

# WELCOME TO ARIZONA!

As you are getting ready to settle into a new life as a resident, we wanted to give you some detailed information on your home outside of the hospital. We comprised a list of some of the best things to do in Tucson and the surrounding areas. So grab a co-intern and go explore!



## RESTAURANTS

Whether you are craving a pizza, a burger, some hummus, or dessert, here are the places to go.

**ZINBURGER:** *1865 East River Road (520) 299-7799.*

Picture a wine bar with delicious selection of burgers and fries. Great atmosphere and a happy hour 4pm to 6pm.

**CAFÉ POCA COSA:** *110 East Pennington Street (520) 622-6400*

Upscale Mexican food, the menu changes twice daily, with the chief's special being everyone's favorite. The Margaritas are amazing.

**GUADALAJARA GRILL:** *1220 East Prince Road (520) 323-1022*

You've already experienced their food at your interview dinner, likely one of the best traditional Mexican food restaurants in Tucson. Fresh salsa made table side, and mariachi bands circulating the room.

**LA PARRILLA SUIZA:** *5602 East Speedway Boulevard (520) 747-4838*

Recommended by ex-chief, Eric Chase. If he says Alambre Tacos will change your life, we believe him. Several locations in town.

**MI NIDITO:** *1813 South 4th Avenue (520) 622-5081*

Featured on travel channel and other shows, check out the sonoran hot dog. You may want to take a statin before ordering.

**SCHLOMO & VITOS:** *2870 E Skyline Dr (520) 529-3354*

Deli restaurants straight from New York. Great brunch material here!

**OREGANOS:** *4900 East Speedway Boulevard (520) 327-8955*

This place is always hopping. The pizza is good, salads are amazing, but the pizookie is top notch.

**1702:** *1702 East Speedway Blvd, (520) 325-1702*

This joint is also one the most likely places to find an EM Resident (see below). It's across the street from UMC which makes it an easy location to meet up, the pizza is the best in town, and the beer selection is long which means everyone can find something.

**LOVIN' SPOONFULS:** *2990 North Campbell Avenue (520) 325-7766*

This has been voted the best vegetarian/vegan restaurant that serves breakfast, lunch and dinner.

**VILA THAI:** *972 E University Blvd (520) 393-3489*

Best thai restaurant in Tucson, hands down. Oh by the way, they also hold wine tasting nights. Happy Hour 3-6pm Mon-Thurs

**DELECTABLES:** *533 North 4th Avenue (520) 884-9289*

Charming atmosphere, good food such as hummus, brie, salads, and sandwiches and half price wine nights on Wednesday. Great patio to enjoy a Sunday lunch. Dog friendly!

**THE B LINE:** *621 N. 4th Avenue (520) 882-7575*

Relaxed vibe, yummy food, \$10 off bottles of wine on Tuesdays, and delicious desserts...Bennett says "if this whole package was a man and not a restaurant I'd marry it".

**CASA VICENTE:** *375 S. Stone Ave - (520) 884-5253*

Spanish Tapas restaurant with flamenco dancers and the best sangria in town!

**ZEMAM'S:** *2731 East Broadway Boulevard (520) 323-9928*

Eating with your hands is so much fun and this place lets you do it with yummy Ethiopian food. Also, it's BYOB...need I say more.

**BLUE WILLOW:** *2616 North Campbell Avenue (520) 327-7577*

Popular brunch spot. This is also a location where you're likely to find EM residents on a Sunday before switch day. Mimosas, coffee, burritos, yum! Plus they have a fun shop you can browse through and find gifts for all.

**CUP CAFÉ:** *Hotel Congress, 311 E Congress St, Tucson, AZ 85701 (520) 798-1618*

Excellent brunch, especially if you want some downtown flavor. Service can be a little disorganized during the week, but weekends are usually very smooth and the food is great. You can get mimosas at the bar while you wait. Lunch and dinner are good too. They have great desserts.

**PREP & PASTRY** *3073 N Campbell Ave, Tucson, AZ 85719 (520) 326-7737*

New and very popular brunch location. They have a range of food and really good pastries that you can order while you wait for a table. Go early on weekends. The line can be long, and they don't take reservations.

