

Utah Ballet Summer Intensive

Guide to Salt Lake City

Housing, Food, Entertainment, Healthcare, Points of Interest, Navigation, Maps



WELCOME!

We are so pleased to have you dancing with us this summer! We love it here and hope that you will come to love it, too. Utah is a beautiful and unique place. This guide will help you become familiar with the city before you come, or when you first get here. We've listed some of our preferred restaurants, coffee shops, and things to do, but there are many other options out there besides what we have listed. Hopefully you will enjoy discovering them during your time here. We look forward to getting to know you! If you have any questions while you are here, please contact our UBSI Director, Maggie Tesch at maggie.tesch@utah.edu We hope you enjoy your time here in Salt Lake City. We are so excited to have you here with us!



Rehearsal & Performing Venues

Capitol Theatre

50 West 200 South; Salt Lake City, UT 84101

Kingsbury Hall; University of Utah

1395 East Presidents Circle; Salt Lake City, UT 84112

Marriot Center for Dance; University of Utah

330 South 1500 East; Salt Lake City, UT 84112

Rose Wagner Performing Arts Center

138 West Broadway; Salt Lake City, UT 84111

Utah Opera

336 North 400 West; Salt Lake City, UT 84103

Val Browning Center for the Arts; Weber State University

1901 University Circle; Ogden, UT 84408

About Salt Lake

Salt Lake lies in a mountain valley, with the Wasatch Mountains to the east and north and the Oquirrh (pronounced "oaker") Mountains to the west. Once you become accustomed to which are which, it is very helpful in maintaining your sense of direction. The city is situated on land once covered by the prehistoric Lake Bonneville. This ancient lake existed within portions of Utah, Nevada, and Idaho, with an elevation rising from 4,200 feet to 5,200 feet (1,280 meters to 1,585 meters) at some points. The eastern and northern portions of the city are located on a series of terraces, or former beaches, which are known locally as "the benches." Salt Lake City has a local population of 186,440.

Weather and Elevation

Summers are hot, frequently reaching above 100°F (38°C), while winters are cold and snowy. However, winters are warmer than one would expect at this elevation and latitude, due to the Rocky Mountains to the east and north that usually block powerful polar highs from affecting the state during the winter. Temperatures rarely fall below 0°F (-

18 °C), but frequently stay below freezing. Temperature inversions during winter can lead to thick overnight fog and daytime haze in the valley as cool air, moisture, and pollutants are trapped in the valley by surrounding mountains. Salt Lake's official elevation is 4,330 feet/1,320 meters above sea level. It is very dry and at a higher altitude than many people are used to. If you are coming from a lower elevation, you may notice a difference the first few weeks of dancing. Make sure you drink plenty of water, and even more during class and rehearsals.

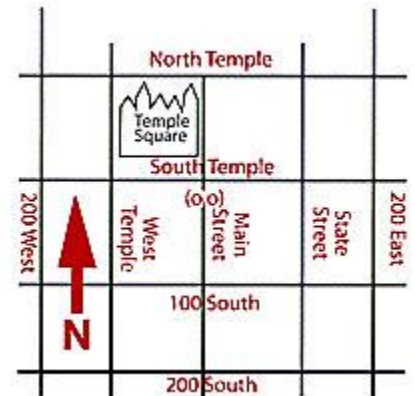
Understanding Salt Lake City's Grid System

Utah's street naming and numbering system is based on a grid system with the Salt Lake Temple as the center of town. This system makes for some unique addresses. Although this can be very confusing and frustrating to someone who is unfamiliar with this system, it is actually a very efficient way of doing things. Here is an explanation of our roads so you may better find your way:

Temple Square is the "center" of town, and is bordered by North Temple to the North, South Temple to the South, West Temple to the west, and Main Street to the East. The intersection of South Temple and Main is considered grid point (0,0).

From the center (grid point (0,0)), the streets are incremented by 100, and are named by the position relative to the center. The names of streets running North/South and positioned to the east of Main Street are named 200 East, 300 East, and so on. The same logic applies to the streets on the other 3 sides.

So, if you are looking for 300 South and 500 East, you know that the location will be 3 blocks south and 5 blocks east of the center of town.

