Residents' Guide to Pittsburgh

A few good finds for the
The House Staff of
Children's Hospital of Pittsburgh

Welcome to Pittsburgh, - a multi-dimensional city that is home to the Super Bowl Champion Pittsburgh Steelers, the Stanley Cup Champion Pittsburgh Penguins, and the world renowned Pittsburgh Symphony Orchestra. It's a city of hidden art treasures, easy doorways to the great outdoors, and comfortable welcoming taverns.

This guide has been passed down from generations of residents who found their way to many of the fun and exciting venues that Pittsburgh has to offer. We have tried to include some practical information, as well as some details and resources to get you to the next great adventure.

We welcome you to Pittsburgh and look forward to sharing the city with you

Lawrenceville – your new home away from home
Useful website: www.lawrenceville-pgh.com
Bloomfield – right out the front door of the hospital
Useful website: www.shoppingbloomfield.com

We sit on the top of the freshest, up and coming neighborhood in the city. Down the hill, behind the hospital – you roll right into the heart of L'ville - great little pubs & artsy venues.

Just blocks away from the front door of CHP – sits Bloomfield – Pittsburgh's own "little Italy." (but, we go for the Thai food and happy hours.)

Coffee Shops – Caffeine anyone?

Lawrenceville:
Volutto's Coffee – 5467 Penn Avenue. On the way to work for many residents. Great local coffee shop with a fantastic community oriented website: **www.voluttocoffee.com**
Weekdays: 7 am – 6 pm; Sat 8 am – 8 pm; Sun 10 am – 4 pm.
The Quiet Storm – 5467 Penn Avenue. Hip coffee shop with the one of the biggest vegetarian and vegan menus in the city. Coffee, teas, cafes and (soy) milkshakes
Weekdays: 8 am – 7 pm; Sat 10 am – 10 pm; Sun 10 am – 4 pm.
www.quietstormcoffee.com
Espresso a Mano 3623 Butler Street, apparently a live music joint too.

Bloomfield:
Starbucks – 4765 Liberty Avenue, Bloomfield. 3 mins from CHP and on the way from Shadyside in the morning. Opens 5:30 am (M-F) or 6:30 am (S/S).
Crazy Mocha – 4525 Liberty Avenue, Bloomfield. Also close to CHP. Great desserts and open late! 7:00 am (M-F) or 8:00 am (S/S) – 11:00 pm or Midnight. More locations in Lawrenceville and Shadyside.

Shadyside:
The Coffee Tree –5524 Walnut Street, Shadyside. 412 621 6880 1 mile from CHP and from the PCC. Popular spot to people watch, read, or even study. Free wireless for customers. Call for hours. Also located in Squirrel Hill.

Happy Hours – A little stress relief…or a little nightcap during the work week
Right outside the hospital:
Brillo Box – 4104 Penn Avenue. Walk out the front of the hospital, turn right onto Penn Avenue, walk 15 steps. Order…. Fabulous hip bar – with tons of great happenings – live music, good vegetarian dishes, and Wednesday Pub Quiz nights (we like to have a resident team representing). Totally locally grown menu, with good draft beers.
www.myspace.com/brilloboxevents
Nico's Recovery Room – 178 Pearl St. (Corner of Friendship Ave.) Walk straight out of hospital, straight down Friendship Ave, walk 200 steps. Order…. True dive bar that's been around for generations to serve those that serve at this hospital site. (which has been a hospital site for generations.) If those bar stools could talk…..

Just a few of the many nearby pubs:

Lawrenceville:

New Amsterdam – 4421 Butler Street. Straight down the hill from the garage (45th st). A huge screen to watch the games and a big door to open up for some fresh air.

Thunderbird Café – 4023 Butler St. local bar with a live music scene that's as cool as its name.

Round Corner Cantina - 3720 Butler St, gets packed on the weekends so play hooky on a school night instead. Margaritas and tasty Mexican street food; can't go wrong with that.

Bloomfield –

Silky's – 5135 Liberty Ave. Great neighborhood bar with good food and outdoor seating.

Tessaro's – 4601 Liberty Ave. Long claimed "Best burgers" in the city.

Lot 17 – 4617 Liberty Ave. Pub atmosphere, hosts the weekly Pitt Basketball Radio Show. Known favorite of Dr. Dewar's.

Shadyside:

Mario's East Side Saloon – 5442 Walnut Street,412 681 3713, great outdoor seating for some summertime fun, great for food and booze.

Shady Grove – 5500 Walnut Street,412 697 0909, Shady? Depends who you ask, ½ price wine night on Wednesdays, catch a glimpse of one of our favorite attendings any day

Cappy's – 5431 Walnut Street, 412 621 1188. Outdoor seating, affordable drinks, Karaoke on Friday nights.

