

Hello and welcome to UVA SOM!

Especially if you are new to Charlottesville, it can be disorienting to figure out where everything is. This guide is not meant to be comprehensive, and it is definitely an ever-evolving document, but it can serve as a launching point into some of your Charlottesville exploration efforts. May the next four years of your life be some of the best!

With love,
The Mulholland Society

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Table of Contents

[List of Suggested Websites to Bookmark](#)

[Parking and Transportation](#)

[Equipment and Supplies](#)

[Gyms and Athletics](#)

[Things to Do](#)

[Hiking and Trails](#)

[Wineries, Breweries, and Drinking Spots](#)

[Food, food, and more food](#)

List of Suggested Websites to Bookmark

Student Source	For all class material, schedules, academic calendars, contact information, student directory, and more.
Foundations of Medicine (FOM)	Course website for the first real block, resources for each lesson can be found under "learning resources".
UVA Health System Email	Where most "official" emails get sent. Make sure to check it if you normally use your UVA gmail account.
Oasis	Where all grades are posted. Where you fill out all your evaluations. Where your FCM and clerkship schedules are posted.
ResponseWare	Log in to answer clicker questions during class
UVA Collab	Access class Google Docs by logging in with UVA ID and going to My Sites and then UVA SOM Wiki
Mulholland Society Calendar	All medical student body events and important dates, and you can add this calendar to your google calendar. Use when planning student club events, has M1 and M2 exam schedules.
EPIC	Remote access to EPIC (electronic medical record). Need to download Citrix and request VPN token .

Parking and Transportation

Free Parking at and around UVA

- [McLeod Hall Garage](#) - after 5 pm on weekdays + all day weekends
- [Culbreth Road Garage](#) - after 5 pm on weekdays + all day weekends
- [Central Grounds Garage](#) - Sundays
- [List of UVA after-hours parking](#)
- Other spots with limited street parking that are first come, first serve
 - Monroe St
 - Brandon Ave
 - Jefferson Park Ave in front of Health Sciences Library
 - 13th St & Wertland
 - 12 ½ St & Wertland
 - Madison Ave

Transportation Systems

- [University Transit System](#)
 - Download the Transloc Rider app
 - Free
- [Safe Ride](#)
 - Access on the Transloc Rider app when UVA buses aren't running, great for early morning rotations third year
 - Free, need to show ID
 - Pro-tip: Usually drops you directly to your stop, but sometimes may take longer if other students need to be picked up. Give yourself plenty of time to get to your destination.
- [Charlottesville Transit System](#) - Download the CAT app
 - Scan UVA ID when getting on bus (except for Free Trolley)

Other parking options

- [UVA Parking Garages](#)

Equipment and Supplies

Buying equipment

- Get your own
 - Penlight (or just use your phone flashlight)
 - Reflex hammer
 - Stethoscope (if not provided by UVA Medical Alumni Association)
- Share
 - Easy to share with friends who have different FCM days
 - Oto/ophthalmoscope
 - Blood pressure cuff
 - Reflex hammer - can be shared during first 18 months but you might need it for the Neurology rotation and other random rotations. Some students also use the edge of the stethoscope diaphragm to elicit reflexes.

Tips:

- If you're ever in need of equipment for OSCEs, you can always query your classmates and upperclassmen - many will be happy to let you borrow what you're looking for.
- For OSCEs, the necessary equipment is typically in the room.

Extra White Coat

- More relevant 3rd and 4th year, but not absolutely necessary. Can be ordered on UVA bookstore website.
 - <http://uvabookstores.com/labcoatform.asp>
 - Coat style: Constitution
 - First Line: Your name (eg "Joe Smith")
 - Second Line: "UVA School of Medicine"
 - Block print
 - No UVA Health system logo (unless you wanna look like a scrub)
 - Special Instructions: "This is a replacement white coat for a UVA School of Medicine med student"

Stethoscope

- Provided by the Medical Alumni Association at White Coat Ceremony

Penlight

- [Opoway](#) - Has handy measuring tools on the outside. Have a backup or buy and split with a friend.
- You can also use your phone flashlight on rotations.