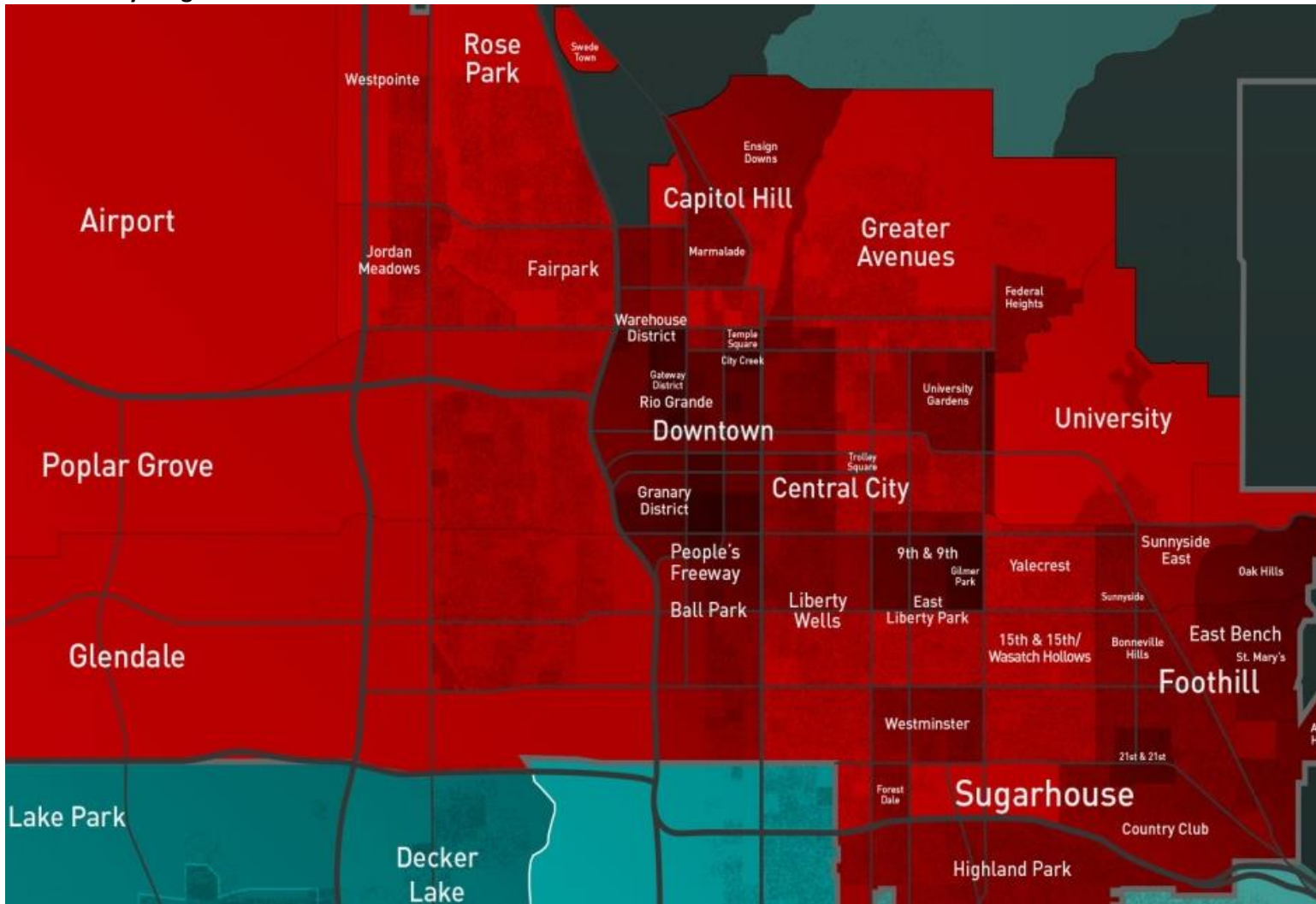


Confusion comes in to play because the streets that run North/South are called either an "East" street or a "West" street. Remember, they are named after the positions relative to the center, and not the direction they run.