Mad Mex – 220 South Highland Avenue, 412.345.0185. Fantastic Margaritas, and seating so it feels like you are outdoors!

Good Eats

Lawrenceville:

Thai cuisine 4627 Liberty Ave, 412 688 9661. probably the best Thai place in town. Remember closed on Tuesdays.

Trams 4050 Penn Ave, 412 682 2688 don't judge a book by its cover or a restaurant by its décor. Possibly the best Vietnamese in town. Cheap too.

Tamari 3519 Butler Street. 412 325 3435, Latin-Asian Fusion restaurant, a new intern favorite, an alleged happy hour on Fridays. A bit upscale but a nice treat after a hard day's work. Most importantly some tasty wine.

Shadyside

Soba Lounge 5847 Ellsworth Ave, 412 362 5656. Part of the big burrito club, pan-asian cuisine, lounge-y, stylish

Casbah 229 South Highland ave, 412 661 5656. Another member of the big burrito club. Great Ambience, cute outdoor tent, yummy wine list.

Harris Grill 5747 Ellsworth Ave, 412 362 5273 another intern favorite, get there early on a Friday night, there is always a wait, but worth the good drinks and good food.

Bites and Brews 5750 Ellsworth Ave, 412 361 4425 another favorite. Great beer, great pizza, enough said.

Mad Mex – 220 South Highland Avenue, 412.345.0185. Fantastic Margaritas, chips/salsa, and burritos!

Squirrel Hill

Silk elephant 1712 Murray Ave, 412 421 8801. Asian tapas? Why not, they are delicious. If you're lucky, you may seem some Thai dancers.

Aladdin's Eatery 5878 Forbes Ave, 412 421 5100 Falafel, Shawarmas, Hummus, Baba, all over the nation and all over Pittsburgh.
Bangkok Balcony 5846 Forbes Ave, 412 521 0728 More Thai, a little fancy but good food, good service great atmosphere.
Chhaya - 2032 Murray Ave, recommended Japanese Cuisine

Pizza
Mineo's (Squirrel Hill) – Named yearly Pittsburgh's #1 pizza
Aiello's (Squirrel Hill)
Bella Nolte (the Strip)
Pizza Sola – (East Liberty)
Pesaro's Pizza- (Lawrenceville)

Other popular places:
Grand Concourse – (Station Square) Voted Pittsburgh's Best Restaurant for 2006. This converted railroad station is a stunning setting for dinner or Sunday brunch.
A la Familia – One of the best Italian restaurants, small, family-run place, Mt. Washington.
Grand View Saloon – Also on Mount Washington, this place has affordable good eats and a great view of the city.
Khalil's - Located on Centre Avenue in Shadyside – great Middle Eastern Cuisine
Nakama – Voted Pittsburgh's Best Sushi Restaurant for 2006. Located on the South Side.
Abay – on Highland Ave. Ethiopian food. Served family style. BYOB. Wonderful!
Buffalo Blues (Shadyside) – on highland, good bar style food, beer selection, and the games are always on TV!
Eleven: (Strip district) 1150 Smallman St, a bit fancy but worth the dollars
Georgetown Inn (Mt Washington) 1230 Grandview Ave, full of seafood and a gorgeous view of Pittsburgh

Vegetarian-Friendly (although many restaurants mentioned are veggie friendly)
The Perfect Storm Coffee House – (Lawrenceville) Penn Avenue
Udipi (Monroeville)
Bangkok Balcony (Squirrel Hill) - Forbes
Lulu's Noodles (Oakland)
Aladdin's (Squirrel Hill) – Forbes Ave

Breakfast
Pamela's (Oakland, Shadyside, Squirrel Hill) – get there early on weekends, before the line forms all the way down the street
Ritter's Diner (Friendship)
Coco Café (Lawrenceville) – fabulous food in the hot new neighborhood
DeLuca's (Strip District) – the best diner for the real deal.
Simply Delicious (Aspinwall) Sat and Sun only
Square Café (Regent Square)
Point Brugge Café (Point Breeze) – Belguim waffles and terrific brunch dishes

Desserts/Ice Cream/Misc

Gullifty's (Squirrel Hill)
Cheesecake Factory (South Side)
Dave & Andy's Homemade Ice Cream(Oakland)
Rita's Italian Ices –(Oakland and Squirrel Hill)
The Pretzel Shop (South Side) – best soft pretzels EVER!!
Dozen (Lawrenceville) – 3511 Butler St. Pittsburgh's trendy bakery for cupcakes, brunch and lunch.
Prantl's bakery(Shadyside)- 5525 Walnut Street, did anyone say burnt almond torte?