**ROMA IMPORTS:** *627 S. Vine (520) 792-3173*

Recommended by Dr. Mark Wright as an amazing Italian Deli and store with prepared trays of good food---take home ready lasagna and cook it in your oven!

**LE BUZZ CAFÉ:** *9121 East Tanque Verde Rd (520) 749-3903*

Good food, great coffee, and stopping point for many bikers on weekends.

**RED VELVET CUPCAKERY:** *943 East University Boulevard (520) 829-7780*

With two locations in DC and one here, you can find outstanding cupcakes for a special treat after a shift!

**THE UNION PUBLIC HOUSE:** *4340 N Campbell Ave Suite 103 (520) 329-8575*

Gastropub with a great happy hour and really good mac n cheese

**MAY'S CHICKEN AND WAFFLES:** *2945 E Speedway Blvd (520) 327-2421*

Recommended by Dr. Terry Valenzuela. He states it's especially for the calorie conscious. ☺

## **COFFE SHOPS**

Lets be honest---you will need caffeine at least a hundred times in your residency. Here are the handpicked locations by the EM residents—most of them also places you can find an EM resident attempting to study.

**CARTEL COFFEE:** *2516 N Campbell Ave, Tucson, AZ 85719*

Very popular coffee shop among residents. It's close to the hospital and in addition to coffee and the usual coffee shop food options, they offer beer on-tap (including selections from the popular local Dragoon brewery).

**RAGING SAGE:** *2458 North Campbell Avenue, Tucson - (520) 320-5203*

While Ikes is the best coffee shop, Raging Sage has the best coffee in Tucson. Quoted by an EM resident as a "totally rad mellow vibe with good brew." Check it out.

**BENTLEYS:** *1730 E. Speedway Blvd (520) 795 0338*

Laid back atmosphere which is great for studying. Open mic nights every Friday night. Leave here after a few hours of hitting the books and meet up at 1702 for a beer.

**COFFEE EXCHANGE:** *8501 E Broadway Blvd, Tucson, AZ 85710 (520) 886-6496*

This Coffee shop used to be popular because of it's proximity to the hospital and being open 24h. It's recently moved locations and isn't open 24h anymore but still has longer hours than most. Open 5a-10p.

## NIGHTLIFE

You've had dinner, studied, now its time to experience the nightlife in Tucson. Here's where to go.

**CLUBS:** Fancy drinks, dancing til close. Letting loose!

**LEVEL:** *4280 North Campbell Avenue (520) 615-3835*  
DJs spin while the entire party dances.

**SAPPHIRE:** *61 East Congress Street (520) 623-5400*  
Rooftop dance floor. Do we need to say more?

**CLUB CONGRESS:** *311 East Congress Street (520) 622-8848*  
Not only dancing, but karaoke, 80s nights, and awesome concerts.

**NORTH:** *2995 East Skyline Dr (520) 299-1600*  
Outside patio with amazing views of Tucson skyline.

**BARs:** Chill, neighborhood joints.

**SKY BAR:** *536 North 4th Avenue*  
All solar powered coffee shop by day, and bar at night. Experience Fire Throwers on Fridays and new bands on Saturdays.

**SULLIVANS:** *1785 E River Road (520) 299-4275*  
Residents may not be able to afford the food here every night, but they have one of the best happy hour menus on Thursday nights. Enjoy \$5 martinis and great apps.

**TRIDENT:** *2033 East Speedway Boulevard (520) 795-5755*  
Named as the most likely place to find an EM resident. Find out why.

**BOB DOBBS:** 2501 East 6th Street (520) 325-3767  
Irish dive bar. Great patio. Decent food.

**THE SHELTER:** 4155 East Grant Road (520) 326-1345

Just as the name sounds, a 1970s dive bar without windows, velvet wallpaper, a pool table, a knight in shining armor and a bunch of JFK memorabilia. Quickly becoming one of our faves.

