

Living in Rochester

Below is an ever-growing list of restaurants, services, stores, entertainment outlets, and so on that you'll likely become familiar with during your time here in Rochester. We've scoured the city to assemble this all into a comprehensive list, but we still encourage you to go out and explore!

Dry Cleaning and Tailor Services:

Saginaw: Owned by the parents of an URMC alum. Provide excellent dry cleaning and tailor services. 1425 Jefferson Rd, Rochester, NY 14623 (585) 272-7930.

Mt. Hope Cleaners: can be more expensive for dry cleaning, but is in a very convenient location in the Mt. Hope plaza. 1665 Mt Hope Ave, Rochester, NY 14620 (585) 271-6640

Car Repair:

Cole Muffler: directly on Mt. Hope next to the Mt. Hope plaza. Very convenient location and they often have deals on oil changes. 1735 Mount Hope Ave Rochester, NY 14620. (585) 244-2270

Delta Sonic: cannot get many care repairs here but they do change oil for a very cheap price \$20. No appointments taken. W. Henrietta Rd.

Mt. Hope Service Center: Located on the corner of Mt. Hope and Crittenden Blvd. Very conveniently located, but **these people will try to scam you by telling you that your car needs several expensive services.** 1471 Mt. Hope Avenue, Rochester, NY 14620 phone: 585-461-3120

PepBoys: standard chain automotive shop, but if you sign up for their rewards card you can get many benefits! 1375 Marketplace Drive, Henrietta, NY (585) 272-7080

Nu-Look Collision: a standard chain collision repair shop, that **will use sub-par parts to repair your car**, with a sham warranty. Avoid going to this place at all costs.

Seasonal Automotive: recommended by Dean Lambert, and a popular place for students to have repairs done. 1601 E Henrietta Rd Rochester, NY 14623(585) 424-1052

Supermarkets:

Wegmans: You're living in Rochester so you will probably do most of your shopping at Wegmans. Wegmans is a combination of Whole Foods and a regular grocery store, all at regular grocery store prices. You can also get many prepared foods, including Indian and sushi. They also have a mobile app. <http://www.wegmans.com>

Trader Joe's: Trader Joe's is an inexpensive and fun place to shop for just about anything sold at Wegmans and then some. Perhaps the greatest thing about this tropical-themed gem is that everything they sell is from their own brand so prices are super low and quality is high. They also sell a number of unique items that will make your life complete. They have a lot of prepared packaged foods like salads and sandwiches that are made in house that day, as well as great frozen meals of every variety (highly recommend the chicken burritos). Trader Joe's distributes daily free samples, and you're allowed to request a sample of any item in the store. 3349 Monroe Ave, Rochester, NY 14618 (585) 248-5011

Aldi: Aldi, a European import, **specializes in low prices** by only offering one brand of each type of food and sticking largely to generics. They don't give you grocery bags and you need to deposit a quarter to get a shopping cart. 615 Jefferson Rd.

Hart's Local Grocers: Initially, this may appear to be just an overpriced grocery store, but Hart's bravely situated itself in a food desert downtown, and its mission is to offer more accessible, fresh, locally sourced foods. You should find all necessities, including milk and eggs, local ice cream, and beer. If you are short on time and need at least \$30 of groceries, you can order online and pick them up (\$2 fee) or have them delivered to your home (\$4 fee). Hart's also serves meals in house and caters, and their food is phenomenal. They also offer butchery and sausage-making classes. www.hartslocalgrocers.com. 10 Winthrop St. (585) 521-4278.

Price-Rite: Real deals are on the Price-Rite brand, but they also have good deals on other goods, and especially good produce. 3333 W. Henrietta Rd.

Tops: A major grocery store chain. It is almost inevitably more expensive than Wegmans, and is also pretty depressing.

- 1100 Jefferson Rd.
- 1900 Clinton Ave. S.

College Town:

AT&T – You know what this is.
1388 Mt. Hope Ave. | (585) 244 8078

Barnes & Noble Booksellers – Like college Barnes & Nobles all over the country, this is a decently-sized bookstore that sells stationary and college (University of Rochester)

merchandise. There is also a small study space with adult-sized tables, as well as a space with tiner tables meant for children. Choose your own adventure.

1305 Mt. Hope Ave. | 585.275.4012

Bar 145 – Unless you want a veggie burger with a deep-fried patty infused with blonde hairs and soggy, cold fries also covered in hair, do not ever get food here. People will tell you the drinks are reasonably priced and decent, but the only time to be at Bar 145 is when your class takes advantage of it always being deserted and hosts a post-exam gathering here.

71 Celebration Dr. | [\(585\) 360-2458](tel:5853602458)

Bean Cruises and Travel – Don't even think about it. As much as medical school may make you want to go on a cruise and travel, don't use Bean; use Expedia, Kayak, or Google.

1305 Mt. Hope Ave. | 585.275.4012

Breathe Yoga – As all things yoga are in the Western world, this place is quite expensive. Unless yoga is life, most things may not seem worth it, but the smoothies definitely can be. Try the protein punch; you deserve it. They also sell clothes, healthy meals/snacks, and offer yoga classes, facials, massages, and acupuncture, for those who care to be pampered at a price.

1305 Mt. Hope Ave. | 585.248.9070

Bunga Burger Bar – The best place to get a burger in walking distance of URSMD/White Coat. Any of their burgers can be substituted with a black bean patty, which is excellent, and they come with an enticing selection of signature or premium sides. As the name implies, they also sell alcoholic beverages at a reasonable price, including “adult shakes.”

1370 Mt. Hope Ave. | [\(585\) 360-4949](tel:5853604949)

Canandaigua National Bank and Trust

This is a regional bank. Canandaigua is a town about 40 miles south of Rochester.