For a Night Out

Dance Clubs

The Firehouse Lounge (Strip District)
Matrix (Station Square)

Bars and maybe some dancing

Ava Lounge (Bloomfield)
Town Tavern (SouthSide)
Marios (SouthSide)
Hofbraus House (SouthSide)
Double Wide (SouthSide)

Beer

Sharp Edge (Friendship) – enormous selection of Belgian brews.
Fathead's (South Side)
Burgh's Pizza and Wings (Bridgeville)
D's Dogs (Regent Square)- a great place for 6-packs, also a hot dog joint – has every beer known to man from around the world

The OLD CHP area, Oakland

Useful website: www.onlyinoakland.org

The hospital moved in 2009, but Oakland is still part of our residency days. You'll be over that way for several rotations and possibly your Continuity Clinic.

Coffee Shops

Caribou Coffee - 3619 Forbes Avenue- free internet
Starbucks - 3618 Forbes Avenue.

Libraries

Carnegie Library- This is the free library system of Pittsburgh. The Oakland branch on Forbes (attached to the museums) is the largest branch. Has a café inside!
Health Sciences Library System (Pitt) – who needs a library, when you can get it all online? **http://www.hsls.pitt.edu**

Happy Hours …for when you need to step out of the PCC clinic and into a watering hole.

Mad Mex - 370 Atwood Street- stupendous margaritas!
Fuel and Fuddle - 212 Oakland Avenue
Hemingways- - 3911 Forbes Avenue

Summer Fun in Pittsburgh!

Free Movies in the Park

Free movies. Starting time is dusk. Available at Arsenal Park in Lawrenceville (Frid) and Schenley Park in Oakland (Sun/Wed). For a schedule, go to www.city.pittsburgh.pa.us/parks/and click on "Cinema in the Parks Program"

Farmers' Markets 3:30pm-7:30pm, May to Nov

Feature local farmers/vendors with produce, flowers, and baked goods. Held throughout Pittsburgh

Festivals

Three Rivers Arts Festival (Free)

When: Usually the first week of June
Where: Point State Park, (where the 3 rivers meet), downtown
What: Lots of rotating artists, festival food, and many musicians!
http://www.artsfestival.net

Shadyside Arts Festival (Free)

When: Last Saturday and Sunday in August annually
Where: Walnut Street in Shadyside
What: The street closes down, art vendors of all sorts show up.

Big Butler Fair (Tickets $6 before 4pm, $8 after; rides, concerts extra- but still cheap) http://www.bigbutlerfair.com/

When: Early July
Where: Big Butler Fairgrounds, north of the city about an hour
What: an honest to goodness county fair with truck pulls, rodeo, pig races, a carnival, a demolition derby, and country music concerts, for those non-city folk.

Pittsburgh Blues Festival http://www.pghblues.com/

When: End of July
Where: Hartwood Acres (other free concerts at other times too)
What: A great few days of blues artists

For a more complete list of festivals throughout the year, you can visit www.carnegielibrary.org/subject/pgh/festivals.html

Music Offerings:

First Fridays at the Frick: (free) located at the Frick mansion in Point Breeze. Features live music. Bring a picnic and have a good time! The first Friday evening June – September. Gates open at 5:30 and music at 7:00 pm.
Suggested donation - $5; www.frickart.org

Bach, Beethoven and Brunch – (free) located in Mellon Park, Shadyside/Point Breeze. Corner of Shady Ave and Fifth ave. Bring a picnic brunch and enjoy the classics. Every Sunday, End of June-Middle of August, 10:30 – 12 noon.
http://www.city.pittsburgh.pa.us/parks/html/bach_beethoven_and_brunch.html

The headline concerts: The main summer outdoor venue is the First Niagra Pavilion, located southeast of the city in Burgettstown, PA. Check out the Post-Gazette or the City Paper for up-to-date schedules.

Stay and Play at Market Square: (free) every Friday night in May – August, 5:30 – 8:00 pm; features free live music and an outdoor area for libations from the M.S. bars.

Other live music offerings – the small cozy shows:

Club Café, Diesel, Mr. Smalls Theatre – These are some of the small intimate music venues that the city has. Acoustic, jazz, rap – Lots of different acts come through these great places. The City Paper is a great resource for the upcoming acts.
Also check out – www.mrsmalls.com and www.clubcafelive.com

Amusements and Adventures:

Kennywood is Pittsburgh's own amusement park, which is actually a national and state historical landmark. There are plenty of rides (a few sleek coasters and a few wooden coasters), great food, and a great atmosphere. There's also a Kiddie Land for the young ones. It's located in West Mifflin, PA- just a 15-20 minute jaunt from Shadyside. Discounted tickets are available with an Advantage Card from the Giant Eagle supermarkets. There is also a nicely discounted rate for evening admission.
www.kennywood.com

Sandcastle is a water park with lots of slides, a wave pool, and regular swimming pools. It's located in Homestead by the Waterfront shopping complex. You can check at their website www.sandcastlewaterpark.com.

