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www.upstate.edu/about
and select "Visitor's Guide."

Enjoy Your Visit!

An hour to spend
or an extended stay...

Things to see
and do on
campus and
beyond!



UPSTATE
MEDICAL UNIVERSITY

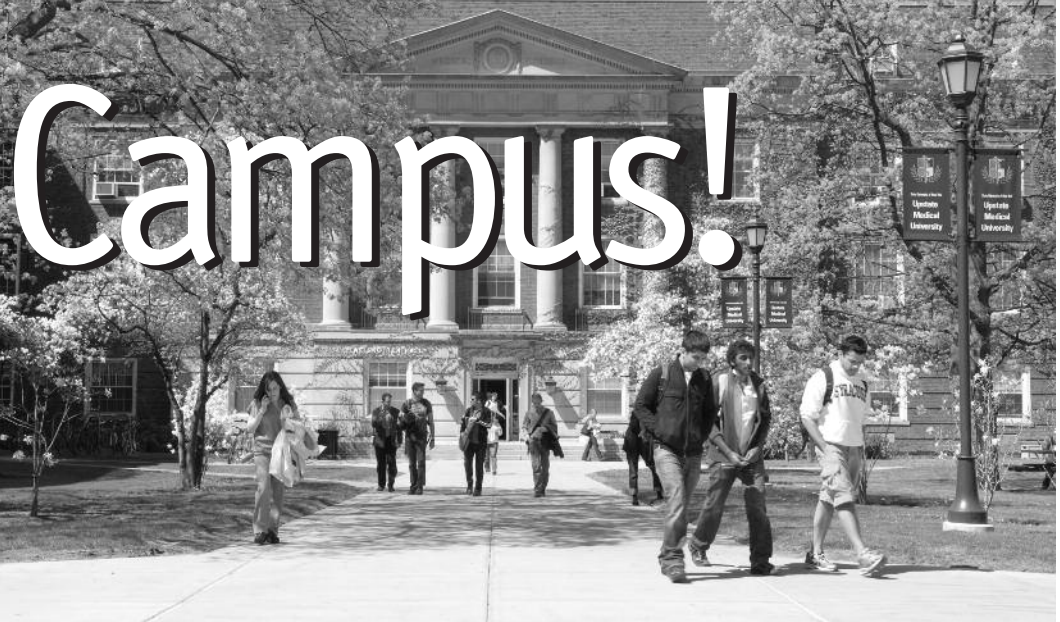
750 EAST ADAMS STREET • SYRACUSE, NY 13210
www.upstate.edu

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S Y R A C U S E , N E W Y O R K

Welcome to...

Weiskotten Hall, Upstate's original medical school building at 766 Irving Avenue, Syracuse, features state-of-the-art basic science laboratories and classrooms. The building houses the offices of the university president, deans of the colleges of Medicine and Graduate Studies, Student Admissions for all colleges, the Office of Continuing Medical Education and the Setnor Academic Building, which is home to the largest clinical skills center in the United States.



Whether you have an hour to spend, or are here on an extended stay, this guide offers many ways to become acquainted with Syracuse and the Central New York area.

We're told we're very friendly!

In interview after interview, students comment on the warmth and cordiality of professors, staff and Syracusans alike, so please don't hesitate to ask any one of us questions!

Hungry? Thirsty?

The **Spice Express cafeteria**, on the ninth floor of Weiskotten Hall, is open 7:30 a.m. to 2 p.m. daily.

Cafe 750, the main cafeteria on the second floor of University Hospital, serves hot food from 6 a.m. to 10 p.m. daily. Cafeteria vending machines are operable 24 hours a day. A tunnel connects the basement of Weiskotten Hall to the seventh floor of University Hospital.

The **gift shop** (464-4713), in the main lobby of University Hospital, offers snacks, chips and cookies, etc., 8 a.m. to 7 p.m. Monday-Friday and 9:30 a.m. to 6 p.m. weekends and holidays.

Espress Oasis Coffee Bar (464-5607) in the main lobby of University Hospital offers sandwiches, soups, gourmet coffees, and pastries 6 a.m. to 6 p.m. Monday-Friday.

The **snack bar**, first floor of the Campus Activities Building, 155 Elizabeth Blackwell Street, is open 7:30 a.m. to 2 p.m. Monday-Friday year round.



President Franklin D. Roosevelt laid the cornerstone of Weiskotten Hall in 1936.