1341 Mt. Hope Ave. | 585.851.0350

Chipotle

Don't think this one needs an explanation.

1360 Mt. Hope Ave. | [\(585\) 473-3611](tel:5854733611)

Flaum Eye Institute | Strong Vision Optical

Treat yo-self to a new lens prescription here.

1317 Mt. Hope Ave. | [585.273.3937](tel:5852733937) (Appointments) | [585.276.7676](tel:5852767676) (Optical Shop)

GNC

A nice little store for ortho-gunners to buy their protein powder.

1385 Mt. Hope Ave. | 585.623.8709

Grappa

"Upscale casual" Italian food. GREAT happy hour - 5-7pm every day, 2/\$10 food plates and good drinks.

Hilton Garden Inn University of Rochester/Medical Center

Cross your fingers and have your parents book a room for graduation now?
30 Celebration Drive | 585.424.4404

Insomnia Cookies

Cookies delivered until 3am. Ice cream and/or milk also available
1333 Mt. Hope Ave. | 877.632.6654

Jimmy John's – Big, delicious sandwiches.

53 Celebration Drive | 585.481.2383

Moe's Southwest Grill

Like Chipotle, but with better guac and free chips.
1377 Mt. Hope Ave. | 585.363.5920

Starbucks – It is fairly small, and tables are often occupied by students studying

1380 Mt. Hope Ave. | 585. 271.7330

The Soup Spoon – Combo of Cambodian and Asian Fusion cuisine.

1378 Mt. Hope Ave. | 585.244.7166

Spitale Laser Spa & Salon – Upscale haircuts.

59 Celebration Dr. | 585.256.3490

The Beer Market

Offers an extensive beer menu and what seems to be unlimited tastings before you order one. Going to Trivia on Tuesdays and ordering a massive pretzel for your table may be a thing.
1401 Mt. Hope Ave. | 585.244.2337

Texas de Brazil

Texas de Brazil is an "authentic churrascaria, featuring a continuous dining experience that blends together the unique culture of Brazil, with the generous hospitality of Texas." There are a lot of meats, a 50-item salad area, but costs about \$45 for the meal.
22 Celebration Drive | 585.473.2013

Rochester Running Company

This Rochester company sells apparel and custom-tailored athletic shoes, but may be most popular for its group runs. Starting at its conveniently located store, members of RRC, some of whom are undergraduate UR students, lead groups on carefully designed running or walking routes through Rochester. These are offered every Saturday and Sunday as well as some weekday evenings.

1387 Mt. Hope Ave. | 585.417.5575

Verizon – I think you can figure this one out.
14 Celebration Drive | 585.622.9151

Yotality

Now serving self-serve frozen yogurt, gelato, frozen custard, and sorbet. Lots of toppings.
1380 Mt. Hope Ave. | [\(585\) 730-5749](tel:5857305749)

Ethnic and Specialty Grocery Stores:

Asian Food Market: Asian. Huge place with a large selection and lots of fresh fish. 1885 Brighton-Henrietta Town Line Rd.

Chang's Oriental Food Store: Korean. Groceries and kitchen supplies. 1867 Mt.Hope.

Europa Deli: Eastern European. Sells Eastern European yoghurt and cheese, plus deli meats and pickles. 1694 Penfield Rd. #12

European Meat Products & Deli: Polish. Sells Polish sausages, cakes and other groceries. 1325 Hudson Ave.

Genesee Valley Regional Market Authority: A combination strip mall (of specialty food stores and other businesses) and farmers market. 900 Jefferson Rd.

Halal Markets and Meat: Halal. Meat and other groceries. 311 Ridge Rd. E.

Hikari: Within walking distance of Strong, this Asian grocery store stocks mainly Chinese packaged and frozen foods, sauces, fresh meats and produce, and an extensive array of snacks, as well as some Japanese and Korean options. Their frozen foods (dumplings, scallion pancakes, etc.) are popular. Also sells pots and pans and other cookware. Better prices than Wegmans, but make sure to check the expiry dates. New shipments arrive on Tuesdays. 1667 Mt. Hope Ave.

Indian House Store: Located across the street from the restaurant of the same name. Frozen foods, spices, and some fresh produce. Rock-bottom prices. 999 Clinton Ave. S.

Istanbul Market: Turkish. Excellent butcher that sells halal meat, plus homemade Turkish food. 1388 Norton St.

Lee's Oriental Food: Asian. Crazy selection and helpful staff. Located in the Genesee Valley Regional Market. 900 Jefferson Rd., Suite 1-1.

Lori's Natural Foods: Good source of organic food for humans and animals. Regularly voted best organic food store in the area. Located in the Genesee Valley Regional Market.

900 Jefferson Rd.

Mis en Place Market: “European-style” grocery store that stocks most basics at somewhat-reasonable prices, plus has a good deli counter. You can also eat there or carry out.
683 South Ave.

Niblack Foods: If you’re a baker or use a lot of spices, this is the place to be. It’s a wholesale place where individuals can also shop: you can get spices, baking and cake-decorating supplies, and a lot of other things. 900 Jefferson Rd, Building 6.

Palmer’s Meat and Seafood: When Wegmans selection leaves something to be desired, head to Palmer’s for low prices on bulk meat. 900 Jefferson Rd.

Pittsford Seafood Market: Curiously not located in Pittsford, this is a decent seamonger that will precook your fish if you call ahead. 510 Monroe Ave.

Polska Chata: Polish. Polish meats, cheeses, dry goods, juices (cherry juice, for instance).
32 Vinedale Ave.

Rubino's: Italian. Lots of Italian specialties, great selection of sausage, pasta, oils, etc.
1304 East Ridge Road

Spice Bazaar: Indian. Has food and an excellent selection of spices. 364 Jefferson Rd.