Reflex hammer

- [Tromner](#) - Invest and you'll actually know if you're getting reflexes (and not that it's due to having low-grade equipment). Was recommended by Dr. Solorzano (Neurology clerkship director) at one point.

Otoscope / Ophthalmoscope

- Share with a friend with a different FCM day! Find something cheap on Amazon or buy off an upperclassman.
- Unless you're planning on going into ENT or ophthalmology, don't invest in a Welch-Allyn (very expensive). You can always buy a more expensive set later on during medical school if you want.
- Most exam rooms wherever you may go (at UVA hospital, clinics, and on away rotations - family medicine, AIM, etc.) have these in the room so it's not necessary for you to have your own personal one.
- The rooms where you take your practical physical exam (OSCEs) have scopes on the wall and you won't need to bring your own.

Blood pressure cuffs

- Some OSCE and FCM activities require you to have your own BP cuff. You will use them for these activities, and then never again, because all rooms are equipped with BP cuffs. Again, you can share this.
- [This one](#) is a popular one, works well, and is reasonably priced. There are plenty of cheap ones on Amazon.

Other medical supplies

- MERCI Clinic
 - Thursdays 9 am to 4 pm
 - Go down the stairwell that is closest to Higher Grounds in the cafeteria. Go down one floor. At the bottom of the stairs, take the left door. Go down the hallway to the left.
 - Has items that are no longer being used or are expired. You can find extra needle drivers, forceps, suture material, gloves, and much more. What you find varies week to week.
 - It's all free. When you're ready to check out, you put your items on the scale on the floor next to the door and you fill out the weight of your items and your contact information.
 - They have a really good candy and snack bowl.
- Contact the Mulholland Society if you want to contact M3s and M4s about buying their equipment.

Gyms and Athletics

Gyms

[AFC](#) (Aquatics & Fitness Center)

- Amenities:
 - Pool, hot tub, sauna, locker rooms & showers in basement
 - Free weights & weight machines
 - 3 squat cages; 2 smith machines
 - If you deadlift w/o shoes, be discrete; they've been cracking down on shoe-less deadlifting recently (2017).
 - Basketball courts, indoor track
 - LOTS of treadmills, bikes, stairmasters, rowing machines, ellipticals
 - Yoga & dancing rooms
 - Dedicated space for stretching and foam rolling
- Membership is "free" (thanks, tuition)
- Classes are not free, but you can get single, 10-count, or unlimited [passes](#)
- Free parking after 5pm - street parking or nearby parking lots
- Peak time is between 4pm - 6pm - aka do NOT go unless you want to wait 20 minutes for weights or a bench
- Best time to go: an hour or two [before AFC closes](#) or in the morning/afternoons before 3pm
- Mostly undergrads
- Well air-conditioned
- For all UVA gyms, a small towel to keep your bench/wipe down is recommended but not required. Wipes are provided in all gym facilities.

[North Grounds Recreation Center](#)

- Amenities
 - Pool, hot tub, sauna on 2nd floor
 - Basketball courts - our med school basketball league plays here
 - Treadmills >> bikes > rowing machines
 - Free weights & weight machines on the 1st floor
 - Locker rooms & showers
- Less undergraduates, more graduate students and professionals frequent this gym compared to the others on Grounds. It's next to the Darden School of Business and the Law School.
- Membership is "free"
- Parking during peak hours (5:30-7:30 PM Mon-Thurs) is awful, so be strategic in your timing, or better yet, walk there. Do not be surprised if you drive there and don't find any spots.
 - Alternate parking: Law school after 5 pm or down by the UVA track.