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In the Neighborhood

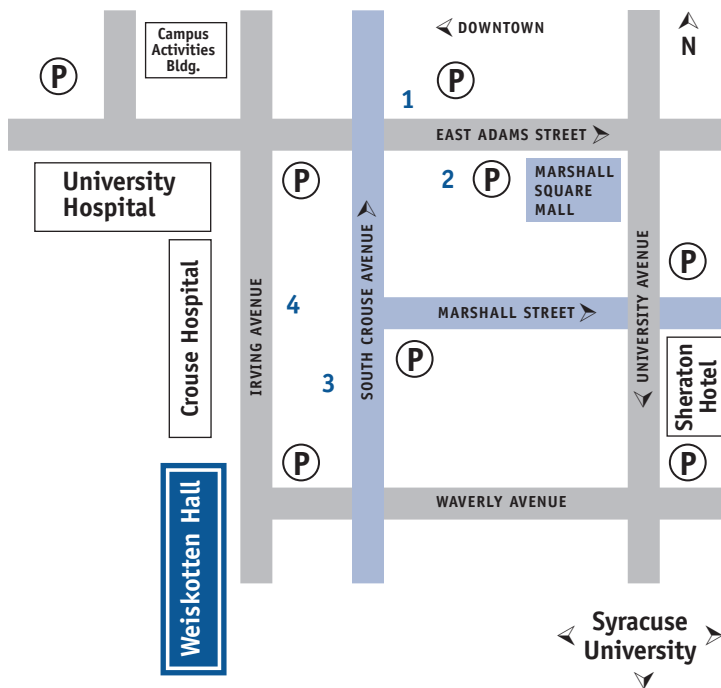
Check out the Health Sciences Library

The Health Sciences Library team offers premiere service to our community. We offer electronic access to over 1,800 full text journals; an extensive collection of eBooks; a growing collection of streaming media such as Bates Guide to Physical Examination and History Taking; evidence based practice, drug information and patient & family health information resources. Our Librarians are available to assist with research queries; searching the health sciences literature; identifying patient & family focused health resources, and assisting with special projects. Please visit us in person at the Health Sciences Library located off the south corridor of Weiskotten Hall or Family Resource Center located on the 12th floor of the Golisano Children's Hospital or online at library.upstate.edu and library.upstate.edu/frc

Have an hour to spend? You are in the right place for conveniences within a five-minute walk of Weiskotten Hall. The SUNY Upstate campus, which is part of the vibrant area known as University Hill, enjoys a lively college atmosphere with its neighbors Syracuse University and the SUNY College of Environmental Science and Forestry. Nestled on the edge of downtown Syracuse, the SUNY Upstate campus is close to restaurants, shops, bookstores, pharmacy, several banks and ATMs. (See list at right.)



Health Sciences Library



South Crose Avenue

AppeThaizing
Bruegger's Bagels
CVS Pharmacy
Faegan's Cafe & Pub
Funk 'n Waffles
Mok Hwa Restaurant
Samrat Indian Restaurant
Varsity Pizza

Marshall Street

Acropolis Pizza
Aladdin's Natural Eatery
Cosmo Pizza
Hamilton's Floral Garden
Hershey's Ice Cream
King David's Restaurant
Panda West Restaurant
Pita El Saha
Pita Pit Restaurant
Spybaby Boutique
Starbucks Coffee
and more

Marshall Square Mall

All in Good Taste Restaurant
Art of Massage
Follett's Orange Bookstore
Subway Sandwiches
Syra-Juice
U.S. Post Office

Banks/ATMs

- 1 Chase Bank
- 2 HSBC Bank
- 3 M&T ATM
- 4 M&T Bank

There is an ATM in the lobby of University Hospital.

Gas

There are gas stations at Erie Blvd. East and Teall Ave. (northeast of the campus), Erie Blvd. East and South State St. (northwest) and Erie Blvd. East and University Ave.

Quality of Life: How We Rate

- CNN's *Money* magazine, named Syracuse the No. 1 city in the nation with the most affordable real estate market.
- *Places Rated Almanac* rated Syracuse 14th most affordable spot nationwide for affordable housing, healthcare costs and best metros to test new products because residents closely resemble consumers nationwide.
- *Parenting* magazine lists Syracuse as one of the top 10 small cities to raise a child and with the Golisano Children's Hospital, Syracuse ranks 87th amongst our healthy cities.
- Syracuse ranked No. 4 in the *Forbes* listing of the Top 10 cities to raise a family.
- *Portfolio Magazine* ranked Syracuse at No. 17 on its fun index of America's biggest cities, ahead of Las Vegas and Orlando.
- *Popular Science* rated Syracuse as the 17th greenest city in America.
- Armory Square's The Blue Tusk was given a worldwide rank in the "top places to have a beer before you die," by *All About Beer* magazine.
- Syracuse is one of 14 cities worldwide that is a member of the Sesame Network, an organization promoting economic and cultural cooperation.
- *Field and Stream* listed our nearby Salmon River as the second best place in the country for salmon fishing.
- Businessweek.com ranked Syracuse 10th on list of the 20 best places for job seekers to "start over."
- *US News and World Report* named Syracuse one of the top 10 'Winter Wonderlands' for retirement.
- Syracuse is the first "Say Yes to Education" chapter nationwide to embrace an entire city school district. The program recently had 992 graduates of city high schools attending 64 public and private colleges — tuition free!