West Lake: Asian. Not super convenient to Strong, but sells live fish, homemade noodles (ask for them) and home-grown bean sprouts, among other things. 85 Commerce Dr.

Win Fa Market: Asian. A large Asian store that sells live fish, cooking supplies, spices and all the rest. 4 Lake Ave.

Farmer’s and Public Markets:

Rochester Public Market: This is one of the major draws of the city, having been voted the nation’s best public market many times, most recently in 2010. The periphery consists of permanent restaurants and shops, and the inside is a rotation of farmers, produce resellers, and sellers of other goods (plants, spices, knick-knacks). If you’re looking for good produce, make sure you stop at stands run by farmers. You can also get ridiculously low prices from vendors who resell the same type of produce you get in the supermarket, often super ripe/eat it in the next day state (that is, don’t buy from them if you are looking for organic and high-quality, but if you are looking for rock-bottom prices). The Market is open year-round, but in the winter it isn’t worth going unless it’s Saturday. They say you’ll always run into someone you know at the Market, and that’s probably true. While you’re there, never hesitate to buy a fresh \$1 apple cider donut from Duke’s Donuts. They are the best. Tuesday and Thursday 6 a.m.-1 p.m., Saturday 5 a.m.-3 p.m., Sunday 8 a.m.-2 p.m. 280 Union St. <http://www.cityofrochester.gov/publicmarket/>

Brighton Farmers Market: Over 40 vendors exhibit their wares on Sundays in the Brighton High School parking lot. Open June-October Sundays 9 a.m.-1 p.m.

Highland Park Winter Farmers Market: Looking for good produce and other homemade stuff in the winter? Check this place out. Open November-May Wednesdays 4-7 p.m.
<http://highlandwintermarket.com/>

South Wedge Farmers Market: A new addition to the Rochester farmer's market scene that has been gaining in popularity. It is hosted in the parking lot of Boulder Coffee Co. in the South Wedge. Open June-October Thursdays 4-7 p.m. <http://www.swfarmersmarket.org/>

University of Rochester Farmers Market: Conveniently, there is a farmers market within our medical school every week from March 1 - October 18th, every Wednesday from 2:30 pm - 5:30 in Flaum Atrium. It tends to be a little pricier than the Rochester Public Market, but it is conveniently right outside our classrooms, and the artisan crafts, spices, meats, sweet and savory pies, and desserts are local. Best of all, there are usually always some free samples.

CSAs: If you like farmers markets, you'll probably love community-supported agriculture. You sign up for a particular farm and they will deliver (to a central location) a bag of seasonal produce from the farm every week for the duration of the season. There are many excellent CSAs in the Rochester area because of all the amazing surrounding farmland. Check them out: http://rocwiki.org/Community_Supported_Agriculture.

Malls:

Eastview Mall: A bit out of the way in Victor, this is by far the biggest and nicest mall in the area. Stores include Abercrombie & Fitch, American Eagle, Ann Taylor Loft, Banana Republic, Eddie Bauer, Express, Forever 21, Gap, H&M, J. Crew and Old Navy. Many higher-end brands available as well. There is also a nearby Target. Anchor stores are Macy's and Lord & Taylor. Crucially, this is the only place in the area that has an Apple Store.
<http://www.eastviewmall.com/>

The Mall at Greece Ridge: Convenient to the Greece Target, but otherwise more out of the way than Marketplace. Has Express, Gap, H&M, New York & Co., Old Navy, Victoria's Secret. Also has a movie theater and a Barnes and Noble. <http://www.themallatgreeceridge.com/>

Marketplace Mall: Located in Henrietta, this mall is convenient to the Henrietta Wegmans, Target and Wal-Mart. Features many stores including Abercrombie & Fitch, American Eagle, Banana Republic, Express, Gap, Ann Taylor Loft, Old Navy and Victoria's Secret. Anchor stores include Sears', Macy's, Dick's Sporting Good's, and JC Penney's. There is also a nearby Lands' End. <http://www.themarketplacemall.com/>

Waterloo Premium Outlets: OK, not actually a mall, but the closest outlet place to Rochester (around a 45-minute drive). They have Calvin Klein, Guess, J. Crew, Gap, Nautica, Nike Factory Outlet, Polo Ralph Lauren, Puma, and others. <http://www.premiumoutlets.com/waterloo>

Superstores:

Big Lots!: You'll never know what they will have at this place, from furniture, to bed/bath products, to groceries. Worth checking out as you're moving in. 1100 Jefferson Rd.

BJ's: A bulk warehouse similar to Costco. Often has the cheapest gasoline in town, with prices only available to members. Generally speaking, club memberships won't be worth it unless there is more than one of you. 400 Jay Scutti Blvd.

Costco: The classic bulk warehouse, only those with memberships are allowed in (but only one person in the entering group needs to have a membership, so find a friend who is still mooching off a parent's membership). Right across the street from Monroe Community Hospital (aka very close to Strong). Also has cheap gas only for members. Samples galore on Saturdays and Sundays.

Target: The most convenient Target to Strong is near the Marketplace Mall. There is also one in Greece.

- Greece: 600 Greece Ridge Center Dr.
- Henrietta: 2325 Marketplace Dr.

Wal-Mart: A good place to get basic groceries and home furnishings. 1200 Marketplace Dr.