Also, residents tend to say "1st South" when they are referring to "100 South" and "5th East" when they are referring to "500 East". This gets interesting as you go "way south" and you need to refer to 100th South (Do you mean 100 South or 10000 South??) The way to tell here is the inclusion (or elimination) of the "th". 100th South is 10000 South. 100 South (note no "th") is 100 South or 1st South.

A few streets have names, notably Broadway, which would otherwise be 300 S, and State St, which would be 100 E. Another exception is in the Avenue's Neighborhood, where north-south streets are given letters of the alphabet, and east-west streets are numbered.

Salt Lake City Neighborhoods



Public Transportation

Utah Transit Authority (UTA) provides over 100 bus routes throughout a 1,800 square-mile area. UTA also provides light-rail service called TRAX and airport transportation. A free fare zone is available downtown. For more information on public transportation, visit www.rideutah.com. Your Dorm Key and U of U ID will get you free access to trax for the summer and for year-round students.

Car Sharing Programs

Enterprise Rent-A-Car offers a car sharing program in your community that allows you to reserve a car by the hour under one all-inclusive price. This price includes fuel and damage/liability protection. Unlike a traditional rental, you only have to be 21 years old. Rates change depending on the time and day. Hourly rates start at \$4.75 and daily rates at \$75. This company is the most prevalent downtown. For more information, visit www.enterprise-carshare.com.

U-Haul provides you a car for hourly or daily rates as well, and you only pay for what you use. Rates are as low as \$4.95/hour plus mileage or \$62/day. All you need is a valid driver's license. For more information, visit www.uhaulcarshare.com.

Gyms

BodyWise 1400 Foothill Drive 20 SLC, 84108 (801) 583-0200
24 Hour Fitness 515 S 700 E, Salt Lake City, UT (801) 741-1124
The Gym 51 S Main St #308, Salt Lake City, UT (801) 656-2088

Yoga, Pilates, Gyrotonics

En Route Movement Pilates, Gyrotonics 244 W 300 N #103, Salt Lake City, UT (801) 831-4391
enroutemovement.com
9th and 9th Pilates Pilates, Vinyasa Yoga 854 E 900 S, Salt Lake City, UT (801) 410-4180
9thand9thpilates.com
Salt Lake Power Yoga 250 E Broadway, Salt Lake City, UT (801) 468-9642 · saltlakepoweryoga.com
Centered City Yoga 926 E 900 S, Salt Lake City, UT (801) 521-9642 · centeredcityyoga.com
Prana Yoga 315 Trolley Square Salt Lake City, UT (801) 596-3325 www.pranayogaslc.com

Massage

Knead a Massage 1400 S Foothill Dr, Salt Lake City, Ut 84108
Massage Envy 655 E 400 S, Salt Lake City, UT (801) 433-5333
2236 S 1300 E, Salt Lake City, UT (801) 484-0223 massageenvy.com
The Kura Door 1136 E 3rd Ave, Salt Lake City, UT (801) 364-2400 · thekuradoor.com
Utah College of Massage Therapy 25 S 300 E Salt Lake City, UT (801) 521-3330 www.ucmt.com

Physical Therapy

The Orthopedic Center 590 Wakara Way Salt Lake City, Ut 84108

Hospitals/Healthcare/Chiropractic/Podiatrist

University of Utah Hospital 50 N Medical Dr, Salt Lake City, UT 84132
University of Utah Urgent Care 50 N Medical Dr, Salt Lake City, UT 84132
Intermountain Health Salt Lake Clinic 389 S 900 E (385) 282-2000
Intermountain Salt Lake InstaCare 389 S 900 E (385) 282-2400
Utah Sports & Wellness/Chiropractic-Mike Cerami 1550E 3300 S, Salt Lake City, UT
Mountain View Foot Clinic, LLC Dr. Royal; Podiatrist, 617 E 3900 S; SLC, UT 84107 801-262-1172
Planned Parenthood Salt Lake Clinic 654 S 900 E (801) 322-5571

Nutritionist

Quantum Nature Care Caley Steele; Holistic Nutritional Consulting, 447 W 4800 S; Salt Lake City, UT, 801-263-2273; <http://www.quantumnaturecare.com>