Money Goes Further

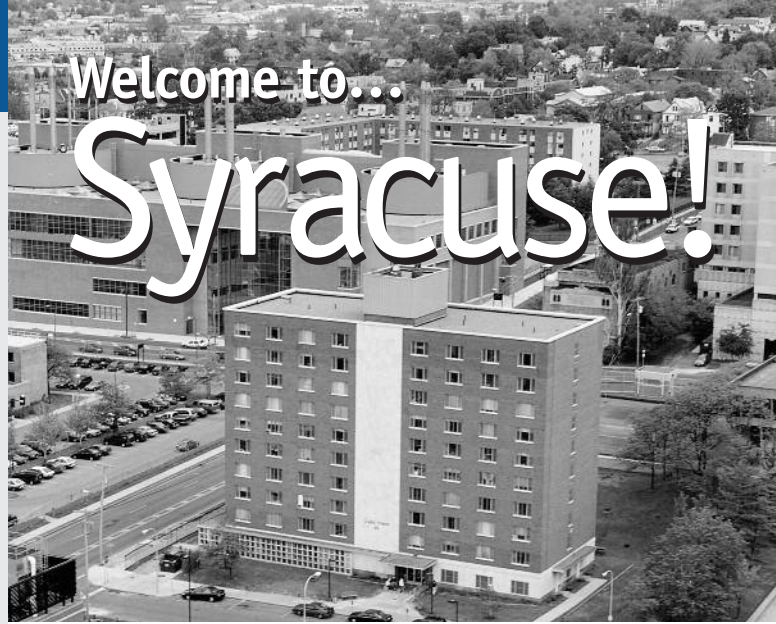
Our financial aid office estimates first-year students need \$10,000 for living expenses. To give you an idea of how reasonable the cost of living is in Syracuse, we calculated how much money you would need in 12 cities with academic medical centers to equal \$10,000 here.

\$11,722 in Baltimore	\$11,899 in New Haven
\$11,801 in Burlington, VT	\$21,456 in New York City
\$12,903 in Boston	\$13,021 in San Diego
\$11,643 in Chicago	\$15,954 in San Francisco
\$13,405 in Los Angeles	\$12,135 in Seattle
\$10,797 in Minneapolis	\$13,572 in Washington, D.C

*calculations provided by cnmmoney.com

Welcome to...

Syracuse!



Clark Tower (in foreground, above) houses 170 students from all four SUNY Upstate colleges. Clark Tower is one block from SUNY Upstate's University Hospital, and a short walk from the Health Sciences Library and academic buildings. For students who choose to live off campus, the Office of Residential Life maintains a list of nearby rental housing.

Just the Right Combination of City and Country

People around the world are beginning to learn what some of us have known for ages — Syracuse is the Northeast's best-kept secret! Surrounded by rolling hills, forests and lakes, Syracuse offers a wealth of recreational opportunities, as well as a beautiful place to live. People come to Syracuse for its affordable housing, excellent schools, colleges and universities.

Things to See and Do in Syracuse

Arts & Culture

Jazz Central

www.cnyjazz.org

Located downtown, Jazz Central hosts educational and cabaret events, seminars, lectures, jam sessions and rehearsals, and also Jazz in the Square, a three-day, outdoor international Jazz festival in downtown Syracuse each July, which is free of charge.

Landmark Theatre

landmarktheatre.org

The historic downtown Landmark Theatre, formerly a 1928 movie palace, serves the community as an entertainment center. The theater offers live performances, touring Broadway shows and a wide variety of renowned musicians.

Redhouse

www.theredhouse.org

Located in Armory Square, the Redhouse is a cultural center presenting new works in theater, concerts, gallery exhibitions and film presentations. Tickets are available online or at the box office an hour before each event.

Syracuse Opera

www.syracuseopera.com

Syracuse Opera is Upstate New York's premier professional opera company, offering three productions each season, outreach and educational programs. Productions are held at the John H. Mulroy Civic Center in downtown Syracuse.

Syracuse Stage

www.syracusestage.org

Located in the university area, Syracuse Stage is one of America's premier professional theaters offering main stage plays September-May. Actors, designers and directors from Broadway and beyond present the best of classic and contemporary drama. Wheelchair accessible; infrared listening system for people with hearing impairments.

Telephone listings are in the 315 area code.

Syracuse Symphony

www.syracusesymphony.org

Syracuse Symphony's 80-member Orchestra, led by a conducting staff of international caliber, performs full-orchestra and chamber ensemble concerts during its 39-week season. The SSO presents The Nutcracker with a visiting ballet company each December, plays for Syracuse Opera performances and offers a vast array of programs, educational youth programs, and free summer parks concerts.

Dining

For a complete listing of Syracuse dining establishments, visit visitsyracuse.org/dine

ARMORY SQUARE DINING

www.armorysquare.com

Below is a partial listing of dining establishments in the historic Armory district. See shopping section on page 17 for directions.

BC Restaurant

247 West Fayette Street
701-0636

Fine dining
Chic "downtown casual"

Bistro Elephant

238 West Jefferson Street
475-9463

Eclectic dining

Blue Tusk of CNY

165 Walton Street
472-1934

Creative pub menu
Ranked "top place worldwide to have a beer before you die"