Restaurants:

This is by no means an exhaustive list of all of the food options in Rochester. Check out <http://www.rocwiki.org> for descriptions of all Rochester restaurants and user comments. For other places to find new restaurants, check out:

- <http://www.rochestercitynewspaper.com/restaurants/guide/>
- <http://www.democratandchronicle.com/apps/pbcs.dll/section?Category=dining>
- <http://www.restaurantdb.net/NY-Rochester-restaurants.html>
- <http://blogs.wherethelocalseat.com/Foodies/Rochester-Food-and-Dining-Blogs.aspx>

Calendar of events:

Subject to change. Check online to see as some festivals get canceled

<p>August</p>	<p><i>African/African-American Festival:</i>GeneseeValleyPark. Food, entertainment, African drum and dance, arts and crafts. http://rochesterabove.org</p> <p><i>Puerto Rican Festival:</i> Frontier Field. Salsa, cultural events. http://www.prfestival.com</p> <p>Park Ave. Summer Arts Fest: Park Ave. Food, games, arts and crafts vendors and exhibitors. http://www.park-avenue.org/events.html</p> <p><i>RBBC Love 'N Gospel Fest:</i>GrandAve.Park. Gospel music, food.</p> <p><i>Carifest and Parade:</i>Riverside Festival Site. Caribbean-themed parade and festival. http://www.rwifo.com</p> <p><i>Sankofa Music, Dance and Arts Festival:</i> Village Gate. Poetry, drumming, music, dance.</p> <p><i>19th Amendment Festival:</i>Monroe Ave. Celebration of the granting of women's suffrage.</p> <p><i>Ukrainian Festival:</i> St. Josaphat Ukrainian Church. http://www.rochesterukrainianfestival.com/</p> <p><i>Wedgestock:</i> South Ave. Focuses on music, but there is also food and other entertainment. http://www.wedgestock.org</p>
<p>September</p>	<p><i>Rochester Fringe Festival:</i> <i>The Fringe is a 10-day, all-out, no-holds-barred, multi-disciplinary visual and performing arts festival.</i> rochesterfringe.com</p> <p><i>Labor Day Parade:</i> Downtown. http://ci.rochester.ny.us</p> <p><i>Rochester Irish Festival:</i>CampEastman, DurandEastmanPark. Irish music, dance, workshops. http://www.rochesteririshfestival.org</p> <p><i>Clothesline Arts Festival:</i>MemorialArtGallery. Arts and crafts and live entertainment.</p> <p><i>Oktoberfest:</i>CampEastman, DurandEastmanPark. German music, dancing, food and beer.</p> <p><i>Purple Foot Festival:</i> Casa Larga Vineyards, Fairport. Grape stomping, wine tasting, live music. http://www.casalarga.com</p> <p><i>Festival of Food:</i> Public Market. Samples from area restaurants, wineries, farmers. http://www.festivaloffood.org</p>
<p>October</p>	<p><i>Harvest Jamboree and Country Fair:</i>Rochester Public Market. Seasonal fare, hayrides. http://www.cityofrochester.gov</p> <p><i>Rochester River Romance/Head of the Genesee Regatta:</i>GeneseeRiver. Entertainment, boat tours, hikes, regatta.</p> <p><i>ImageOut Film Festival:</i> Dryden and Little theaters. Gay and lesbian film festival. http://www.imageout.org</p>

	<p><i>Columbus Day Parade</i>: Main St. http://www.Columbusdayrochester.org</p> <p><i>Landmark Society Ghost Walk</i>: "True" stories from Rochester's past told by guides in period costume. http://www.landmarksociety.org</p> <p><i>Zoo Boo</i>: Seneca Zoo. Halloween event at the zoo, targeted largely at kids. http://www.senecaparkzoo.org</p>
December	<p><i>Yuletide in the Country</i>: GeneseeCountryVillage and Museum. 19th century-style celebration. http://www.gcv.org</p> <p>Rochester New Year's Eve Celebration: Main St. Family-friendly with fireworks. http://www.cityofrochester.org</p>
January	<p>Winterfest: MendonPondsPark. Ice boating, ice fishing, sledding. http://www.mendonpondswinterfest.org/</p>
February	<p><i>Fire and Ice Festival</i>: Casa Larga, Fairport. Wine tasting, ice bar, food. http://www.casalarga.com</p> <p><i>Lakeside Winter Celebration</i>: OntarioBeachPark. Polar Plunge, ice sculptures, dog-sledding demonstrations, sleigh rides. http://www.cityofrochester.gov</p>
March	<p>St. Patrick's Day Parade: East Ave./E. Main St. http://www.rochesterparade.com</p>
May	<p><i>Imagine RIT: Innovation and Creativity Festival</i>, rit.edu/imagine</p> <p><i>RochesterHighFalls International Film Festival</i>: Little Theater, MemorialArtGallery, Cinema Theater, Dryden Theater. 80 films. http://www.rochestersmoviefest.com</p> <p>Lilac Festival: Highland Park. Over 500 varieties of lilacs, food, games. http://www.lilacfestival.com</p> <p><i>Memorial Day Parade</i>: Downtown. http://ci.rochester.ny.us</p> <p><i>Greek Festival</i>: Greek Orthodox Church, East Ave. Food, dancing. http://www.rochestergreekfestival.org</p>
June	<p>Xerox Rochester International Jazz Festival: http://www.RochesterJazz.com/</p> <p><i>Maplewood Rose Festival</i>: MaplewoodPark. Over 5,000 roses and activities for children and adults.</p> <p>Party in the Park: Riverside Festival Site through August. Live music. http://www.rochesterevents.com/festivals-events/party-in-the-park</p> <p>Fairport Canal Days: Festival on the Erie Canal. fairportcanaldays.com</p>
July	<p>Corn Hill Arts Festival: Corn Hill. http://www.cornhillartsfestival.com/</p>

<p><i>Rochester Pride</i>: 10-day gay and lesbian pride festival. http://www.gayalliance.org/</p> <p><i>Big Rib BBQ and Blues Fest</i>: Highland Park Festival Site. http://www.bigcitysummerfest.com/festivals-events/big-rib-bbq-blues-fest</p> <p><i>Boulder Festival</i>: Boulder Coffee Co., South Wedge. Live music. http://www.boulderfestival.com</p> <p><i>Monroe County Fair</i>: Henrietta. Agricultural exhibits, vendors, food, midway. http://www.mcfair.com/</p>
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Professional Sports:

Rochester Amerks: Hockey. <http://www.amerks.com>

Rochester Knighthawks: Indoor lacrosse. National Lacrosse League.
<http://www.knighthawks.net>

Rochester Rattlers: Outdoor lacrosse. Eastern division. <http://www.rochesterrattlers.com>

Rochester Razor Sharks: Basketball. Premier Basketball League. <http://www.razorsharks.com>

Rochester Red Wings: Baseball. AAA team affiliate of Minnesota Twins.
<http://www.redwingsbaseball.com>

Rochester Rhinos: Soccer. USL 1st division. <http://www.rhinosoccer.com>

Tourist Sites:

Ganondagan State Historic Site: Visit this famous Native American community where thousands of Seneca lived 300 years ago, tour a full-size replica of a 17th century Seneca Bark Longhouse, walk miles of self-guided trails and climb the mesa where a huge palisaded granary stored hundreds of thousands of bushels of corn. May 1-Sept. 30th. \$3.
<http://www.ganondagan.org/>

Genesee Country Village and Museum: This attraction includes a historic village (featuring authentic farms, 19th-century food, and period buildings and costumes), nature walks and trails, and the John L. Wehle Art Gallery. May 14-Oct. 16. \$5 and up depending on events.
<http://www.gcv.org/>

George Eastman House: As the world's preeminent museum of photography, Eastman House cares for and interprets hundreds of thousands of photographs encompassing the full history of this medium. Visitors can also explore the restored mansion and exquisite gardens that was once home to George Eastman, founder of the Eastman Kodak Company. Also check out the Dryden Theater, an exhibition space for an amazing collection of films. Tuesday-Sunday. \$5 for students. <http://www.eastmanhouse.org/>

LeRoy Historical Society and Jell-O Gallery: Historic LeRoy and the Jell-O Museum/Gallery are located in western New York, 30 minutes southwest of Rochester. Learn all about the history of Jell-O and maybe pick up a few recipes while you're at it. Open weekdays Jan-March, additional hours Sat/Sun rest of the year. \$4.50. <http://www.jellogallery.org>.

Mary Jemison and Sam Patch Boat Tours: Operated by the Corn Hill Navigation company, these boats offer cruises on the Erie Canal and the Genesee River. \$10 for students up to age 22, \$13 for "adults". <http://www.SamAndMary.org/>.

Mount Hope Cemetery: The first Victorian cemetery in the country, this cemetery across from the hospital is the final resting place for Frederick Douglass and Susan B. Anthony. <http://www.RochesterNYCemeteries.com>

National Women's Hall of Fame: The women and men of Seneca Falls created the National Women's Hall of Fame in 1969, believing that the contributions of American women deserved a permanent home. Learn about the women who have shaped our nation's history. Closed in January. \$1.50 for students. <http://www.greatwomen.org/>.

Rochester and Genesee Valley Railroad Museum: Visitors enjoy a fun day of train through the museum's train, trolley and car rides, hands-on exhibits and guided tours. May-October. \$7. <http://rqvrrm.org/>

Rochester Museum and Science Center: The museum offers three floors of hands-on exhibitions in science & technology, natural science, and cultural heritage to explore. An exciting variety of experiences, from blockbuster exhibitions to camps, classes, and Live Science! demonstrations. Also check out the Strasenburgh Planetarium, offering laser shows, star shows, simulated space missions, and telescope viewing. \$11, \$3 extra for planetarium. <http://www.rmssc.org/>

Rockwell Museum of Western Art: The Museum boasts the finest American Western and Native American art collection this side of the Mississippi. Western and Native American art and culture are the focal points for engaging, dynamic exhibitions and educational events. \$7 for students. <http://www.rockwellmuseum.org/Hours-and-Admission.html>

Strong National Museum of Play: Recognized as one of the nation's top museums for families and children, Strong National Museum of Play is home to the National Toy Hall of Fame, the

National Center for the History of Electronic Games, and the world's largest collection of toys, dolls, games, and other items that celebrate play. \$10, FREE FOR STRONG MEMBERS. <http://www.museumofplay.org/>.

Susan B. Anthony House: This site shares the story of Susan B. Anthony's lifelong struggle to gain voting rights for women and equal rights for all. Closed Mondays. \$3. <http://susanbanthonyhouse.org/index.php>.

Music:

Rochester is known as an important musical cultural center, largely because of the influence of the top-rated Eastman School of Music, which trains performers in classical and jazz music. Eastman's Sibley Music Library, incidentally, is the largest academic music library in North America, and is open to medical students.

Classical and Opera

Eastman School of Music: For those interested in attending high-quality musical performances on a medical student's budget, Eastman is the place to go. Most concerts are free to UR students, including concerts with great artists as John Williams and Robert Shaw. The elegance and acoustics of the Eastman Theatre itself make the visit worthwhile. <http://www.rochester.edu/eastman>

Eastman School of Music, Opera: One of the best opera performances you'll see in town is through the Eastman School's opera program. Two shows are staged each year, one in the winter and one in the spring. The students are among the most talented in the country and typically stage an impressive performance. <http://www.rochester.edu/eastman>

Hochstein Music School: The Hochstein Music School is a well-respected community music school offering many free concerts to students, including several popular annual productions, such as Handel's *Messiah*. <http://www.hochstein.org>

Rochester Philharmonic Orchestra: The RPO is the internationally renowned orchestra associated with the Eastman School of Music. The RPO puts on over 140 classical and pops concerts per year, hosting over 350,000 patrons. Though their concerts are not free to students, discounts are available. All shows are held at the Eastman Theatre, at beautiful and acoustically excellent venue. <http://www.rpo.org>

Choral

Check out these Web sites for more information: <http://singrochesterny.livejournal.com/> (hasn't been updated in a while though) or <http://www.choral-rochester.org/>. Below is only a small selection of choirs. There are also many children's choirs.