Memorial Gym - “Mems” or “Mem Gym”

- Pass the front desk and take the left stairs down.
- Older building, less efficient air condition, “old school” vibe
- Amenities
 - Decent variety of machines and free weights - 3 squat cages, 1 smith machine
 - Treadmills in an adjacent room from the machines & free weights
 - Small boxing room w/ squat cage and padded floors (I prefer to deadlift here rather than at AFC)
- Less crowded with undergrads than AFC, but still mostly undergrads

Slaughter Recreation Center

- Has a new bouldering gym with free shoe rentals (hours are generally 3pm-8pm with some variation depending on time of year)

Medical School Gym (petite-sized)

- Directions: <http://imgur.com/a/TiNVp>
- Accessible to medical students (ID card needed) and anyone with a health system ID, never crowded, workout in peace
- Amenities
 - 1 squat cage
 - Free weights - limited range, upper limit 100 lbs
 - 2 benches - at least 1 is adjustable
 - 1 stationary bike and 1 [broken] treadmill
 - Two \$10 mirrors from Walmart so you can check your form

Non-UVA Gyms

Carver Rec Center

- Not far from the downtown mall, across from Staples
- Amenities: treadmills, ellipticals, bikes, free weights, weight machines, basketball court, yoga/aerobics rooms, free and abundant parking at all times
- Daily classes - yoga, HIIT, cycling, p90x, pilates, barre
 - \$6 day pass or \$36 month pass - includes access to any classes as well as the cardio/weight rooms for the day

ACAC

- Various locations off Downtown Mall, Crozet, up Route 29
- Discounted student price
- Nice facilities
- Pool, all cardio equipment / free weights / lifting equipment
- Free classes: weight training, spin, yoga, pilates, barre, etc.

Niche Fitness

- [Tread happy](#) - treadmill training
- [Purvelo](#) - cycle studio
- [Orange Theory Fitness](#)
- [Pure Barre](#)
- [Formula Complete Fitness](#)
- [CrossFit Charlottesville](#)

Yoga

- [FlyDog](#) (behind Barrack's) → Intro special 30 days for \$30
- [Opal](#) (on W Main St) → Vinyasa, Intro special 30 days for \$50
- [HYC](#) (on W Main St near downtown) → 26 and 2 classes and power yoga
- [Ashtanga Yoga](#) (in Belmont, next to Mas) → community classes for \$5 regularly
- Free yoga at the nursing school, lookout for "CALM" emails to your UVA email

Run Clubs

- Champion Brewery Run Club - Wednesdays around 6PM
 - 324 6th St SE, Charlottesville, VA 22902
 - Sign up with James Walsh (get there around 545-ish, \$5 one time payment to log miles & get different prizes for running certain amounts; ie - 50 miles = free tshirt)
 - 3, 4, and 5 mile courses

Things to Do

For a complete list: VisitCharlottesville.org

Film & Performance Art

Venue	Description
Violet Crown Cinemas	Downtown Mall. Eat food and drink wine/beer at your seat, very comfortable stadium style seating. Pick your own seat. Shows art house films and mainstream movies.
The Alamo Drafthouse Cinema	5th Street Station near the Wegman's. Just opened. Serves food and booze to your seat. Stadium style, pick your seat, first three rows recline. Shows mainstream cinema and also shows older movies according to a fun theme. Start originally in Austin, TX and they are very serious about the cell phone policy.
Regal Cinema	Stonefield Plaza. Mainstream movies. Stadium style seating. Your. Safe gets you discounted tickets at the hospital gift shop.
UVA Presidents Series on the Arts	Spring speaker series to keep your eyes peeled for. Past speakers include Bryan Cranston, Kevin Spacey, and Tina Fey. They interview them and it's fun and interesting.
Virginia Film Festival	Early November. Students get free tickets to most showings. Things are screened all over town. Celebs come in to debt there films and sit on panels. If you're a film nerd this is a good event for you.
UVA Drama Department	Watch live performances by the drama department. See the next Tina Fey or Sasheer Zameta before they become famous.
Paramount Theater	Check out comedy, musicians, or theater groups coming to town.
Jefferson Theater	Music venue on the downtown mall. Check out who is coming to town.
Fridays after 5 at the Spring Pavilion	Runs Early April to Early September. FREE. Music starts at 5 and goes til about 8.
Carter Mountain Sunset Series	Thursday evenings. Listen to music, drink cider, and have a scenic picnic!

