selection in the state.

Murphy’s 801-359-7271
www.murphysbarandgrillUT.com
Low-key place to hang at the end of the day.

Wakara Bar 801-581-1000
480 Wakara Way, Marriott University Park
Less than a half-mile from dorms, head up to Research Park to find this quiet little spot and enjoy a cocktail while playing pool or watching a game.

Poplar Street Pub 801-532-2715
www.poplarstreetpub.com
Huge bar with games and a warm-weather patio.

The Tavernacle 801-519-8900
www.tavernacle.com
Enjoy live music, dueling pianos, and a great time. (21+)

Twilite Lounge 801-532-9400
www.twilitelounge.com
Dive lounge vibe with fireplace and free jukebox.
Whiskey Street
https://www.whiskeystreet.com/
Lounge and eatery serving family style bites in a historic location. Really good brunch on the weekends.

White Horse Spirits and Kitchen
https://www.whitehorseslc.com/
High-end bar with craft cocktails, an extensive cider menu and fancy bar snacks.

Bodega
http://www.bodega331.com/
Small, speakeasy vibe with good drinks and a downstairs restaurant.

Quarters Arcade Bar
https://www.quartersslc.com/
Videogames, arcade games and drinks.

Water Witch
http://waterwitchbar.com/
Mellow neighborhood bar with good drinks.

Purgatory
http://www.purgatorybar.com/
Self-described drinking hole with law games, mischief and musical vibes.

Campfire Lounge
http://www.campfirelounge.com/
Firepits and heaters make the patio cozy year-round. Dog friendly and lots of games. Brunch on the weekends.

**BTG Wine Bar**

http://btgwinebar.com/

Huge wine selection and serves 2 oz. pours, by the glass or by the bottle.

**Brew Pubs**

**Avenues Proper**

http://www.avenuesproper.com/

Serves Utah beer exclusively.

**The Bayou**

www.utahbayou.com

This hangout has an astonishing selection of beers and tasty Southern grub.
Bohemian Brewery
http://www.bohemianbrewery.com
Enjoy an assortment of sandwiches, salads, pizza, old world pub fare and entrees alongside tasty beer brewed under the German Purity Law.

Epic Brewery – The Annex
www.theannexbyepicbrewing.com

Fiddler’s Elbow
www.fiddlerselbowslc.com
Huge selection of really cold microbrews. Also, some of the best comfort food in town. Finish it off with a game of pool.

A Fisher Brewing Co.
www.fisherbeer.com
Community brewery & taproom serving ales, lagers & eats from local food trucks.

Kiitos Brewing
http://kiitosbrewing.com/
Drink beer. Do Good. Give Thanks.

Proper Burger Co
http://www.properburgerslc.com/
Really good burgers and serves all of their own beer (Proper Brewing Co)
Red Rock Brewing Co.
www.redrockbrewing.com
Great beer, wood and brick design, and wood-fired pizza.

Squatters
www.squatters.com
Serving award-winning microbrews. Enjoy garden seating in warm weather or the cozy fireplace in the winter.

Uinta Brewhouse Pub
www.uintabrewing.com
Grab a deli sandwich with chili or soup and chase it down with Uinta's famous Cutthroat Pale Ale.

Wasatch Brew Pub
www.wasatchbeers.com
Local favorite. Enjoy a nice relaxing meal in Sugarhouse with some of Utah’s best beer.

Restaurants

Aristos
http://www.aristosslc.com/
Voted Top 100 Best Greek Restaurants in the US. Their grilled octopus and lamb taco were featured on the Food Network’s Diners, Drive-Ins and Dives.

Blue Plate Diner
1950’s inspired mom and pop diner serving comfort food. Their corned beef hash, smoked salmon and omelets were featured on Diners, Drive-ins and Dives.
Bruges Waffles & Frites
https://www.brugeswaffles.com/
Authentic Belgian cuisine served at 4 locations and food trucks. Their “Pig on a Cloud Waffle” (AKA The Machine Gun) was featured on Man vs. Food.

Caputo’s Market and Deli
https://caputos.com/
Italian market and deli. Great sandwiches and salads.

Chile Tepin
http://www.chile-tepin.com/home
Voted Best New Mexican Restaurant in Salt Lake!

Crown Burgers
http://www.crown-burgers.com/
Small fast food chain based in Salt Lake, known for its signature burger which is a cheeseburger that includes pastrami. The “Crown Burger” was featured on Man vs. Food.

CURRENT Fish & Oyster
https://www.currentfishandoyster.com/
Industrial vibe with excellent seafood.