Concentus: A women's chorus that focuses on classical compositions. <http://www.concentus.org/>

Eastman-Rochester Chorus: Combining Eastman and community voices. Predominantly classical works. <http://www.esm.rochester.edu/ensembles/erc/>

Genesee Valley Orchestra and Chorus: Presenting classical works and some musical selections. <http://www.gvoc.org/>

Lyric Chorale: A mixed choir of amateur and professional men and women who largely perform classical pieces. <http://www.lyricchorale.org/>

Madrigalia: A small choir presenting 16th- and 17th-century madrigals and motets. <http://www.madrigalia.org/>

Rochester Gay Men's Choir: Currently entering its 30th year. Performs at the Hochstein School of Music. <http://www.thergmc.org/>

Rochester Women's Community Chorus: A not-for-profit non-auditioned chorus. <http://www.therwcc.org/>

Jazz and Blues

Abilene Bar and Lounge: Although this normally features alternative, country and Americana, Abilene slips in jazz from time to time. 153 Liberty Pole Way

Beale Street Café: Live Blues and music 5 days with a week with no cover! 689 South Ave

Bob Shop Atrium: Live music every Friday, bringing national and international jazz and blues greats. 274 North Goodman St

Clarissa's: Home of live jazz, blues and R&B. Open jam sessions every Wednesday. 293 Clarissa St.

Dinosaur Bar-B-Que Live music 6 nights a week including jazz and blues. 99 Court St.

High Fidelity: Featuring a variety of live music, HiFi has jazz every once in a while. 170 East Ave.

Little Theatre Café: Live music 5 days a week, featuring jazz frequently. 240 East Ave.

PaRe Bar and Grill: Enjoy live jazz some nights with a forever amazing menu and relaxed atmosphere. 2833 Monroe Ave.

Smokin' Joe's Bar & Grill: Hosts live blues groups among other artists 3 nights a week. 425 Lyell Ave 425 Lyell Ave.

Pop and Rock

Bug Jar: Features live music 7 days a week (plus drink specials!). 219 Monroe Ave.

Milestones: This all live music venue brings in bands of every sort, ranging from jazz to rock to hip-hop. 170 East Ave

Water Street Music Hall: The largest music hall in Rochester features all forms of music throughout the year. 204 N. Water Street

Folk and Acoustic

Big Tree Music: National and regional names in an intimate setting. Your best bet for great folk music. 12 South Winton

Fiddler's Green: Showcases folk and Irish bands. 4653 Lake Ave.

Salena's: Acoustic Flamenco guitar to accompany your meal on weekends. 274 N. Goodman St.

Theatre:

For more information, check out <http://www.theatrerocs.org>.

Blackfriars Theatre: The Blackfriars focus primarily on contemporary works, typically staging one musical and four dramatic pieces annually. <http://www.blackfriars.org>

Bristol Valley Theater: Produces professional theater for a rural and regional audience. <http://www.bristolvalleytheater.org>

Downstairs Cabaret Theater: This troupe performs in an intimate space in the East End and takes on a wide range of shows from the new to the traditional. <http://www.downstairscabaret.org>

Geva Theater Center: The largest professional theatre in New York outside of New York City, Geva puts on six plays annually on its main stage. It also showcases several more on the Nextstage, a smaller venue, often showing original or "in-development" shows. Though they don't publicize it, rush tickets are usually available to students for \$8 just before show time. <http://www.gevatheatre.org>

Greater Rochester Repertory Companies: Produces two shows a year, focusing on regional talent. <http://www.grrctheatre.org/>

JCC Center Stage: Produces several musicals a year. <http://jccrochester.org/NewWebsite/centerstage.html>

Kalidas: An Indo-American theater group. <http://www.kalidastheater.org/>

Method Machine: A theater troupe focusing largely on modern and contemporary works. <http://www.methodmachine.org/>

Nazareth College Arts Center: Here you can experience the work of seasoned professionals and gifted newcomers as they display their talents in the galleries, stages, and performance halls of Nazareth College. <http://www.naz.edu/dept/artscenter>.

Off-Monroe Players: Rochester's Gilbert and Sullivan company. <http://www.off-monroeplayers.org/>

Out-of-Pocket Productions: Produces shows at minimal cost to donate proceeds to non-profit organizations. <http://www.theatrerocs.org/OutOfPocket/ROCetteOOP.html>

Pittsford Musicals: Home to amateur musical theater. <http://www.pittsfordmusicals.org/>

RAPA East End Theater: Produces musicals and also offers theater, dance and singing classes. www.rapaonline.us

Rochester's Black Sheep Theater: Amateur theater group that produces several plays a year. <http://www.blacksheeptheatre.org/>

Rochester Broadway Theater League: For those who enjoy musical theater, Rochester Broadway Theater League bring in several Broadway touring companies each year. Usually 46 student rush tickets are available at half price an hour and a half before curtain time. <http://www.rbtll.org>

Rochester Children's Theater: Professional actors produce plays for children of all ages. Also hosts a summer conservatory. <http://www.rochesterchildrenstheatre.org/>

Rochester Community Players: Produces main stage productions and is also the home company for the Rochester Shakespeare Players, who produce a Shakespeare in the Park event every summer at the Highland Bowl. <http://www.rochestercommunityplayers.org/>

TYKES (Theater Young Kids Enjoy): Professional theater for children, staged at the JCC. <http://www.tykestheatre.org/>