**THE DEPOT:** 3501 East Fort Lowell Road (520) 795-8110

Large TVs to watch any game you could possibly want and speakers at every table. This is the place to watch the game or play some pool

**THE BARRIO:** 800 East 16th Street, Tucson - (520) 791-2739

Local brewery next to the climbing gym w/ some good eats and a shuffle-board. When a train goes by it's half-price on beer...

**THE HUB:** 266 E Congress - (520) 207-8201

Homemade ice cream, multiple beers and wine on tap. Check it out!

**THE PLAYGROUND:** 278 East Congress - (520) 791-2739

A new bar next to the Hub. Rooftop available! Good happy hour and tasty dessert. Happy Hour Mon-Fri 4-7pm, Sat-Sun 12-7pm

**DOWNTOWN KITCHEN:** 135 South 6<sup>th</sup> Ave Tucson - (520) 623-7700

Popular for the happy hour and the reverse happy hour. Find out why. Happy hour 4-6pm, 7 days a week and after 10pm on Thurs-Sat.

**TAP & BOTTLE:** 403 N 6th Ave #135, Tucson, AZ 85705 (520) 344-8999

This is a relatively new bar that has been extremely popular since it opened. They serve beer and wine only (no hard liquor) and have both on tap. You can also purchase bottles to take home or drink in the bar. They don't do food service there but most nights have food trucks park outside, and you're allowed to bring food in from anywhere.

## **OUTDOOR ACTIVITIES**

It may get hot during the summer, but Tucson has some of the best weather in the fall, winter and spring. Go explore!

### **Best location to go climbing:**

Here are a list of a few places to check out in the Tucson area!

- \* Stronghold
- \* Rocks and Ropes
- \* Cochise
- \* Mt Lemmon –see Troll Wall, you can go swimming!

### **Best biking riding routes:**

**ROAD Bike:** Saguaro East Loop, 3<sup>rd</sup> street bike route from Richey Street to University, Rillito River Path, Mt Lemmon, Oracle to Biosphere, Sonoita Bike and Booze Tour  
**MTN Bike:** 50 year trail, Fantasy Island, Mt. Lemmon, Pistol Hill/Colossal Cave, Oracle to Biosphere, Starr Pass Loop/ TMP.

## Best hiking trail:

Arizona is known for amazing hiking trails—here is a small list! Pack plenty of water—it'll get hot out there!

- \* Old Baldy on Mt. Wrightson
- \* Mt Lemmon any trail—dog friendly!
- \* Sabino Canyon –check out 7 Falls! Water in Tucson!
- \* Pima canyon
- \* Finger rock – this is a challenging hike!
- \* Catalina State Park – check out Romero Pools
- \* Oracle Ridge Trail – Mt Lemmon to Oracle, 4000ft change in elevation!

## Running:

Check out MMM or Meet Me at Maynards! A downtown run every Monday evening around 5:30pm. Walk or run, families, and dogs on leashes welcome. There are choices of distances: 2mile, 3 mile or 4 miles. Go 8 times and you get a t-shirt!\

The Rillito River Path has a great long stretch of car free running/walking or biking. Its along the “river” (which will run occasionally) and it can be very peaceful.

Want to run a marathon? How about a half?? There's the Tucson Marathon and half Marathon in December. Not sure how to train? Ask around---several of us have tackled this feat and can help!

## SHOPPING

Sure loans are piling up, but here's a couple of ideas where to spend your hard earned pay check.

### Summit Hut: *multiple Tucson locations*

Local outdoor retailer. Dog-friendly and good outdoor stuff and clothing, friendly staff and pleasant atmosphere. Want something special? Just ask and they can special order it for you. Plus they do custom boot-fits to make sure you don't get too many blisters while you hike in the AZ desert.

### La Encantada: *2900 E Skyline Drive*

Beautiful views, posh outdoor mall including Apple Store, J.Crew, Crate & Barrel. Highly recommended that you check out Lucy for exercise gear and jackets to wear over your scrubs or tops to keep you warm under your scrubs.

### Cost Plus World Market: *multiple Tucson locations*

Unique stuff from all over the world at reasonable prices. Decorate your house!

