

The Haight, NoPa & Hayes Valley

Neighborhood Top Five

1 Haight Street (p180) Bringing back the Summer of Love: wearing flowers, making a manifesto, singing freestyle folk songs on the corner of Haight and Ashbury Sts, and following in the footsteps of psychedelic rock gods.

2 SFJAZZ (p189) Toasting jazz giants between sets in

front of Sandow Birk's tiled music-history mural.

3 Alamo Square Park (p181) Admiring Victorian mansions that have hosted earthquake refugees and hippie communes, speakeasies and satanic rites.

4 Patricia's Green (p181) Browsing local designs, downing coffee and pints,

and catching free movies in this shipping-container social hub.

5 Bound Together Anarchist Book Collective (p190) Check out the *Anarchists of the Americas* mural, peruse prison lit and browse radical comics at this volunteer-run outpost of Left Coast ideas.



For more detail of this area see Maps p314 and p316 ➔

Explore: The Haight, NoPa & Hayes Valley

Pick up picnic fixings for lunch amid Victorians atop Alamo Square Park (p181) – or, in case of fog, brunch in NoPa. Take a **tour of hippie history** (Map p314; ☎415-863-1621; www.haightashburytour.com; adult/under 10yr \$20/free; ☉10:30am Tue & Sat, 2pm Fri; 📍; 🕒 6, 7, 🗺N) in the upper Haight, then go highbrow with Hayes Valley boutiques and fine dining, or hunker down in the Lower Haight with skate-art openings, Rosamunde (p183) sausages and Toronado (p188) beer. Overcome powerful bar-stool inertia for world-class SFJAZZ (p189) shows or epic mosh-pit action at the Independent (p190).

Local Life

- ➔ **Cheap eats with fancy drinks** Go high/low with Rosamunde sausages (p183) and Toronado Belgian ales (p188), oyster po' boy sliders and rare bourbon at Alembic (p188), DragonEats (p183) duck *banh mi* and agricole-rum drinks at Smuggler's Cove (p186).
- ➔ **Hangouts** Aspiring flower children and original-issue hippies gather at Coffee to the People (p189), skaters hit Haight St's downhill slide to Upper Playground (p192) street-art shows, and hipsters grab bites in NoPa before shows at the Independent (p190).
- ➔ **Musical stylings** Go acoustic on the corner of Haight and Ashbury Sts, improvise at SFJAZZ (p189) workshops, belt it out at the **Mint** (☎415-626-4726; www.the-mint.net; 1942 Market St; ☉3pm-2am Mon-Fri, from 2pm Sat & Sun; 🕒 F, J, K, L, M), sing along at Martuni's (p189) or rock out at free concerts at Amoeba Music (p190).

Getting There & Away

- ➔ **Bus** Market St buses 6 and 7 run up Haight St to Golden Gate Park. The 22 links Lower Haight to the Mission and Japantown/Marina. Bus 24 runs along Divisadero, connecting NoPa and the Haight to the Castro and Pacific Heights. Bus 37 connects the Haight and the Castro, bus 43 goes from the Upper Haight to the Marina, and bus 33 runs through the Upper Haight between the Richmond District and the Mission. Buses 21 and 5 connect Hayes Valley with downtown and Golden Gate Park.
- ➔ **Streetcar** The N line offers a shortcut from downtown and the Lower Haight to the Upper Haight, and onward to Ocean Beach.
- ➔ **BART** Civic Center BART station is four blocks east of Hayes Valley.

Lonely Planet's Top Tip

Dinnertime can divide friends into warring factions – one party insists on Chinese, a splinter group wants Mexican and a rogue element demands doughnuts. From 5pm to 9pm Thursday, there's a diplomatic solution at the corner of Stanyan and Waller: **Off the Grid** (www.offthegridsf.com). A dozen food trucks pull into the lot across from McDonald's – and, for little more than the price of a McMeal, you can get all three options. There's live music too.

Best Places to Eat

- ➔ Rich Table (p186)
- ➔ Cala (p186)
- ➔ Souvla (p182)
- ➔ Jardinière (p186)
- ➔ Brenda's Meat & Three (p182)

For reviews, see p182 ➔

Best Place to Drink

- ➔ Smuggler's Cove (p186)
- ➔ Toronado (p188)
- ➔ Alembic (p188)
- ➔ Aub Zam Zam (p188)
- ➔ Riddler (p188)

For reviews, see p186 ➔

Best Shopping

- ➔ Amoeba Music (p190)
- ➔ Bound Together Anarchist Book Collective (p190)
- ➔ Paloma (p190)
- ➔ Nancy Boy (p190)
- ➔ Tantrum (p191)

For reviews, see p190 ➔