Kayaking is possible in Pittsburgh. We do have three rivers. Check out this website http://www.kayakpittsburgh.org/

Sports

Steelers

This is every Pittsburgher's true passion. On Sundays in the fall, black and gold flows through the city. If you aren't lucky enough to snag one of the program's tickets to the game, congregating with friends and a crowd of Steeler fanatics is a guarantee for entertainment.
If you are not headed to the game – be sure to check out some of the little pubs to watch the games – it's a spirited crowd!

Pirates

Have a beautiful park with a great view of the city. And if you're lucky, there might be fireworks! We have a pair of program tickets for every home game!

Penguins

Play at Consol Energy Center near downtown. Mario Lemieux, the owner of the team, and a Hall of Fame player, as well as Sydney Crosby and his lines – are all frequent visitors to the floors. Watch for them!

Cultural Events

Musuems

Carnegie Museums of Art and Natural History

The crown jewel of Andrew Carnegie's contribution to Pittsburgh. These two museums are connected, located just down the street from the hospital on Forbes Avenue. The art museum has a modest collection of some interesting works. The natural history museum has one of the largest collections of dinosaur bones in the world- you have to check out the T. Rex! One admission gets you into both museums, special exhibits may be extra.

Andy Warhol Museum

A museum dedicated to one of the icons of pop culture. Actually, it is the largest museum in the US featuring just one person. Located on the North Shore near the sports stadiums.

Children's Museum

Located on the city's North Side, this place is full of fun things for kids. There are plenty of arts and crafts areas, the original King Friday set from Mr. Roger's Neighborhood, plus an entire second building devoted to Sesame Street.

Senator John Heinz Pittsburgh Regional History Center

Pennsylvania's largest history museum, operated in association with the Smithsonian Institution. Uncover the myths of the Underground Railroad, experience the thrill of an unmatched sports legacy and climb aboard a 1940s Pittsburgh trolley. The History Center brings more than 250 years of Western Pennsylvania to life. Located on Smallman Street in the Strip.

Live Theater

A great resource for shows - www.pgharts.org

Civic Light Opera is well-known for their musical theater productions which are performed at the Benedum Center in the Cultural District downtown.

Pittsburgh Broadway Series features plays and musicals currently touring the country. From classics to the hottest new shows straight from Broadway, the series offers a broad appeal to all audiences. Shows at the Benedum Center and Byham Theater in the Cultural District.

Pittsburgh Public Theater a great theater company that puts on both musical theater and plays.

City Theater another smaller theater group with theater in the South Side – which terrific original small productions.

The Symphony

Pittsburgh Symphony Orchestra – Widely acclaimed as one of the top symphonies in the world – perhaps in the top 3 – your stay in Pittsburgh will not be complete without at least one performance. The home of the Pittsburgh Symphony is Heinz Hall, itself a historic landmark worthy of a visit. For more information, visit www.pittsburghsymphony.org.

Movie Theaters

Manor Theater, Murray Avenue, Squirrel Hill – features more "artsy" films

Loews Waterfront Theatre at the Waterfront – new releases

Southside Works Cinema on the South Side – new releases. On Mondays, all movies are $5

Regent Square Theater – also features "artsy" films

Harris Theater, Liberty Avenue, downtown – another artsy locale

Take in a Drive In! – A great way to get out of the city and enjoy summer. There are actually quite a few drive-ins left in Western PA. The closest is Dependable Drive-In in Moon Township/Coraopolis, about 12 miles from the city. Their address is 500 Moon Clinton Road, Coraopolis.

Pittsburgh Zoo

The Pittsburgh Zoo is located in Highland Park, a 15 minute drive from Oakland. 77 acres with 475 species! Open every day of the year except Christmas, Thanksgiving, and New Years Day. Hours – generally 9 – 5, but check the website.
www.pittsburghzoo.org

A few more highlights……

Monongahela/Duquesne Inclines – take the easy way up the hill from Station Square to the breathtaking views from Mount Washington of downtown Pittsburgh. A must do historic landmark!

Pittsburgh Gallery Crawl - Downtown Cultural District – Four times a year, the galleries of the cultural district stay open into the evening and welcome in free visitors. All events take place at a variety of galleries and spaces and are free and open to the public. The event is ongoing between 5:30 and 9:00 pm, and patrons may start at any location.

Phipps Conservatory – Schenley Park, Oakland. A fantastic Botanical Garden with wonderful seasonal exhibits. Awaken your senses and get lost in the gorgeous pathways (indoors and open year round.) Handy convenient activity for parents' visits!
www.phippsconvervatory.org

Parks –some of greatest city parks are the corners of our neighborhoods!
All are great places for walking, running, pets, and kids. Some parks have pools, playgrounds, and other points of interest. For a complete listing of city parks and very nice trail maps:
www.pittsburghparks.org

Schenley (Oakland)
Frick (Squirrel Hill/Regent Square/Point Breeze)
Highland Park (Highland Park)
North Park (North Hills)
South Park (South Hills)

Other practical things…

Post Office -
Bloomfield – 5182 Liberty Avenue. Open M-F, 8 am – 7 pm and Sat 9 am – 4 pm. You can buy stamps at the CHP gift shop and there is a blue box across the street from hospital.