Historical Sites

Venue	Comments
Monticello	Visit TJ's house and peep the Rotunda from the mountain top. There are also hiking trails around it if you want something pet-friendly.
James Monroe's Highland	Go on a tour at James Monroe's home.
James Madison's Montpelier	Take a tour of James Madison's home.
Edgar Allen Poe's Room	Right on UVA Grounds near the Lawn

Other Entertainment

UVA University Programs Council	UVA's student body programming council plans a wide variety of events throughout the school year. Like their page!
Pub Trivia Nights	Sunday: Random Row Brewery Tuesday: World of Beer or Firefly Wednesday: Mellow Mushroom Thursday: Rapture
Cville Dance Co-op	Free-form dance with ~20-40 people, Sundays from 10:30am-12pm, Common Ground (2nd floor) at Jefferson City School
Jump Cville	Indoor trampoline park

Hiking and Trails

Shenandoah National Park

- [Maps](#) - Charlottesville is less than 1.5 hours from most spots in South and Central districts
- [Parking fees](#) - Save \$\$\$ and get an annual pass. You can have two signatures on the pass so you can split the price with a friend.

Skyline Drive

- No parking fees

George Washington and Thomas Jefferson National Forrest

- Free entry/parking in most places

Popular Hikes:

Name	Distance from Cville	Length of Hike	Difficulty (1-5), 5 is HARD	Why should I hike this trail?
Old Rag	1.5 hour drive	9 miles	3-4	The most popular hike in the Shenandoah, features a 1-1.5 mile rock scramble and an unbeatable view at the top
Humpback Rock	20 minute drive	1.5 miles	2	Short with a great view, a common destination spot for sunrise hikes. Don't let the short length fool you, it's kind of steep and you will sweat
Ivy Creek Foundation	12 min drive	Depends on which loop you take (2mi to 5mi?)	1	Easy hike that's close by. Beautiful views and wildlife!
Crabtree Falls	45 min drive	6 miles round trip (there's also a version that's only like 2.5 miles)	3	Great hike that passes by some neat waterfalls. Great view at the top. Perfect for sunset

Spy Rock Trail	1 hour 15 minute drive	3.2 miles round trip	2-3	Beautiful 360* view at the top. You do have to walk past signs that say “private property do not trespass” but you’ll be fine.
Blackrock Summit	1 hour drive	1 mile round trip	1	Super short hike through the woods to get there but there’s huge piles of rocks you could spend hours climbing all over. The 360* view is stunning. There’s a trail that continues farther to a summit without much of a view. You’ll need a Shenandoah N’tnl Park pass- they’re \$25 per car or \$50 for the year (if you hike a lot just get the year pass, very worth it)
Hawksbill Summit	1 hour 22 minutes drive	2.8 mile loop	3	Highest point in SNP, unbeatable views and the chance to see Peregrine Falcons (reintroduced there in 80’s)
Mary’s Rock North	1 hour 22 minutes drive	3.6 miles out and back	3	Terrific panoramic views and a fair amount of rocks to climb all over (SNP hike)
Turk Mountain	45 minute drive	2.2 miles out and back	3	Nice view for the sunset if it’s not too cloudy (SNP hike)
Stony Man Trail	1.5 hour drive	1.4 miles out and back	2	Short hike but great view (second highest point in the park) and more rocks to climb on. You can see the stony man face from skyline drive as you approach the hike from the south (SNP hike)