Empire Brewing Company

120 Walton Street
475-4400

Contemporary bar and grill
Moderately priced menu,
freshly brewed premium beer

Freedom of Espresso

144 Walton Street
424-8840

Quaint coffee shop

Kitty Hoynes Irish Pub & Restaurant

301 West Fayette Street
424-1974

Genuine Irish pub
Live music on Saturday nights

Lemon Grass

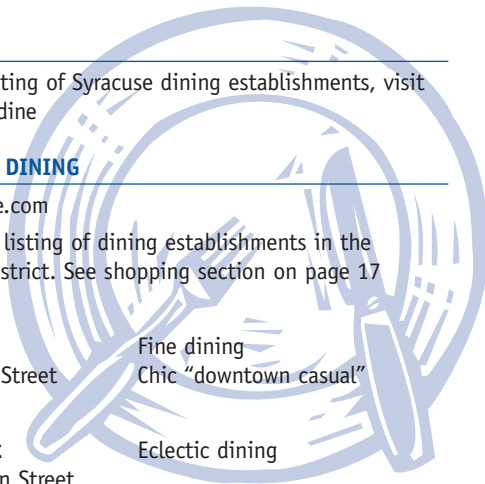
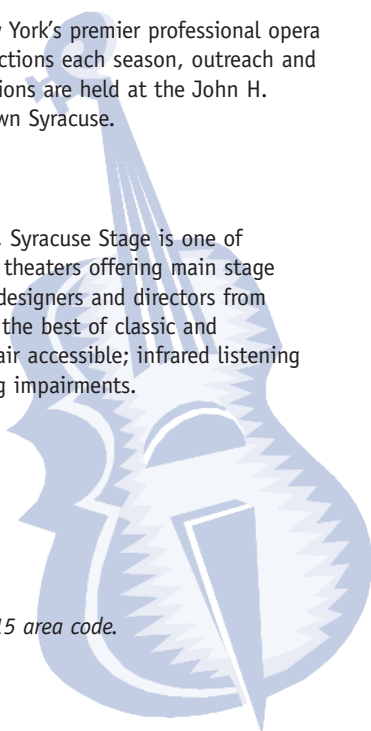
238 West Jefferson Street
475-1111

Creative cuisine from Thailand

Nick's Tomato Pie

109 Walton Street
472-7703

Gourmet pizza
Open until 3 a.m. Wed-Sat



Pastabilities

311 South Franklin Street
474-1153

Lively contemporary atmosphere
Artisan breads baked daily on premises

PJ's Pub and Grill

116 Walton Street
478-3023

Pub and burger menu
Outdoor seating

Sakana-Ya Sushi Bar

215 Walton Street
475-0117

Avant-garde sushi bar

DOWNTOWN AREA DINING

Dinosaur Bar-B-Q

246-247 Willow Street
476-4937

Famous honky-tonk rib joint
Affordable pricing, very casual

Genesee Grande Hotel

1060 East Genesee Street
476-4212

Beautifully renovated
dining room

Gentile's Restaurant

305 Burnet Avenue
474-8258

Innovative menu changes
seasonally

Julie's Place

770 James Street
472-9528

Fine dining, home of the
signature dish—pasta pie

L'Adour

110 Montgomery Street
475-7653

Fine French dining
Parisian provincial charm

Lao Village Laotian & Thai Restaurant

208 West Genesee Street
435-8151

Asian cuisine, dine in or
take out, reasonably priced

Redfield's at the Renaissance

701 East Genesee Street
479-7000

Premier dining spot
Comfortable atmosphere

Phoebe's Garden Café

900 East Genesee Street
475-5154

Lunches and dinners
Good for pre-theater dining

Strong Hearts Café

719 East Genesee Street
478-0000

Reasonably priced vegan menu
Noted for milkshakes

The Mission

304 East Onondaga Street
475-7344

A taste of Mexico, contemporary
dining in the ambiance of an
1800s renovated church

ERIE BOULEVARD EAST DINING

Erie Boulevard parallels Route 690 between downtown Syracuse and ShoppingTown Mall in DeWitt and has a variety of dining options, including many familiar chains. Several of the restaurants in the sampling below have menus listed on their websites.

Erawan Thai Restaurant

2724 Erie Blvd. East
445-8152

Affordable pricing, casual
atmosphere

The Little Thai House

2863 Erie Blvd. East
251-1366

Thai cuisine, many vegetarian
options

Scotch-N-Sirloin

3687 Erie Blvd. East
446-1771

Steaks aged, cut on premises
Moderate pricing
Casual atmosphere

Secret Garden/Bi-Won

2731 Erie Blvd. East
449-3333

Specializing in Korean
and Japanese cuisine

Tokyo Seoul

3180 Erie Blvd. East
446-2688

Hibachi, Sushi Bar

Tully's Good Times

2943 Erie Blvd. East
449-1543

Sports theme
Affordable pricing
Casual atmosphere

Olive Garden

3147 Erie Blvd. East
449-1543

Italian cuisine
Affordable pricing
Casual atmosphere

Ruby Tuesday

3220 Erie Blvd. East
446-4116

American cuisine
Affordable pricing
Casual atmosphere

Red Lobster

2965 Erie Blvd. East
445-1988

Seafood and more
Affordable pricing
Casual atmosphere

WESTCOTT STREET DINING AND MORE

Closely linked with the University Hill area, the Westcott Street neighborhood is home to many college students and their faculty, and a lively business district. Within the heart of the neighborhood is nationally-registered Thornden Park, which holds an outdoor Olympic-sized pool, a stonework amphitheater and a unique, all-volunteer rose garden.

Alto Cinco Restaurant

526 Westcott Street
422-6399

Mom's Diner

501 Westcott Street
477-0141

Telephone listings are in the 315 area code.

Munjed's Middle Eastern Café

530 Westcott Street
425-0336

Peking Restaurant

471 Westcott Street
472-6666

Boom Babies Vintage Clothing

Specializing in vintage, new, prom, & unusual clothing & jewelry
489 Westcott Street
472-1949

University Holistic Health & Pain Treatment Center

465 Westcott Street
422-4325

Westcott Florist

548 Westcott Street
474-1283

LITTLE ITALY DINING

Reminiscent of Mulberry Street in New York City, the North Side of Syracuse boasts of a renovated section that offers old-world charm and first-class dining.