Banks – with ATM's in the hospital.

Citzens' Bank - located third floor, outside of the cafeteria. Has branch offices in Bloomfield, Lawrenceville, Shadyside (in Giant Eagle, open Sundays), and Squirrel Hill (also open on Sundays)

PNC – located first floor, main lobby. Has branches in all the same neighborhoods.

How to find out whats happening in the non-CHP world

City Paper (new on Thursday)

This is the best resource to find all of the great new events going on in the city for the week. The paper is free and available in black newspaper kiosks throughout the city. You can also find stacks of these papers in the entry of coffee shops, some restaurants and bars. Pick it up every week for all the buzz in the city – live music, new restaurants, DJ listings.

Daily Newspapers

Pittsburgh Post-Gazette	**Pittsburgh Tribune Review**
412-263-1121	800-909-TRIB
www.post-gazette.com	www.triblive.com

The NY Times is also available for home delivery in Pittsburgh, if you are so inclined

Radio Stations

FM Radio

88.3 Freeform (CMU)
FM, Top 40

89.3 WQED, Classical/NPR
FM, variety

90.5 WDUQ, Contemporary Jazz, NPR News
Froggy, Country

91.3 WYEP, Independent music
FM, Light Rock

92.1 Freeform (Pitt)
Star 100

96.1 Kiss

96.9 Bob

98.3

99.7 Wish

100.7

92.9 WLTJ, Easy Listening
WDVE Classic Rock

102.5

105.9 The X Alternative roc
Y108 Country

107.9

94.5 3WS, Oldies
WAMO, Rap/dance/urban

106.7

AM radio

KDKA 1020 Talk Radio
WEAE 1250 ESPN Radio

Television – Cable and Direct

Comcast Cable
888-262-6300
www.comcast.com

Comcast, the local cable monopoly – offers a variety of packages. Cable TV in Pittsburgh is not as inexpensive as other cities, where there might be more competition. There is a combo package with cable, internet, and landline.

Direct TV is available in Pittsburgh
www.usdirect.com

Recycling

The City of Pittsburgh and most surrounding communities have a recycling program where recyclables are picked up every other week on trash day. You can tie up your newspapers, or place them in a paper bag, and leave them curbside. Then there are the "other" items. These items are happily referred to as "Comingles" – which must be placed together in a blue plastic bag and set at the curb for recycling collection (rinse all items). Commingles include: Clear and

colored container glass (discard all lids), all metal cans (including empty aerosol and paint cans), metal lids, aluminum foil, and formed aluminum containers, such as pie plates (must be rinsed!), plastic bottles, jugs and jars. The all-important blue plastic bags are usually given to you at the grocery stores or Walmart.

Construction Junction- 214 N Lexington St Pittsburgh PA 15208 Phone: 412-243-5025. This business is committed to the reuse and recycling of building materials, including furniture available for sale. Beside CJ is a great recycling drop off for EVERYTHING! You can check out CJ at www.constructionjunction.org

Shopping in Pittsburgh

Fresh Food

The Strip District ("the Strip"): Located adjacent to downtown on Penn Avenue and Smallman Street, this is the place to be for wholesale fish, meats, produce, groceries, and pretty much anything you can think of. Saturday mornings are alive in the Strip with open air markets, streetside vendors, fresh breads, Italian cheeses, and numerous international grocery stores. Lots of greasy spoon diners for breakfast/lunch – including DeLuca's, according to some residents to be the best breakfast in the city. At night time, the Strip brings a different crowd – with lots of great restaurants, bars, and nightclubs, too.

Grocery Stores

Giant Eagle: the largest supermarket chain in the area, various locations; You'll need to get your Advantage Card for the weekly sales.

Whole Foods: natural/organic food market, located on 5880 Centre Ave, Pittsburgh, 15206, 412-441-7960

East End Co-op: local natural/organic food market, located on in Point Breeze, not too far from Trader Joe's. 7516 Meade Street, Pittsburgh, 15208, 412-242-3598

Trader Joe's: 6343 Penn Ave, Pittsburgh. 9 am – 9 pm/7 days a week.

Malls

Waterfront

- Not really a mall per se, because there is no indoor area, but has almost everything you'll need including **Target, Lowe's, Best Buy, Barnes & Noble, and Giant Eagle**. Also has a Pier One, clothing stores, movie theater, **Dave and Buster's**, **Bar Louie** - Improv comedy club, Sing-Sing dueling piano bar, and many restaurants.
- Directions: Drive down Murray Avenue through Squirrel Hill until it merges with Beechwood Blvd. Continue Straight for approx 2 miles, over bridge. See Waterfront at far side of bridge. Turn right at end of bridge.