Wineries, Breweries, and Drinking Spots

[Monticello Wine Trail](#) - 33 wineries, can create an itinerary

Name	Location	Comments
Champion Brewery	Downtown Cville	They do a run club every Wednesday where you run and get a dollar off your beer post run. Also has a beer called "Shower Beer" which is awesome
South Street Brewery	Downtown Cville	They do pretty cheap flights of pretty good beer, their food is pretty solid too
Random Row Brewery	Preston Ave in Cville	They have trivia every Sunday at 5, pretty fun. Max of 6 people per team
Three Notch'd Brewery	Preston Ave in Cville, moving to IX Art Park Summer 2017	Great brewery, 40 Mile IPA is their most famous beer, Ghost of the 43rd also great
Kardinal Hall	Preston Ave in Cville	A nice beer garden, has a great outdoors and also there's bocci ball.
Wild Wolf Brewery	~45 minutes away in Nelson County	They have really good beers and their flights are unbelievably full of beer for not that much money
Devil's Backbone Brewery	~45 minutes away in Nelson County	Your classic Devil's Backbone. They do a lot of beers famous around here, notably Vienna Lager
Bold Rock Cidery	~45 minutes away in Nelson County	The most well known cidery in Virginia, they do a lot of tasty ciders. Worth doing a flight at
Blue Mountain Brewery	~30 minutes away in Nelson County	The closest of the Nelson County breweries, have a lot of good beers and pretty solid food too.
Pro Re Nata Brewery	~20 minutes	Started by a dentist in the Cville area (hence the name). Good beer, but come for the scenery. Also trivia on Thursday evenings is awesome.

Blenheim Vineyards	~20 minutes away	Pretty much all the vineyards have really fantastic scenery but this one is owned by Dave Matthews. Recommend the Cab Franc
Afton Mountain Vineyards	~30 minutes away in Nelson County	I think we're getting the trend that Nelson County has a lot of alcohol. Super super scenic, one of my favorites
Veritas Vineyards	~30 minutes away in Nelson County	Right next to Afton, this is a really popular vineyard. Relatively cheap wine and a scenic view
King Family Vineyards	20 minutes away in Crozet	One of the most frequented vineyards, features polo matches every Sunday in season and a nice view
Pippin Hill Farm and Vineyard	About 20 mins away in North Garden.	Amazing scenery. Lots of seating indoors and outdoors. Pretty garden to walk through. Wine is OK compared to other wineries in the area
Glasshouse Winery	About 30 mins away in Free Union.	Beautiful air-conditioned greenhouse and lakeside patios to enjoy nice wines. Great prices for tasting. Their chocolates are amazing, too! They have music and food trucks on Sunday, as well.
Barboursville Vineyards	About 30 mins away in Barboursville.	Great view! Really great price for tastings (21 wines plus you get to keep the glass). Cool historic sites and vineyards to walk through.
Trinity Irish Pub	Right on the Corner	Prime time drinking spot for those 18-23, try not to be here before 12:30am

Food, food, and more food

[Charlottesville Restaurant Week!](#)

Corner		
Rev Soup	\$\$	they use locally sourced ingredients, known for their soups but they also make a killer quesadilla They will mix soups upon request
Little Johns	\$	Sandwich shop. Good at all hours of the day, including late night.
Basil	\$- \$\$	Mediterranean restaurant. Has amazing dishes (including their salads); ambience is great for a date or meal out with friends
Roots	\$\$	healthier option, they make rice based or greens based bowls with lots of topping options (go before noon to beat the crowd). DOWNLOAD THE APP - so you can pick up without waiting in line.
Bodos Bagels	\$	Charlottesville staple. Affordable and delicious. If you spend over 10 dollars here for yourself you're doing something crazy
The Virginian	\$\$	typically a bar where you can dance on the tables around midnight (which leaves me questioning the sanitation) but they make a great mac n cheese and have other pretty good meals
Mellow Mushroom	\$\$	Really good sit-down pizza place. Their crusts are amazing and they have lots of unique pizza options as well as the usual suspects. Also has Trivia every Wed
Christians	\$	pizza by the slice, they see their most popular times around 2-3 AM but I personally think it tastes good during the day too (inferior to benny's pizza)
Boylan	\$\$	a bar but somehow they manage to make some pretty darn good burgers. They pride themselves on locally sourcing a lot of their stuff
Fig	\$\$	great brunch and the mimosas are 2 dollars. Literally cheaper to get a mimosa than orange juice