Attilio's Restaurant

700 North Salina Street
218-5085

Lively bar and restaurant
Interesting and delicious
Italian fare

Asti Caffè & Trattoria

411 North Salina Street
478-1039

Hearty, homemade Italian
dishes in charming, family-
owned eatery

Cafe Biscotti & Gelateria

741 North Salina Street
478-9583

Excellent Italian pastries,
coffee and gelato
Call for hours; Closed Mondays

Francesca's Cucina

545 North Salina Street
425-1556

Upscale Italian
Outdoor European courtyard

Ilario's Trattoria

425 North State Street
478-1400

Authentic Italian fare

Mai Lan Vietnamese Restaurant

505 North State Street
471-6740

Home style, authentic
Vietnamese fare
Very casual

Mezzanotte Café & Bar

658 North Salina Street
478-7001

Italian cuisine

Telephone listings are in the 315 area code.

EASTERN SUBURBS DINING

Arad Evans Inn

7206 Genesee Street
Fayetteville
637-2020

Fine dining in historic country
farmhouse

Bonefish Grill

Towne Center
Fayetteville
637-0491

Upscale, franchise restaurant
specializing in fresh fish dishes

Carrabba's

Towne Center
Fayetteville
637-7400

Sicilian Italian food in warm,
casual setting

Limestone Grille

7300 East Genesee Street
Fayetteville
637-9999

Innovative American
regional fare

Pascale Wine & Bar Restaurant

104 Limestone Plaza
Fayetteville
637-8321

American dining with a twist
Wines from around the world

Red Robin

Towne Center
Fayetteville
637-6790

Gourmet burgers and spirits,
casual setting

Movie Theaters

To view movie times and buy tickets online visit
www.Fandango.com

Hollywood Theater

Brewerton Road, North Syracuse
454-0321

Manlius Art Cinema

135 East Seneca Street, Manlius
682-8917

Palace Theater

2384 James Street, Syracuse
463-9240

Regal Carousel Center Cinemas

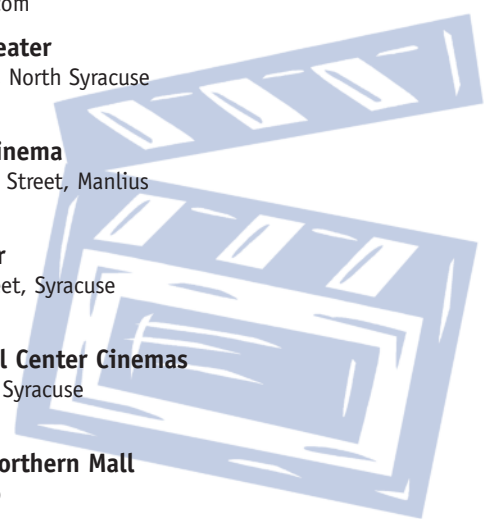
Carousel Center, Syracuse
466-5680

Regal Great Northern Mall

Route 31, Cicero
652-2130

Regal ShoppingTown Cinemas

3649 Erie Boulevard East, Dewitt
449-2210



Museums and Galleries

Erie Canal Museum & Syracuse Visitors Center

www.eriecanalmuseum.org

318 Erie Boulevard East at Montgomery Street, Syracuse
471-0593

Hours: Tues-Sat: 10 a.m. to 5 p.m. Sun: 10 a.m. to 3 p.m.

Admission: No charge.

Changing special exhibitions. A gallery packed with things to do and see. Try on a diving helmet, view canal water life, and canal boat model collections or look at historic stereo views of the Erie Canal. Tours offered.

Everson Museum of Art

www.everson.org

401 Harrison Street (Downtown Syracuse)

474-6064

Hours: Tues-Fri: Noon to 5 p.m. Sat: 10 a.m. to 5 p.m.

Admission: No charge. Donations accepted.

Changing exhibitions of oils, photography, graphics and sculpture. Most comprehensive collection of American ceramics in the world. Building designed by I.M. Pei, built in 1968. Gift shop.

Milton J. Rubenstein Museum of Science & Technology (MOST)

www.most.org

Armory Square (Downtown Syracuse)

500 South Franklin Street

425-9068

Hours: Wed-Sun: 10 a.m. to 5 p.m.

Admission (museum only): Adults: \$7

Children (ages 2 to 11): \$6, Seniors: \$6

(Including IMAX®): Adults: \$11.50, Children: \$9, Seniors: \$9.50

Hands-on exhibitions that help children learn about science and history. Home of the Bristol IMAX domed Omnitheater. IMAX Movies play on Saturdays until 9 p.m.

Onondaga Historical Association Museum

www.cnyhistory.com

321 Montgomery St., Syracuse

428-1864

Hours: Wed-Fri 10 a.m. to 2 p.m.; Sat-Sun 11 a.m. to 4 p.m.

Admission: No charge. Donations accepted.

This large, regional collection of historical treasures has exhibitions showing Syracuse China, sports history, the oldest Syracuse-made Franklin auto in existence and "Freedom Bound," a permanent Underground Railroad exhibit featuring Syracuse's prominent role in the abolition movement. Gift shop.

