

The Haight & Hayes Valley

Neighborhood Top Five

- 1 Bringing the Summer of Love back to **Haight St** (p176): wearing flowers, making a manifesto, singing freestyle folk songs on the corner of Haight and Ashbury Sts, or following in the footsteps of psychedelic-rock giants.
- 2 Planting pumpkins on a freeway ramp and harvesting gardening tips at non-profit **Hayes Valley Farm** (p177).
- 3 Taste-testing 400 brews at **Toronado** (p183), 250 spirits at **Alembic** (p184) and 200 rums at **Smugler's Cove** (p184).
- 4 Escaping shopping-mall sameness and scoring **original SF style** in Hayes Valley and Haight boutiques (p186).
- 5 Dining at a top table: star-chef Traci Des Jardins' **Jardinière** (p183) or the hilltop picnic tables at **Alamo Square** (p181).



Explore Hayes Valley & the Haight

Stroll Hayes Valley trendy restaurants and glam boutiques, then discover its down-to-earth side: the Zen Center and Hayes Valley Farm. If the fog lifts by noon, detour for a picnic lunch atop Alamo Square Park. Otherwise, hop the bus straight to the Upper Haight for a walking tour through hippie history. Browse your way down Haight St for a moveable feast of Rosamunde sausages, Toronado beer and Three Twins ice cream that will prepare you to take on the world – possibly even karaoke at the Mint, the Scorpion Bowl at Smugler's Cove or the poles on the Rebel Bar's dance floor.

Local Life

- ➔ **Cheap eats and fancy drinks** Locals economize – sort of – with Rosamunde sausages (p180) and Toronado Belgian ales (p183), oyster po'boy sliders and rare bourbon at Alembic (p184), and food truck BBQ ribs and California cult pinots at Vinyl Wine Bar (p184).
- ➔ **Musical stylings** Go acoustic on the corner of Haight and Ashbury Sts (p176), belt it out at the Mint (p186), sing along at Martuni's (p185) or rock out at free concerts at Amoeba Music (p186).
- ➔ **Hangouts** Aspiring flower children and original-issue hippies gather at Coffee to the People (p184), local designers work the counters at Hayes Valley boutiques (p187) and skaters hit Haight St's downhill slide into the Lower Haight (p176).

Getting There & Away

- ➔ **Bus** Number 21 heads from Downtown west through Hayes Valley along Hayes St, 49 runs up Van Ness Ave along the eastern edge of Hayes Valley, and 5 passes along the north side. Market St buses 6 and 71 run up Haight St to Golden Gate Park, passing the south end of Hayes Valley. The 22 links the Lower Haight to the Mission and Potrero Hill to the south, and Japantown, Pacific Heights and the Marina to the north. Number 24 connects the Haight to the Castro and Pacific Heights via Divisadero. Bus 43 connects the Upper Haight with the Presidio and the Marina, and 33 runs through the Upper Haight between the Richmond and the Mission.
- ➔ **Streetcar** The N line runs between Downtown and Ocean Beach through the Lower Haight, passing the Upper Haight to the north.
- ➔ **BART** Civic Center BART is four blocks east of Hayes Valley.

Lonely Planet's Top Tip

Ever since the '60s, America's youth have headed to the Haight as a place to fit in, no questions asked. But in 2010 San Francisco passed the controversial Sit/Lie Law, making daytime sidewalk loitering punishable by \$50 to \$100 fines. Critics claim the law targets vulnerable homeless teens in the Haight – with 1300 shelter beds to accommodate 6500 to 13,000 homeless, many youth have no place to go. Spare change is a short-term fix; consider donations to youth-service nonprofits.

Best Places to Eat

- ➔ Jardinière (p183)
- ➔ Bar Jules (p183)
- ➔ Rosamunde Sausage Grill (p180)
- ➔ Three Twins Ice Cream (p180)
- ➔ Zuni Cafe (p183)

For reviews, see p180 ➔

Best Places to Drink

- ➔ Smugler's Cove (p184)
- ➔ Toronado (p183)
- ➔ Alembic (p184)
- ➔ Aub Zam Zam (p184)
- ➔ Hôtel Biron (p185)

For reviews, see p183 ➔

Best Places to Unleash Your Inner Freak

- ➔ Haight St (p176)
- ➔ Noc Noc (p184)
- ➔ Rebel Bar (p185)
- ➔ Loved to Death (p187)