Lemongrass	\$\$	Really good thai food that's close by
Poke Sushi Bowl	\$\$	Japanese chipotle, good sashimi, good portion size
Armando's	\$	Pretty good and cheap Mexican food. The drinks are pricier than the food but hey for 1 extra dollar you can go from a 16 oz to a 27 oz marg
Michael's Bistro	\$\$	Probably the best sit-down place on the corner. American style. Above Little Johns
Take it Away	\$	Tasty sandwiches. Be sure to add the house dressing--you won't be disappointed.
Sugar Shack	\$	Amazing donuts in fun flavors. Check their facebook page for a fun way to get a free donut every day.

Downtown Mall		
Jack Browns	\$ - \$ \$	awesome burgers - if you eat spicy food, the shocker is the best burger in charlottesville - and a bangin' beer selection Also fried Oreos and kitchen stays open Til 1 30
Citizen Burger	\$ \$	your go to place to have your parents take you, great burgers
The Nook	\$ \$	Classic American food place, all day brunch and good mac n cheese options
Ten	\$ \$ \$	Pricey but delicious sushi. More eclectic/experimental items on the menu. Someday I want to be able to afford coming here
Zocalo	\$ \$	
the flat	\$	Crepes' place that's just a "hole-in-the-wall" kind of place, no indoor seating. Really delicious though, but they have weird hours on weekends or something. Double check before going
Bebedero	\$ \$	tacos 'n margs (lots of other fancy drinks too, mezcal flights are bomb). Drinks are better than the food

The Pie Chest	\$	Lots of savory pies and dessert pies!
DOMA	\$ \$	Best Korean food here in Cville. Dolsot Bibimbap and Soondubu Jjigae are to die for.
Bluegrass Grill & Bakery	\$ \$	Brunch/lunch only restaurant, fantastic eggs benedicta & bacon jam. No reservations, so put your name on the list & expect to wait 30+ minutes on Saturday or Sunday. Takes forever if our have more than 4 people. Better to go on a weekday given the wait (they open at 7 or 8 am)
Bang	\$ \$ - \$ \$ \$ \$	Asian style tapas restaurant, best enjoyed with a group of people. Has some of the best cocktails in town (esp. the martinis)
Now & Zen	\$	Downtown, great sushi. Get a lot of food for a very low price. They also have saki bombs
Grit	\$	Great coffee and breakfast/lunch foods. Sometimes there's a line on the weekend, but it moves quickly. Inside and outside seating.
Charlottesville City Market	\$	Farmers Market just off the Downtown Mall, Saturdays 7AM-12PM from ~April - November

Elsewhere		
Al Carbon	\$	Really authentic and delicious Peruvian chicken
Milan	\$\$	Best Indian lunch buffet around. Super delicious and it's different every time I go. Dinner is good but not as varied as the buffet (\$13.99 is their lunch buffet price I think).
Maharaja	\$	Nice Indian lunch buffet. Fewer meat options than Milan, but their lentil stew is the best! (Butter chicken is better!) \$10.99 for lunch buffet last time I went. Their naan is delicious!
Beer Run	\$\$- \$	huge fancy beer selection; offer free wine tastings on fridays 6-8 pm they also do brunch-y foods (on sundays, no reservations but the bloody mary makes up for it), and nachos.