## **FAMILY TIME**

We asked the residents the best place to go to spend a day with your family if they live here or if they are visiting from out of town. Here is the list!

**The Desert Museum:** *2021 N Kinney Rd (520) 883-2702*

A great place to learn about the landscape and the animals that inhabit Arizona. Think gila monsters, tarantulas, snakes, hawks!

**Tucson Toros Baseball:** *700 South Randolph Way (520) 325-1010*

Minor League baseball team –fun games and reasonable prices!

**Mt Lemmon:**

It's a mountain getaway that is about 1 hour from Tucson. Great weather throughout the year for hiking, camping, and beautiful Tucson views.

**Reid Park Zoo:** *1100 South Randolph Way (520) 791-4022*

A full zoo, sometimes sad in the summer with the polar bears, but family nights during the summer. Feed the ducks popcorn!



**Valley of the Moon:** *2544 East Allen Road (520) 323-1331*

A garden park in town created to appeal to the magical fantasies of children. There are secret grottos, winding enchanted paths, and even an eerie tower.

**Grover Recommends:**

Have your family shop and clean your house and yard for you. Good luck!!

## **SPECIAL EVENTS**

Events that go down in Tucson that you'll wanna know ahead of time.

**TOUR DE TUCSON** *around Tucson*

Massive bike ride race throughout Tucson that occurs in November. Various lengths including: 109, 80, 67, 35 miles so all levels can participate. Also—if you work in the ED that day, be prepared to see some crazy trauma!

**URBAN ASSULT** *around Tucson*

Another cycling event where you ride through checkpoints and do obstacle courses. Go as a competitor or as an observer!

**GEM SHOW:** *throughout Tucson*

Thousands of people flock to Tucson during the first two weeks of February for this event. (so much so that book hotel rooms EARLY if any family is coming during this time) Gems, jewelry, crazy wood carvings, are sold at many venues throughout Tucson. Fun to browse and buy!

**ALL SOULS FESTIVAL:** *Downtown Tucson*

This weekend in the first of November is set to commemorate the faithful departed. There is a massive procession through downtown Tucson with amazing costumes, floats, etc. Three years we got 9 interns there to celebrate, two years ago we had 13 residents there. Think you can beat that??

**FIRST FRIDAYS:** *Throughout Tucson*

Brought to us by Tucson Young Professionals. Fashion shows, art galleries, dinners, etc. A great way to meet people in Tucson who do not necessarily work in the hospital.

**OKTOBERFEST:** *Reid Park*

Goes down usually last weekend of September or first weekend in October. Arts and Crafts booths, entertainers, beer tasting and food.

**THE CLINIC:** *University of Arizona Mall*

A fun tailgate provided by the Medical School. Learn the famous Bear Down song, dress in red, watch the band go by. \$8 to get all you can eat and drink. Then head to the football games as a group!

**WINTERHAVEN:** *Winterhaven Community*

Want to celebrate the holidays with a lot of holiday cheer and lights? Take a stroll or horse carriage ride through the Winterhaven community the last two weeks of December. Kids love it!

**MOST LIKELY PLACE TO FIND AN EM RESIDENT:**

# 1. THE HOSPITAL:

Hahaha. Ok not so funny, but you can always find one of us in the Department or in the dictation room. It's especially nice to stop by when you're off service and feeling out of touch with your buddies.

# 2. TRIDENT:

If we're not at the hospital, we're at our second home enjoying a brew.

# 3. OUTDOORS:

Almost everyone has an outdoor passion of some sort and there's tons of options in Tucson. Not an expert at any outdoor activity? No worries! Just join in on one of the planned bike rides, climbing adventures, etc!

# 4. 1702:

One of the pizza joints listed above that is walking distance from the hospital.

# 5. RSI EVENTS:

Not a procedure you'll do in the ED, but a social team that will create fun events for residents to attend. Emails to come!

So there you have it-- some of our favorite things about Tucson. This is by no means is complete so if you find anything else you think people would like, please share it with the group!

Have fun getting out and exploring Tucson!