Unleashed! IMPROV: Chicago-style improv troupe that performs year-round at the JCC. <http://www.unleashedimprov.com/>

Village Idiots: Improv troupe that also offers classes. <http://www.improvvip.com/>

Dance:

Borinquen Dance Theater: Featuring Latin and Puerto Rican dance, associated with the Hochstein School. <http://www.hochstein.org/>

Geomantics Dance Theater: A school and theater for “holistic movement education.” <http://www.geomanticsdancetheater.org/>

Park Ave Dance Company: Largely a school, but produces some works by company choreographers. <http://www.parkavedancecompany.org/>

PUSH Physical Theater: Avant-garde dance/movement performances. <http://www.pushtheatre.org/>

Rochester City Ballet: Rochester’s contemporary ballet company. Has been gaining in reputation in the past few years, but still known largely for its production of the *Nutcracker*. There are discounts for students. <http://www.rochestercityballet.com/>

Outdoor Activities:

City Parks:

For more information about parks (and other things!) visit <http://www.cityofrochester.gov/>.

Cobbs Hill: Located at the intersection of Monroe Ave., Culver Rd., and Highland Ave., this park has fields, basketball and tennis courts and a hilltop reservoir with a paved track around it and nice views of the city and surrounding area.

Durand Eastman Park: This park on the shore of Lake Ontario may be the nicest park of all in Rochester. With sand beaches, forest trails and barbecue shelters, it makes a good place to kick around for an afternoon.

Genesee Valley Park (GVP): This park is closest to Strong. You’ll get acquainted with GVP at orientation on Community Service Day. There is good access to the canal paths, nice fields, and barbecue shelters.

Highland Park: Just north of the U or R, this park is very hilly with lots of big trees, paved paths and a band shelter. It plays host to the annual Lilac Festival in May.

Maplewood Park and Rose Garden: Boasts a nationally accredited rose garden, and also has views of two of the waterfalls in the Genesee River Gorge. There is a pond for fishing, and the Genesee Riverway Trail runs through it.

Mendon Ponds: At 2,500 acres, Mendon Ponds is the largest park in the county. There are well-maintained trails and, as you might suspect, an abundance of ponds. Good for running in the summer and snowshoeing or cross-country skiing in the winter. There is also a nature center and, during the summer, a butterfly garden.

Biking:

Road Biking: Riding in the city can be a bit hectic, but fear not, good terrain is only minutes to the south. Once you get a few miles south of the city, everything opens up and you are riding on empty roads surrounded by farms. A little further south (about 15 to 20 miles) and you start to hit the Bristol Hills, and they are a good option if you want to get in some hills. One popular ride is to head south on Clover Road to Mendon ponds or further on to Honeoye Falls. The Finger Lake region has great riding too, and Lake Canandaigua is a short 30 to 40 mile ride.

Off-Road Bike Trails: The canal paths provide great alternatives to riding on the roads. They are used by bikers, walkers and runners, and the surface is asphalt near Rochester, although it does change to crushed stone, dirt and gravel further out. There are two main trails that are easily accessible from the Strong area that parallel the Genesee River running north and south, and the Erie Canal running east and west. The easiest entrance from the White Coat Neighborhood area is on the corner of Kendrick Road and Westmoreland Drive. On nice days, it can be too crowded for very serious riders wishing to ride fast, but for the average bike rider, they are perfect. Check out the local bike clubs for group rides, races and bike routes.

Mountain Biking: Unfortunately it is illegal to bike on any trails in the Monroe County Parks. This rule is pretty strictly enforced and the Parks Department will slap you with a hefty fine if it catches you. There are some options outside of Monroe County though that are pretty good. The closest is in Victor in Dyer Park. The biking here is fairly tame as the trails are well maintained, but it is the closest legal mountain biking to school. About an hour south of the city is Harriety Hollister Recreational Area where you can also go biking. There are some wider well-maintained trails used for cross country skiing and also some single tracts weaving through the woods. Check out the Rochester XC-ski foundation website for directions to the park. Letchworth State Park also allows mountain biking but you have to pay a fee to drive your car through the park.

Golf:

These are some of the notable public clubs. There are also many private country clubs.

Durand Eastman Park: Beautiful scenery – located on Lake Ontario. \$16 weekdays, \$17 weekends for 18 holes. <http://www.golftheparks.com>

Genesee Valley Park: Very conveniently close to school and reasonably priced. \$16 weekdays; \$17 weekends for 18 holes. <http://www.golftheparks.com>

Parkview Fairways: 18-hole course with pretty views. \$29 weekdays; \$36 for 18 holes weekends for 18 holes. <http://www.parkviewgc.com/>.

Ravenwood: This is top-of-the-line for the Rochester area with state of the art facility and golf shop. \$48 weekday; \$58 weekend for 18 holes. <http://www.RavenwoodGolf.com/>

Shadow Lakes: This club features two 18-hole courses that are both challenging and enjoyable. \$27 weekday; \$33 weekend for 18 holes. <http://www.rochestergolfcourses.com/>

Camping and Hiking:

There are lots of great trails and, notably, waterfalls, in the area. Check out information from the Adirondack Mountain Club: <http://www.gvc-adk.org/>.

Chimney Bluffs State Park: Land and water combined here to sculpt a pretty crazy landscape of spires. There are picnic areas and nature trails. About a 40-minute drive from Rochester. <http://nysparks.state.ny.us/parks/43/details.aspx>.

Fall Brook Falls: A 70-foot waterfall that is accessed by a 30-minute hike. To get to the base of the waterfall, you need to cross a pretty steep canyon wall (worth it). To get there, take I-390 south to Road 20A. Turn right on Lakeville, continue on South Street, and bear right on NY 63. Pull off to the right-hand shoulder after about half a mile and you should see a trail leading into the woods.