Oakhart Social	\$\$	solid cocktails, new-american spot w hip ambience
Continental Divide	\$\$	"get in here"
JM stock provisions	\$	butcher shop; they have coffee & ham biscuits w house-made hot sauce if you get in before noon
Ivy Provisions	\$	Really good sandwich place, features a secret menu which isn't that secret but you can only order off it in person at the store
Cookout	\$	Lol jk....but honestly great for late night eats
Thai '99	\$\$	Really good thai food, a bit better than Lemongrass in my opinion but not as close by. Have a great lunch special. One restaurant located on JPA
Thai Cuisine and Noodle House	\$	Amazing Thai and Vietnamese food for a great price! The phos are excellent! ^ I would strongly disagree about the pho being good and would rate it 3/10
Pad Thai	\$	Get their dry pho! It's not on the menu, so ask for it!
MarieBette	\$\$	Cute place to get brunch! Really good pastries and cinnamon sticky buns.
Mezeh	\$	Mediterranean chipotle. Amazing taste!! Great quality, fresh ingredients, cheap price.
Cafe 88	\$	Authentic Taiwanese food (bentos yay!). Ask for 滷肉飯 lǔ ròu fàn (it's not on the English menu, it's written in Chinese on the wall white board). It's braised pork in soy sauce and anise over rice. Best dish they have!
La Flor Michoacana	\$	BEST place to get dessert! They have so many different flavors of homemade Mexican popsicles and ice cream. For popsicles, it's buy 10 get 1 free.
Brazos Tacos	\$\$	Cute taco place in Art Park. High quality food, interesting combos. Great margaritas and a variety of flavors
Duck Donuts	\$	Their donuts are heavenly. Super fresh and tons of flavors. You can customize your own flavors, too. I think it's \$1.57/donut.

Sushi King	\$	All you can eat sushi plus salad/fruit/dessert buffet. \$11.99 for lunch, \$16.99 for dinner (weekends are dinner prices all day long).
Lampo	\$\$	Neopolitan pizza. They brought their wood pizza oven over from Italy brick by brick. Unclear what the difference between American brick and Italian brick, but damn good pizza. Cocktails are amazing, and rotate seasonally.
MAS tapas	\$\$\$	Whoa. Incredible Spanish food. Great outdoor area in the summer.
Mel's	\$	Old school Cville diner on main street. Prices appear to not have changed since like 1980. Great fried chicken. Great grilled doughnut.
Tavola	\$\$\$	Belmont. Arguably the best Italian food in Cville, but also the most expensive. No reservations and often a long wait BUT they have a lovely lounge in the back with the most delicious gin and tonic in Cville and the choice of some appetizers.
The Local	\$\$-\$\$\$	Belmont. Good comfort food and solid cocktails. Nice ambiance. Challenging parking.
Belleair Market	\$	It's in a gas station (Exxon-Mobil) out on Ivy and one of the best sandwiches in Cville. They are enormous, delicious, and worth the drive. Don't be fooled by the location.
Duner's	\$\$\$	Out on Ivy towards Crozet. Less well known among grad students but a really delicious steakhouse. Doesn't look like much from the outside but absolutely scrummy.
Chop't	\$	Barracks. Just opened! D.C. Natives are probably familiar with this salad joint. Now a direct competitor with Roots. Very tasty salads and cheap.
El Tako Nako	\$	Taco trailer w/ absolutely most authentic Mexican tacos in all of Charlottesville. It's a gem and not many people seem to know about it. On 2405 Hydraulic Rd in front of a laundromat and across from Regal Cinema. Opens later in the afternoon and stays open til late at night.

Supermarkets around Charlottesville

- Harris Teeter - [student discount](#)
- Kroger - [discount](#)
- Wegman's
- [Costco](#)
- Trader Joe's
- Whole Foods
- World Market- for foreign wines and beers
- Mona Lisa Pasta- fresh hand-cut pastas (\$4.99/lb) and imported Italian goods
- C'ville Oriental- Asian grocery store