Even Stevens
https://evenstevens.com/
Proceeds from each sandwich go to a local neighborhood non-profit.
Finca
Spanish tapas downtown with an all-Spanish wine selection.
https://www.fincaslc.com/

From Scratch
http://www.fromscratchslc.com/
Artisanal pizzas, burgers and sandwiches.

Himalayan Kitchen
Indian and Nepalese restaurant with a huge lunch buffet.

Hub & Spoke Diner
https://www.hubandspokediner.com/
Hipster diner fair for breakfast, lunch and dinner. Lemon poundcake French toast was featured on Cheap Eats.

Indochine Vietnamese Bistro
http://www.indochinesaltlake.com/
Casual Vietnamese food two blocks from campus. Great lunch specials.

Lucky 13
https://www.lucky13slc.com/
Consistently voted Best Burger in Utah. Home of the Lucky 13 Challenge: finishing the Big Benny (a foot-tall burger with bacon, ham, cheese, sautéed onions, Lucky 13 Sauce and 28 ounces of fresh-ground chuck) and the Lucky 13 (14 ounces of ground chuck topped with Belizean habanero puree and roasted habaneros, stuffed between two grilled cheese sandwiches that are filled with sautéed onions, roasted jalapenos and roasted habaneros), plus a plate of fries in under an hour. $1000 prize!
Mazza
http://www.mazzacafe.com/
Relaxed restaurant for Middle Eastern street food like shawarma and kebabs.

Maxwells
http://www.maxwellsece.com/
Sports bar with East Coast Italian style food. Their chicken parm, 10 ounce meatball and pizza were featured on Diners, Drive Ins, and Dives on the Food Network.

Moochie’s Meatballs
https://www.moochiesmeatballs.com/
Casual and quick for Philly cheesesteaks, meatball subs and sides. All three were featured on Diners, Drive Ins, and Dives.

Oh Mai Sandwich Kitchen
https://www.ohmaisandwich.com/
Known for their banh mi sandwiches, pho and rice dishes. Their garlic-butter ribeye steak and brisket pho were featured on Diners, Drive-Ins and Dives.

Pats BBQ
https://www.patsbbq.com/
Slow-cooked BBQ and signature burnt ends in a cool space with live music were featured on Diners, Drive-Ins and Dives.

Penny Anne’s Café
https://pennyannscafe.com/
Winner of Best of State Best Breakfast for their heavenly hotcakes.
The Pie - Underground
https://www.thepie.com/
Underground space decorated with graffiti close to campus and voted Best Pizza in Utah.

Pig in a Jelly Jar
https://www.pigandajellyjar.com/
Fun twist on comfort food. Their chicken strips are amazing.

Red Iguana
http://www.rediguana.com/
Consistently voted Best Restaurant in Utah and Best Mexican Food in the state. Their Mole Negra with Chicken was not only featured on Diners, Drive-Ins and Dives, but is also featured in Guy Fieri’s cookbook travelogue “More Diners, Drive-Ins, and Dives.”

Ruth’s Diner
http://ruthsdiner.com/
Historic diner in a trolley car nestled in a beautiful canyon. Featured on Diners, Drive-Ins and Dives for their biscuits and gravy and Grandma Claire’s Baked Mac and Cheese.

Spitz
https://spitzslc.com/
Mediterranean street food, falafel, craft beer and sangria.

Siegfried’s Delicatessen
http://siegfriedsdelicatessen.com/
Deli and marketplace serving German specialties and imported groceries.
Stoneground Kitchen
http://stonegrounditalian.com/
Rustic Italian recipes with thin crust pizzas and fresh pastas with a great patio. Go for “Sunday Supper.”

Tosh’s Ramen
http://www.toshsramen.com/
Best Ramen in Salt Lake, hands down!

Zest
https://www.zestslc.com/
Over-21 restaurant featuring vegetarian and vegan foods.

Shopping

City Creek Center
New, unique shopping environment features a retractable glass roof, a creek that runs through the property, a pedestrian skybridge and more.
Movie Theaters

Megaplex at the Gateway
https://www.megaplextheatres.com/thegateway
Typical large movie theater featuring new releases.

Broadway Centre Cinemas
https://saltlakefilmsociety.org/now-playing/broadway
6-screen cinema operated by the Salt Lake Film Society and shows first run indie and foreign films

Brewvies Cinema Pub
http://www.brewvies.com/
2 screen theater featuring new releases, indie films and events plus pub food and a full bar.

Tower Theatre
https://saltlakefilmsociety.org/now-playing/tower
Historic art-house cinema featuring new releases, independent films, cult classics and singalongs.