Pharmacies

University of Utah Pharmacy 1320 E 200 S, Salt Lake City, UT 84102
Walgreens 531 E 400 S (801) 478-0703
Smith's Marketplace 455 S 500 E (801)328-6033

Churches

Missio Dei Community Church 510 W 200 N missiodeisl.com
K2 the Church 193 W 2100 S (801) 486-2240 · k2thechurch.com

Cathedral of the Madeleine 331 E South Temple (801) 328-8941 · utcotm.org
Salt Lake Buddhist Temple 211 W 100 S (801) 363-4742 · slbuddhist.org
Salt Lake LDS Temple 50 W North Temple (801) 240-2640 · www.lds.org/locations
St Paul's Episcopal Church 261 S 900 E (801) 322-5869

Restaurants

Pizza

The Pie Underground 1320 E 200 S (801) 582-5700
Pizza Studio 1332 S Foothill Drive (801) 410-4252
Estes Pizza 156 E 200 S (801) 363-2366
Wasatch Pizza 820 E 400 S (801) 466-7777
Settebello 260 S 200 W (801) 322-3557

Thai

Chanon Thai 278 E 900 S (801) 532-1177
Sawadee 754 E South Temple St (801) 328-8424
Thai Lotus 212 E 500 S (801) 328-4401

Indian

Bombay House 2731 Parleys Way (801) 581-0222
Saffron Valley 26 E St. (801) 201-3325
Café Shambala 382 4th Ave (801) 364-8558 (Tibetan)
Himalayan Kitchen 360 S State (801) 328-2077

Sushi

Takashi 18 W Market St (801) 519-9595
Hi Sushi 1400 S Foothill Drive (801) 906-8320

American/Italian

The Dodo 1355 E 2100 S (801) 486-2473
Tucci's Cucina Italiana 515 S 700 E (801) 533-9111
Eva's 317 S Main St (801) 359-8447
Café Niche 779 E Broadway (801) 433-3380
Salt Lake Pizza and Pasta 1030 E 2100 S (801) 484-1804

Mexican

Red Iguana 736 W North Temple (801) 322-1489
Red Iguana 2 866 W South Temple (801) 214-6050
Café Rio 532 E 400 S (801) 924-3800
Frida Bistro 545 W 700 S (801) 983-6692
Chipotle Mexican Grill 1011 2100 S (801) 467-1311

Lunch within walking distance of the U of U

Coffee Shops

Coffee Garden 254 S Main St and 9th & 9th
Salt Lake Coffee Roasters 320 E 400 S

Grocery Stores

Smith's Marketplace 455 S 500 E (downtown), 402 6th Ave (Avenues)

Whole Foods 544 S 700 E

Trader Joe's 634 E 400 S

Sprouts 216 S 700 E

Entertainment

Shopping

City Creek Center 50 S Main St

Gateway Mall Megaplex Theatres, IMAX, Barnes and Noble, Dicks Sporting Goods 400 W 100 S
9th and 9th District Tower Theater, Shopping, Restaurants 900 E 900 S

Movie Theaters

Broadway Centre Cinemas 111 East Broadway (801) 321-0310 Foreign and Indie films

Century 16 125 East 3300 South (801) 486-9652

Cinemark Sugarhouse Movies 10 (Dollar Theater) 2227 S. Highland Dr. Salt Lake City, UT 84106 (801) 466-3699

Tower Theater 876 E 900 S (801) 321-0310 Independent and classic films, as well as DVD rentals

Megaplex Theatres The Gateway 165 South Rio Grande St (801) 304-4636

Music Festivals

Twilight Concert Series at Pioneer Park July and August 300 S 300 W

Red Butte Garden Concert Series June-September 300 Wakara Way www.redbuttegarden.org/concerts

Deer Valley Music Festival July and August. 2250 Deer Valley Drive S., Park City, UT
www.deervalleymusicfestival.org/concerts

Salt Lake City Jazz Festival September The Gallivan Center www.slczjazzfestival.org