Finger Lakes Trail: The main Finger Lakes Trail is 558 miles long, and the whole system offers nearly 1,000 miles of hiking. There are campsites and shelters available. <http://www.fingerlakestrail.org/>

Letchworth State Park: About an hour and a half south of Rochester, this park is gorgeous, featuring several waterfalls and many hiking trails. There are many campsites and picnic areas. Don't be tempted to cross the Spider Bridge (it's illegal ... but it does have some nice views). <http://www.letchworthpark.com/>

Watkins Glen State Park: A drop-dead gorgeous gorge hike with 19 waterfalls (including one you walk behind) and beautiful cliffs and pools. A bit of a drive but its a pretty trip around Seneca Lake and definitely worth the gas money! Don't bring your dog through, unfortunately pets aren't allowed on the gorge trail. <http://nysparks.com/parks/142/details.aspx>

Fishing:

Anyone over the age of 16 requires a fishing license. For information, see <http://www.dec.ny.gov/permits/6091.html>. Check out www.rocwiki.org and their link to Shane

Dale's Spots at <http://rocnwiki.org/Fishing>. Trout and salmon streams are abundant in upstate New York, and even in the Rochester area. Sandy Creek, near Hamlin Beach, west of the city, has runs of salmon, steelhead and brown trout. Irondequoit Creek and the lower Genesee, both more or less in the city, are also fishable, but a trip down to the Finger Lakes or east to the mountains may be preferable.

Boating and Water Activities:

The Erie Canal, Genesee River, and Irondequoit Bay are the easiest options if you want to get your feet wet. For longer paddles the Adirondacks offer many great options from long river and lake trips to pond hopping through the St. Regis Canoe area. The Thousand Islands and the St. Lawrence seaways are also only a few hours away and offer some great areas to paddle around and camp in. If your tastes run more towards the faster moving water, there are actually places to find some whitewater. The closest is a short man-made whitewater course at Lock 32 in Pittsford. For some fairly gentle rapids, you can south to Letchworth State Park. These are mostly class I and II and are often swarmed by the rafting trips. The Salmon River north of Syracuse is only about two hours away and offers some faster moving water.

Bay Creek Paddling Center: Offers affordable kayak and stand-up paddle board (SUP) rentals and run a shuttle that can drop you off for a one way paddle from Ellison Park to the mouth of Irondequoit Bay—making reservations is a good idea though, they can fill up.

<http://www.baycreek.com/>

Genesee Waterways Center: One location is across from school, and the other is in Pittsford near GWC's whitewater course. They offer rowing, sculling, canoeing and kayaking (including rentals), and you can also take lessons. You can also become a member and store your boat there if you have one. <http://geneseewaterways.org/>

Mendon Ponds Park: Has a launch for kayaks and canoes.

<http://www.monroecounty.gov/parks-mendonponds.php>

Skiing:

Bristol Mountain: At only 40 min. drive away, Bristol is arguably the best truly local ski area, Bristol offers an impressive (for western NY) vertical drop and a variety of terrain. The main lift is a high speed quad, while there are a few beginning lifts for the novices. A decent terrain park (half-pipe and a number of table-tops, spines and rails) is serviced by its own lift. The twilight pass is a good option for medical students, but it can be very busy on weekends. \$53 for 8-hour pass, \$35 for twilight pass. Canandaigua, NY.

Swain: Swain has a decent beginner area and a decent terrain park. Swain would be a great place to learn to ski, for the intermediate skier, or to avoid the crowds of Bristol. Don't expect a really thrilling or challenging slope, though. Swain is about 1 hour and 15 minutes away from Rochester. \$43 for 8-hour pass, \$34 for twilight pass. Swain, NY.

Holiday Valley: Holiday Valley is a great Western NY ski area, with a number of high-speed lifts and a variety of terrain. There are moguls, glades, cruisers, and a terrain park. One downside is that the runs tend to be a bit short. An advanced snowmaking and grooming setup make this area a good bet for early or late season skiing. Great hotel-ski packages before December and after late February! Well worth the 2-hour drive. \$55 for 8-hour pass. Ellicottville, NY.

Greek Peak: A mountain resort (also a water park in the summer) with good downhill and cross-country skiing options. 32 trails, 8 lifts, a terrain park, glades, and tubing. Greek Peak is about a 2 hour 15 minute drive from Rochester. \$59 for 8-hour pass, \$41 for twilight pass. Cortland, NY.

Additional Note: Farther away, you can head to the ski places in the Catskills, or up to Whiteface in Lake Placid. As a last resort, if you are snow-starved and have a long weekend to kill, it is only about 6 or 7 hours up to Vermont and some of the best skiing on the East Coast.

The Finger Lakes:

The Finger Lakes, a set of 11 lakes formed by glacier movements, are a major tourist attraction of upstate New York and a great place to take a quick vacation. The closest lakes are only a 35-minute drive away. The Finger Lakes are not just known for their outdoor activities, however. They are also the biggest wine-producing region in New York State, and they have the largest concentration of wineries in the United States after Napa Valley. This area of New York has a similar latitude and similar soil to that of the wine-producing regions of Germany, so Rieslings are a major product.

Canandaigua Lake is a short 35-minute drive on the NY Thruway and has a great little downtown area, lots of wineries and shops along with some cool waterfront restaurants and bars! Plus the Finger Lakes are beautiful and it's nice to get out of Rochester every once in a while.

Wine Tours:

Seneca, Keuka, Canandaigua and Cayuga lakes all have wine trails. You can drive them yourself, or you can use a tour operator (saves having to have a DD!). Depending on the outfitter, you can reserve anything from a sedan to a bus. There are many options, but here are two good ones:

- Private tours: <http://www.fingerlakeswinerytours.com/>
- Hop-on public tours: <http://www.winetourtrolley.com/>