Telephone listings are in the 315 area code.

Ste. Marie among the Iroquois Living History Museum

www.onondagacountyparks.com

Onondaga Lake Parkway, Liverpool

453-6767

Open Early-May through Early-October

Hours: Weekends 12:30 to 5 p.m.

Mon, Wed, Thurs 9 a.m. to 3 p.m.

Admission: \$3 adults \$2.50 seniors (62+) \$2 children (6-17)

Recreated French Mission of Sainte Marie in the year 1657. Tells the story of the Jesuits who traveled from Quebec City to Onondaga Lake by invitation of the Iroquois Nation.

Syracuse University Lowe Art Gallery

suart.syr.edu

Shaffer Art Building, 110 Sims Drive, Syracuse University

443-3127

Hours: Mondays/University holidays—CLOSED

Tues—Sun: 12 to 5 p.m. Thurs: 11 a.m. to 8 p.m.

Admission: Free and open to the public

The SU Art Galleries show historical, critical, faculty and student exhibitions for the School of Art and Design, College of Visual and Performing Arts at Syracuse University.

Parks

A sampling of area parks:

Beaver Lake Nature Center, Baldwinsville

onondagacountyparks.com

638-2519

Hours: Open daily except Thanksgiving and Christmas; 7:30 a.m.

Call for closing time.

Admission: \$3 per vehicle

Hiking trails. Walks and tours by naturalists. Cross-country skiing. Nature exhibits. Route 690 West to 370 West. Follow signs.

Green Lakes State Park, Fayetteville

nysparks.state.ny.us

637-6111

Hours: Open year-round. No winter camping.

Admission: \$8 vehicle fee

Camping, beach, swimming, picnic grounds, rowboat rentals, hiking, golf course, cross-country skiing.

Jamesville Beach Park, Jamesville

onondagacountyparks.com

435-5252

Hours: April 1-Labor Day: 9 a.m. to 8:30 p.m.

Admission: \$6 per vehicle during beach season

Hot Air Balloon Festival each June. Swimming, disc golf, horseshoes, paddle boat and canoe rental, picnicking, cross-country skiing.

Onondaga Lake Park, Liverpool

onondagacountyparks.com

453-6712

Hours: Open April-October: 6 a.m. to sunset + 1/2 hour;

November-March: 6 a.m. to sunset

Admission: Suggested donation: \$1 per visitor and \$1 per tram ride

Tram rides, bicycle trail and rentals, fitness trail, children's playground, roller-skating, inline skating, paddle-boat rentals, picnic areas, home of the Salt Museum.

Rosamond Gifford Zoo at Burnet Park, Syracuse

www.rosamondgiffordzoo.org

435-8511

Hours: Open 10:00 a.m. to 4:30 p.m., Closed Thanksgiving, Christmas and New Year's Day

Admission: Children (under 2) Free, (3-18) \$4; Adults (19-61) \$8; Seniors (62+) \$5

Directions: Erie Blvd West to Geddes Street. Left onto Geddes Street until first light after Fowler High School. Turn right at light. Turn right at top of hill onto Wilbur Avenue. Zoo entrance is around curve on your left.

Sports

In addition to recreation activities, Syracuse hosts several spectator sporting events, many of which can be viewed in Syracuse University's Carrier Dome, a 50,000-seat sports stadium which serves the home of the SU Orangemen in football, men's basketball, and men's and women's lacrosse.

Football

The Syracuse University Orangemen host NCAA Division I football from September through December. For schedules or tickets, log onto www.suathletics.com or call the Carrier Dome Box Office at 1-888-DOMETIX.

Basketball

The Syracuse University's Division I Men's basketball season starts in November and runs into March. For schedules or tickets, log onto www.suathletics.com or call the Carrier Dome Box Office at 1-888-DOMETIX.

Lacrosse

The Syracuse University Men's and Women's lacrosse season runs from February until May. For schedules or tickets, log onto www.suathletics.com or call the Carrier Dome Box Office at 1-888-DOMETIX.

Other SU events — including women's basketball, men and women's soccer, volleyball and track — hold their games at either Lampe or Manley Athletic Complexes. Some events offer free admission.

Telephone listings are in the 315 area code.

Baseball

With a rich tradition of more than 125 years of minor league baseball action, the Class AAA Syracuse Chiefs entertain crowds at the Alliance Bank Stadium every April through early September. For schedules and ticket information visit www.syracusechiefs.com or call 474-7833.

Hockey

Syracuse's professional hockey team, The Syracuse Crunch—an AHL affiliate of the NHL's Columbus Blue Jackets—plays from October through April at the War Memorial. For schedules and tickets log onto www.syracusecrunch.com or call 473-4444.

Shopping and more

Armory Square, Downtown Syracuse

www.armorysquare.com

A pleasant place to stroll, the historic Armory Square area with its renovated buildings is an artists' community offering specialty shops, restaurants, pubs, art galleries and housing in the proximity of the old Jefferson Street Armory. The Armory is also home to the Milton K. Rubenstein Museum of Science and Technology and the Bristol Omni IMAX®Theater.

Directions: Take Harrison Street past OnCenter to South Warren, take right. Left on East Jefferson (second light). Keep to right on Jefferson; right on Franklin Street.