Ross Park

- Lots of very nice shopping here. There is an indoor mall with **Nordstroms**, **Macys, J. Crew, Limited, Gap, H&M,** etc.
- About 15 – 20 minute drive. Located in the North Hills on McKnight Road. Take 279-N almost three miles to exit #11-McKnight Road. The mall is several miles up the road.

Waterworks

- Not really a mall with no indoor area, but does have a **Wal Mart, Giant Eagle, Barnes & Noble,** a movie theater, and several other stores.
- Located just over the Highland Park Bridge in Aspinwall. (Across the river from Butler St)

Monroeville

- This is a huge shopping area along Route 22. There is an indoor mall with a **Barnes & Noble and Best Buy** located in the mall complex. There's also a **Wal Mart,Target, and Lowe's** nearby.
- Located east on 376. Take exit #57, Business Route 22. The mall will be a few miles down the road.

Robinson

- Another shopping mecca, similar to Monroeville. They have an indoor mall with all the usuals, plus an **Ikea, Home Depot, Lowe's, Target, Wal Mart, and Costco** in the area. Also lots of restaurants.
- Located west of the city. Take 376-W through the city. Go across the Fort Pitt Bridge and through the tunnels. 279-S for approx 6 miles. You will see signs to exit for Robinson Town Center. The shopping areas span both sides of the highway, so you may need to hunt around the complexes.

South Side Works

- Located on the South Side – Just across another fiver, this new high-end shopping area features stores like REI, Sur la Table, and many others. Also has a great movie theater, The Claddagh Irish Pub, Cheesecake Factory, and other tasty places to eat.
- Directions: Take Fifth Avenue PAST all the hospitals and follow Fifth down the hill approx .75 mile. Turn Left onto Birmingham Bridge. At end, turn Left and travel less than 10 blocks to SS Works. Note, at end of Birmingham Bridge – turn Right and you'll find numerous bars, restaurants, and a few shops.

It's 5:00 somewhere, and you've got it chilled in your fridge

Pennsylvania is a funny state. The sale of wine, beer and liquor is controlled by the Liquor Control Board. Translation – you have to go to a beer distributor for your Corona and a State Store for your Chardonnay and Jack Daniels. However, some bars are licensed to sell 6-packs. Oh, and by the way, at the Beer Distributors – they only sell by the case. Oh, and no one sells on Sundays – so plan ahead for your Steelers' game parties!

We know it's confusing…here's where to go:

Beer Distributors:

Pistella's Beer Distributor – on the way home from CHP to Shadyside. Corner of Aiken and Penn Aveue)

6-packs:

D-Dogz and 6 packs – (Regent Square) 1118 Braddock Avenue
Thunderbird Café – (Lawrenceville) Butler St
MANY MANY other bars in most neighborhoods

State Stores:

Wine and Spirits: Centre Avenue, beside Whole Foods (which is now permitted to be open on Sundays)
Wine and Spirits: Murray Avenue, Squirrel Hill
State liquor store locations can be found at http://www.lcb.state.pa.us. Click on the "consumer" link and find a store.

DMV

Vehicle Registration
-**Penndot Customer Call Center**
800-932-4600
-***AAA***
5900 Baum Boulevard (East Liberty)
412-363-5100

You can pick up the official application form at the State Police Office or any Driver's License Center (see above). You'll also need your original title to the vehicle, proof of Pennsylvania insurance, valid photo ID, and a tracing of the vehicle identification number (VIN) or the verification of the VIN by an inspection mechanic or notary at a dealership. This must be notarized upon completion (either at a notary public or at an AAA location) and mailed to the address listed on the form; it may be helpful to make copies of your old forms before you submit them. When the official registration is received, it must be taken with your vehicle for inspection at any number of locations ("State Vehicle Inspection") where your tires, turn signals, safety of the vehicle, etc. are checked for approximately $17. In addition there is an emissions inspection that costs $25. Your registration stickers will then be issued.

Driver's License Centers

Closest to Lawrenceville:
Inside the AAA –
5900 Baum Boulevard
East Liberty
412-365-7196
Pennsylvania law states that anyone changing residency must get a Pennsylvania driver's license. If you still consider your family's out-of-state address as your permanent residence you don't need to worry about this. If you do need to get a PA license take your old license, your social security card, birth certificate or passport, two proofs of residency (bills, lease, etc.), and your checkbook (they don't take cash or credit) and prepare to wait in line. The ID requirements are even more stringent if you are a foreign national. The current fee for out-of-state transfer is $26. For other locations, look on www.dmv.state.pa.us to search by zip code.