Art, Film, and Cultural Festivals

Utah Arts Festival June 26-29 Library Square 200 E 400 S www.uaf.org

Utah Pride Festival Late May/early June www.utahpridefestival.org

Sundance Film Festival January/February Park City, UT www.sundance.org/festival/

Kimball Arts Festival August 1-3 Park City, UT www.parkcitykimballartsfestival.org

Museums and Organizations of Interest

Salt Lake Public Library 210 East 400 South (801) 524-8200

The Leonardo UT Science and Technology Museum 209 East 500 South (801)531-9800

Natural History Museum of Utah 301 Wakara Way (801)581-4303

Utah Museum of Fine Arts 410 Campus Center Drive (801)581-7332

Utah Museum of Contemporary Art 20 S West Temple (801)328-4201

Salt Lake Film Society <http://saltlakefilmsociety.org/> 111 E 300 S

Tracy Aviary 600 W 900 S www.tracyaviary.org

Utah Hogle Zoo 2600 E Sunnyside Ave www.hoglezoo.org

Clark Planetarium and IMAX 110 S 400 W www.clarkplanetarium.org

Farmers Markets

Saturday Farmer's Market June-October Saturday Mornings 8am-2pm Pioneer Park 300 S 300 W

Tuesday Evening Farmer's Market August –October 4pm-Dusk Pioneer Park 300 S 300 W

Other Things to Do

Gallivan Center Monday Night Movies: Mondays in July, Dusk-11 p.m.239 S. Main St.

Sundance Film Institute Free Summer Movies: Red Butte Garden Amphitheatre. Wednesdays, July and August Red Butte Garden 300 Wakara Way

Utah State Capitol Movie Under the Stars: Fridays in July and August Movies begin at dusk Utah State Capitol 350 N. State St.

Pioneer Park Picture Show: Friday nights in August Pioneer Park 300 S. 300 W. Films begin at dusk

Parks

Liberty Park 600 E 900 S Tennis courts, running and rollerblading paths, volleyball, swimming pool, Tracy Aviary, basketball courts

Sugarhouse Park 1300 E 2100 S Soccer and baseball fields, volleyball, basketball courts, running, biking path

Pioneer Park 350 S 300 W Basketball, tennis, volleyball, off-leash area, Farmer's Market June-October

Memory Grove 300 N Canyon Rd Jogging, walking paths, off-leash area

Park City

Located approximately 40 minutes east of Salt Lake, Park City is a scenic mountain community with three world-class resorts and a town filled with activities. Besides miles of hiking and biking trails, there is an Alpine Coaster at Park City Resort, and the Utah Olympic Park has a summer bobsled ride which is over 3,000 feet and one of the longest in the world. Historic Main Street is full of art galleries, shopping and restaurants. Tanger Outlet Mall is located just outside of downtown. During the summer there are live outdoor concerts, live theatre, independent film screenings, and gallery tours. The Park Silly Sunday Market features local and regional arts and crafts, live music, gourmet foods and farmer's market fruits and vegetables. Park City is also host to the Kimball Arts Festival, which is one of the top art festivals in the country. 200 Artists are selected to participate in this annual juried show featuring work in 12 categories. The three day festival August 1-3, also offers live music and art focused film screenings. For more information about Park City, please visit www.visitparkcity.com.

National Parks

Although most of your time will be spent in Salt Lake City dancing, if you ever get a chance Utah is home to five National Parks! These include Zion, Bryce, Canyonlands, Capitol Reef, and Arches. These are all a 4-8 hour drive from Salt Lake. People fly from all over the world to see Utah's deep canyons, sandstone arches, towering monoliths and red hoodoos. Take advantage of it while you are here! Utah also has 43 State Parks, including Antelope Island, Bear Lake, Goblin Valley and more. If you enjoy hiking or mountain biking there is plenty of that right in our own backyard, City Creek has many trails within walking distance of downtown. Millcreek Canyon, Ferguson Canyon, and Big and Little Cottonwood have an endless amount of trails to explore and cliffs to climb in the summer. In the winter they are great for cross country skiing and snowshoeing. The Uinta Mountains, which are located in Northeastern Utah, are stunning and have many trails for hiking, fishing and backpacking. Salt Lake City is also within driving distance of the Grand Tetons, Yellowstone National Park, and the Bonneville Salt Flats.