Carousel Center

www.carouselcenter.com

466-7000

Carousel Center is Central New York's premium shopping and entertainment center, with a 19-screen cinema complex, hundreds of stores and a 1909 restored carousel. Complete store listings on the website or in the business listing section of the Syracuse phone book. Regal Cinema Center phone: 466-5680.

Directions: Route 81 N. to Hiawatha Blvd/Carousel Center exit.

Great Northern Mall

www.greatnorthernmall.com

622-3011

Dozens of fashion favorites and services. Multiplex theater.

Directions: Route 81 North to 481 North (Oswego exit). Follow 481 to Baldwinsville/Cicero/Radisson exit. Turn right onto Route 31. Mall on left.

ShoppingTown Mall

www.shoppingtownmall.com

446-4267

Dozens of stores and services. Children's play area includes soft seating for adults.

Directions: Route 690 East to DeWitt exit. Bear right to Erie Blvd. Mall on right.

Welcome to... Central New York!

Metropolitan Syracuse, home to:

- Syracuse University's Carrier Dome, the only domed stadium in the Northeast.
- More than 40 golf courses (more than any other area in the Northeast).
- More than 50 state, county and city parks and several nature centers.
- A \$13.1 million zoo featuring more than 1,000 animals.
- The New York State Fair, the longest running fair in the country.
- If variety is the spice of life, our four seasons offer opportunity for exciting and diverse activity.
- 41 colleges and universities within 100 miles.



Area Attractions and Events

Apple picking at Beak & Skiff
Armory Square
Beaver Lake Nature Center
Carousel Center
Carrier Dome (Syracuse University football, basketball, lacrosse)
Chittenango Falls
Downtown Juried Arts and Crafts Festival
Erie Canal towpath
Everson Museum of Art
Finger Lakes Wine Country
Green Lakes State Park
Highland Forest
Ice skating at Clinton Square
Labrador, Toggenburg and Song Mountain Ski Areas
LaFayette Apple Festival
Museum of Science and Technology
New York State Fair
Regional Farmers Market
Rosamond Gifford Zoo at Burnet Park
Syracuse Jazz Fest
Winterfest
...and much more

Our strategic location at the crossroads of New York State puts us within 350 miles, or only five hours of many major metropolitan areas, including New York City, Boston, Toronto, and Philadelphia. Our location in Central New York and the Northeast offers a virtually limitless supply of multi-cultural, nationally acclaimed sporting events to a vast array of shopping and year-round recreational opportunities.



Beyond Syracuse

Adirondacks 1-1/2 to 4 hours by car Northeast

The Adirondacks boasts of a fall foliage display unlike anywhere else in the world. In a land of crystal clear lakes and splendid mountains, the Adirondacks is best known for Lake Placid—home of the 1980 Winter Olympics. Just south of the Adirondack Park is Saratoga Springs, where mineral springs, spas, and thoroughbred racing keep the tourist industry vibrant.

Canada* 1-1/2 to 5 hours by car North

Canada encompasses thriving urban cities, majestic mountain ranges, and vast stretches of untouched wilderness. Major multicultural cities include Kingston, Toronto, Ottawa and Montreal.

*A valid passport or U.S. Government-issued photo ID such as a NEXUS Card, U.S. Passport Card or Enhanced Driver's License (EDL) is necessary to gain entry into Canada.

Boston 5 hours by car East

Boston's historic and cultured significance is evident along the Freedom Trail, decks of Old Ironsides, cobbled streets of Beacon Hill and Bunker Hill. Home to art museums, the Boston Symphony, Faneuil Hall, Quincy Market and the 2007 World Series champion Red Sox, "Beantown" is also noted for its fresh seafood and trendy shopping.

Finger Lakes region 1 to 2 hours by car West

Recognized by Money magazine as one of the Top Ten U.S. Vacation Spots, this scenic region includes rose festivals, Civil War weekends and whale watches. Noted for grape and wine festivals, wine tasting and winemaking tours are also available. World-famous Sonnenberg Gardens, a 50-acre Victorian garden estate, features a glimpse of turn-of-the-century life.

Rochester 1-1/2 hours by car West

Rochester's famed Highland Park is the site of a Lilac Festival and a Vietnam Veterans Memorial. Rich in Native American heritage, Seneca exhibits are on display at the Rochester Museum & Science Center and the Letchworth Museum. Other interests include the George Eastman House, International Museum of Photography & Film, the Erie Canal, Seneca Park Zoo, Seabreeze Amusement Park, and the home of women's suffrage leader Susan B. Anthony.

Niagara Falls* 2-1/2 hours by car West

Shared by Canada and the U.S., Niagara Falls attracts 12 million tourists annually as the second largest falls on the globe. The area is also noted for historic Niagara-on-the-Lake, Casino Niagara, Fort Erie Racetrack, museums, theme parks, golf courses and campgrounds, and has the distinction as the honeymoon capital of the world!

New York City 4 hours by car Southeast

Often called "the city that never sleeps," this exciting destination offers tourist attractions that include the Statue of Liberty, the United Nations headquarters, the Empire State building, Ellis Island, Central Park, Broadway theaters, Yankee Stadium, Shea Stadium, Madison Square Garden, more than 300 museums, and countless restaurants.