Public Transportation

Consists mostly of buses and one light rail line. No subways.
Port Authority of Allegheny County (a.k.a. PAT)
412-442-2000
www.portauthority.org – considerably difficult to use.
You can also try:
www.google.com/directions. Type in your start and finish and then there is a drop down box to change from driving directions to public transit directions. Very handy!

Buses
The standard one-way fare is $2.00 for one zone. Children and the disabled pay a reduced fare. A transfer in any direction costs $0.50 and is valid for three hours. Oakland, Squirrel Hill, Shadyside, Bloomfield, Regent Square – are all within one zone.

Pay your fare as you enter if the bus is heading toward downtown (inbound); pay as you exit if it is heading away from downtown (outbound). After 7:00 pm, the fare is always collected as you enter the bus. Current route and schedule information is available at the Port Authority website, on the buses, in the "T" stations, and at the Port Authority Service Center. Monthly passes can be purchased at CHP. (check with HR) Also at many Giant Eagle supermarkets.

The Airport – getting there.
The Pittsburgh Airport is approximately 20 - 30 minutes by car from Oakland. The extended long-term parking is about $8/day. There is a super convenient bus to take you to the airport, the **28X**. This route has a stops right in front of Carnegie Mellon, OLD CHP, and the Primary Care Center. Takes you directly to the airport front door for $2.60. Check out www.portauthority.org for schedules.

Cabs
Checker Cab, 412-664-5600
Yellow Cab, 412-321-8100
You cannot hail a cab in Pittsburgh. Instead, you must call the cab company and they will come pick you up. A typical fare from Oakland to Downtown is about $10.00 and from Oakland to the airport about $35.00.

Pets
Parks: Lots of parks have special areas called OLEAs or Off Leash Exercise Areas. These are fenced in areas where your dog can go crazy with other dogs without you worrying they will run off…not that your dog would do that. People also tend to let their dogs off the leash all over Frick, though it's technically not allowed. Just watch out for Animal Control, it can be a hefty fine. Schenley Park is a great park but there are a lot of runners so keep them on the leash.

Pet Shops: There are plenty of pet shops around so it's easy to find one, but there's always the Waterfront PetCo if you're already a PALS member. If you like to shop locally, you can go to the Pet and Plant shop on Murray Ave.

Vets: All the cool pets from Pitt Med go to Greenfield Vet. Dr. Winnie is the best and brightest Pittsburgh has to offer. Great for cats and dogs.
Contact him at:
Greenfield Veterinary Hospital
611 Greenfield Avenue
412-422-7755

Gyms
YMCA several locations with varying equipment/classes/services, INCLUDING the HB4Life Center connected to the hospital! (open 24 hours per day!)
Urban Active (Bakery Square). Brand new state-of-the-art gym with free classes, spinning, a pool and more!

Trees Hall As a student athletic facility, Trees Hall houses a dance studio, pool, weight room, racquetball and handball courts, five basketball/volleyball courts. Access by getting a Pitt ID.
Jewish Community Center (Squirrel Hill) A great facility with a pool, weight machines/free weights, cardio area. Various aerobics classes included in membership. Spinning and yoga classes offered for an extra fee.
Club 1 (Shadyside/Waterworks) Also offers spin, pilates, yoga, and cardio classes.
X (Shadyside) Open 24 hours. Cardio and weight equipment. Pilates, yoga, spinning, and other group classes available.
Shadyside Spin (Shadyside) Various times of spin classes, pay as you go for classes. Packages available.
Fitness Factory (Shadyside/Forest Hills/Cranberry) Cardio/weight areas. No classes. Very affordable!
Three Rivers Fitness (Oakland) Cardio/weights, plus group classes
Schoolhouse Yoga (Shadyside, squirrel hill, strip district – various locations)
Breathe Yoga (South Side) Offers Hatha and Iyengar yoga classes at all levels. Middle Eastern dance and modern dance classes also offered.
YMCA several locations with varying equipment/classes/services. Downtown location has the most to offer. Brand new one in Franklin Park in the North Hills!
Gold's Gym –(Downtown) Very new. at Market Square. Gym, classes, and more.
Amazing Yoga – (Shadyside) – variety of types

Road Trips!

On an autumn "golden" weekend – you might be ready for a road trip…

Useful Website for state parks:
http://www.dcnr.state.pa.us/stateparks/

Fallingwater/Kentuck Knob

Two houses designed by Frank Lloyd Wright. Located southeast of the city, about an hour and a half away. Fallingwater is the most well known and often-visited. To tour this house, reservations are required. Call ahead at 724-329-8501 to make your reservations. They have various tours: standard, in-depth, sunset. Tickets for the average, one-hour tour are $16. Hiking tours of the grounds are also offered. Kentuck Knob is a smaller, less well-known home designed by Wright located a short distance from Fallingwater. Tours here are $12 weekdays/$15 weekends. Reservations are recommended (724-329-1901).

Ohiopyle

Ohiopyle is a state park located near Fallingwater. It's a great place for whitewater rafting. There's also hiking, swimming, and very cool natural water slides! And to top it off there are bike trails and camping sites!

To get there, take 376 East to the PA Turnpike. Go East on the turnpike and take exit 9, D Donegal, about 34 miles from the Monroeville interchange. Turn left on Rt. 31 east. Travel about two miles, past Dairy Queen, turn right onto Rts. 711 and 381 south. Travel ten miles to Normalville (first stop sign), turn left onto Rt. 381 south for 11 miles to Ohiopyle. You'll see signs all the way.

Once you get into the town, just find somewhere to park, hop out, and smell the fresh air and hear the rush of the Youghiogheny River (that's YOK-a-gay-ny). The easiest thing to do is find the visitor's information center, which has info and maps and knowledgeable people to help you with whatever you want to do: raft, hike, rent bikes, take a dip, visit Fallingwater, camp, or stay in the hostel. Don't forget the annual Falls Race. The Youghiogheny contains a spectacular class V waterfall that is opened up once a year for competitors. Along with the action come whitewater company representatives and parties.

Moraine State Park & McConnells Mills

Two fabulous state parks, within 20 minutes of one another, located just about an hour north of the city. Moraine is noted for the 3,225-acre Lake Arthur. Swimming is offered from its large beach, which also features picnic tables and a concession stand. Lake Arthur is also heavily used for sailing and windsurfing (lessons available) and is home to many sailing races throughout the year.

Moraine also offers pavilions, cabins, charcoal grills, hiking, hunting, and fishing. A paved, seven-mile bicycle trail runs along the shoreline between the Marina Restaurant and the Bike Rental Building in the northwest corner of the park. This trail is not a loop, so it's possible to get 14 miles of biking in. There is also a 6 mile mountain biking trail loop. To get to the Moraine, take 279-N to 79-N. Take 79-N to exit 96 (Portersville/Prospect). Turn right on Rt 488. The park will start in about 3-4 miles. Follow signs.
McConnells Mills has great walking/hiking trails – never overcrowded. 2,546 acres of the Slippery Rock Creek Gorge. To the Mills, Follow directions above, then LEFT on Rt 488 to Rt 19. Left onto Cheeseman Road and Right onto Kennedy Road. (about 5 miles from exit.)

Lake Erie/Presque Isle

Presque Isle State Park is located in Erie, Pennsylvania, about 2 ½ hours from Pittsburgh. There are 12 sandy beaches with lifeguards, a bike trail, and several hiking trails.

Laurel Caverns

The Laurel Caverns are located off Route 40, about an hour south of Pittsburgh. The guided tour, about 45 minutes, takes you on a loop through the beginning of the cavern. You can see many interesting natural formations, including a high narrow passage called the Hall of the Mountain King, an anti-gravity optical illusion, and a light show. An unguided tour is also available, with about a mile of passages to explore. Tickets are $10.

Grove City Outlet Malls

For those who prefer a different kind of outdoor adventure, the Grove City Outlets provide a fun, outdoor shopping diversion. They are located just over an hour north of the city. Take 279-N to 79-N, exit 113. The outlets will be on your left, and feature stores like Gap, Polo, Ann Taylor, J Crew, and tons more.

Cedar Point

This is the amusement park of all amusement parks- affectionately known as the roller coaster capital of the world. It is located in Sandusky, Ohio, along Lake Erie- about a 3 1/2 hour drive away. All day ride passes are $46.99. There are tons of places to stay and package deals if you want to make a whole weekend of it.

Niagara Falls

Waterfalls. Need we say more? Niagara Falls is just over a four hour drive away. Go, take a boat behind the falls, visit the casino, have dinner, a great time! Wineries along the way!

Washington,DC, is about a 4-5 hour drive away, and **Philadelphia** is about a 5 hour drive. – nice weekend trips to explore a new part of the country.

A few winter highlights to look forward to…. It snows here in Pittsburgh!

Ice Skating @ PPG Plaza, Downtown. A beautiful, small outdoor rink, set in between the glass sky scrapers of PPG. Holiday trees and music for most of the winter season.
Skiing – you can have your skis on in 20 minutes for a quick morning get away or 2 hours to a 17 slope resort
Boyce Park, Monroeville (20 min drive) snowboarding, also!
www.alleghenycounty.us/parks/bpfac.aspx
Seven Springs and Hidden Valley – 2 resorts in Champion, PA. About 2 hours. Lots of summer activities in the off season!
www.7springs.com and www.hiddenvalleyresort.com

Welcome to Pittsburgh ~ this guide is only a small list of the great offerings of our city! Enjoy!