Philadelphia 4 hours by car South

Home to magnificent museums, historic Philadelphia is famous as the birthplace of American independence and home of the Liberty Bell. Philadelphia offers a variety of attractions, culture, entertainment and activity including South Street—famous for eclectic shops, diverse restaurants and dynamic nightlife.

Transportation

Travelers by car will find Syracuse conveniently located at the intersection of two major highways: **Interstate 81**, running north/south, and the **NYS Thruway, I-90**, running east/west.

Hancock International Airport, just 10 minutes from downtown, averages over 300 flights a day, is served by seven major airlines plus regional carriers, charter, rental and leasing services.

The William F. Walsh Regional Transportation Center is located across from Carousel Center on Park Street at Alliance Bank Parkway. The Center houses Amtrak Rail, Greyhound and Trailways, 478-1936.

Centro Bus

Voted the best mid-size transit system in '06 by the American Public Transportation Association, Centro bus schedules may be obtained at www.centro.org/

Local Taxi Service

AAA University Taxi	433-1000
Day and Night Taxi Company	422-3171
4-SU Taxi	478-8000
Syracuse Area Taxi	478-8294
University Area Taxi	478-8294

Parking

There is limited metered parking on Elizabeth Blackwell Street near University Hospital, and along Irving Avenue near Weiskotten and Silverman Halls and the Health Sciences Library. Visitors to Weiskotten Hall may wish to park at one of two public garages on Irving Avenue. (Take Adams Street to Irving Avenue. Turn right. The garages are on the left side of the street between Adams Street and Waverly Avenue.) See map on page 5.

Lodging

There are several hotels and motels near Upstate Medical University including:

Sheraton University Inn

www.sheratonsyracuse.com
801 University Avenue
Syracuse, NY 13210
800-325-3535

Genesee Grande Hotel

www.geneseegrande.com
1060 East Genesee Street
Syracuse, NY 13210
476-4212

Crowne Plaza Hotel

www.ichotelsgroup.com
701 East Genesee Street
Syracuse, NY 13210
479-7000

New to the Northeast

What to pack

Our four-season climate offers something for everyone.

Spring temperatures range between 40 to 50°F. (4 to 10°C.) While our average 40-inch (101.6 cm.) rainfall is evenly distributed throughout the year, rain gear is very practical during spring.

As the cool weather gives way to Summer, temperatures turn quite warm. Syracuse's hottest month is historically July, with an average high temperature of 82°F. (27°C.) Pack lightweight fabrics such as cotton and linen as these natural fibers will breathe in the heat.

Autumn presents warm, mostly sunny days at about 66°F. (19°C.) and crisp evenings that generally dip into the 40s (4 to 10°C.). The cooler, shorter days debut woollens and lightweight coats.

Syracuse's bountiful Winter snowfall ranges about 115.6 inches (293.6 cm) on average. January, our coldest month, has temperatures between 14 to 31°F. (-10 to 0°C.). Plan to pack a heavy winter coat, long underwear, sweaters, socks, gloves, scarf and hat for November through March. Boots and rubber-soled shoes help prevent slipping on ice or snow.

Services

Pharmacies

CVS	www.cvs.com
Price Chopper	www.pricechopper.com
Rite Aid	www.riteaid.com
Wegmans	www.wegmans.com

Local Food Markets

ALDI

2015 Erie Blvd. Syracuse
6633 Manlius Center Road,
East Syracuse

Tops Friendly Market

4410 East Genesee Street

Green Hills

5933 S. Salina St. (Rt 11)

Price Chopper

2505 Erie Blvd. East

Wegmans Food Pharmacy

4438 James Street
6987 East Genesee Street

Specialty Foods

Asia Grocery Store

2724 Erie Blvd. East

Convenient Food Mart

701 South Crouse Ave.

Far East and Asian Groceries

924 North Townsend Street

Grocer American Oriental

1215 Lodi Street

Halal Meat and

International Food Market

1758 Erie Blvd. East

Han's Oriental Grocery Inc.

2731 Erie Blvd. East

Kashmir (Indian) Groceries and Imports

118 Seeley Road

Middle East Market

1919 South State Street

Mediterranean Specialty Foods

2100 Park Street

Natur-Tyme

5898 Bridge Street

Omar's Imports Food Market

477 Westcott Street

Oriental House of Syracuse

1706 Erie Blvd. East

Pan-Asian Market

124 Headson Drive (off
Erie Blvd.)

Samir's Imported Foods

811 East Genesee Street
2610 Erie Blvd. East

Squadrito Foods

412 Ash Street

Syracuse Real Food Co Op

618 Kensington Road

Local Farmers Markets

Central NY Regional Market

2100 Park Street

May thru mid Nov: Tues, 4 to 8 p.m.; Thurs, 10 a.m. to 5 p.m.; Sat, 7 a.m. to 2 p.m.;
Open yr. round Sun for Flea Market, 7 a.m. to 3 p.m.

Downtown Farmers Market

South Salina &
Washington Streets
Mid June through mid
October: Tues, 7 a.m. to 4 p.m.

Eastside Neighborhood Farmers Market

Loguen Park— Intersection
of East Genesee Street and
Columbus Avenue
Mid June through October:
Thurs 2 to 7 p.m.

Syracuse University Community Harvest Farmers Market

Waverly lot—corner of
Waverly & South Crouse
Avenues
Summer thru Fall: First Fri
11 a.m. to 3 p.m.