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### COURSE AMENITIES

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- Private & Group Lessons
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- Stay & Play Packages
- Cart & Club Rentals

5301 S. Columbia Rd. | Grand Forks, ND | 701.787.KING  
 Book a tee time online today - [KingsWalk.org](http://KingsWalk.org)



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GRAND FORKS PARK DISTRICT

# 2019 VISITORS GUIDE

Grand Forks, ND | East Grand Forks, MN  
[visitgrandforks.com](http://visitgrandforks.com)







## Country Inn & Suites

Designed to provide business and leisure travelers with a relaxing stay, Country Inn & Suites offers 100 spacious guest rooms and suites, each accented with a variety of rewarding amenities. Whether you're visiting for business or leisure, our accommodations offer the perfect home away from home during your stay in Grand Forks.



3101 South 42nd Street  
Grand Forks, ND 58201

Just off I-29, Exit 138 • 701-757-2200

[www.countryinns.com](http://www.countryinns.com)

## Fairfield Inn & Suites

Fairfield Inn by Marriott is the first hotel to greet visitors traveling west on Highway 2 into East Grand Forks. It is only 2 miles from Downtown East Grand Forks and Grand Forks and within walking distance to stores and restaurants. We also have a 45-person meeting room, which includes an in-house projector and screen and a whiteboard.



514 Gateway Drive NE  
East Grand Forks, MN 56721

218-399-3030

[www.marriott.com/gfkeg](http://www.marriott.com/gfkeg)



## Springhill Suites

Our hotel is located within five minutes of any activity Greater Grand Forks has to offer. Take in an event at the Alerus Center, Ralph Engelstad Hockey Arena, Betty Engelstad Sioux Center, Chester Fritz Auditorium or UND. If you are here on business you can meet clients in our meeting room, keep in touch with the office at our business library, and take advantage of free high speed internet throughout the hotel.

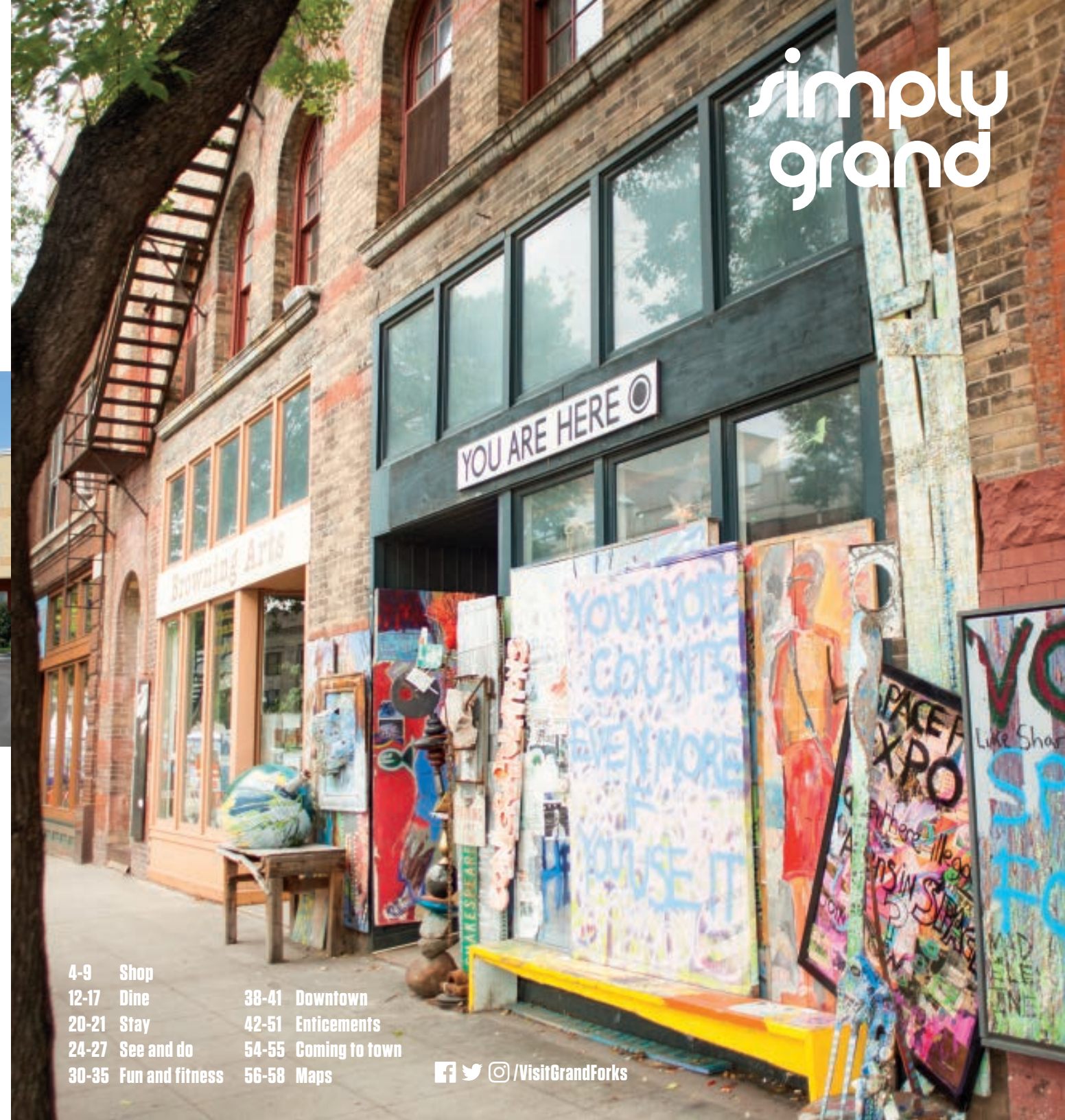


2837 South 42nd Street  
Grand Forks, ND 58201

701-757-4150

Toll-free: 1-877-467-5533

[www.springhillsuites.com/gfksh](http://www.springhillsuites.com/gfksh)



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grand

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# SHOPS

that pop



Style seekers will find chic boutiques, spacious malls, department stores and more. Shop for the latest trends, vintage finds and locally made specialties.





SHOPPING CENTERS

Columbia Mall

2800 S Columbia Rd., GF, 701-746-7383  
www.shopcolumbiamall.com

- American Eagle — 701-775-1178
- Bath & Body Works — 701-746-9557
- Boot Barn — 701-772-7875
- The Buckle — 701-772-0757
- Candy Corner — 701-757-4008
- Cellairis — 701-775-2223
- Cellular Communications — 701-738-8460
- Christopher & Banks — 701-772-6637
- Claire's — 701-775-3351
- Deja Blue Salon — 701-757-4033
- Dress Barn — 701-772-0304
- Eddie Bauer — 701-772-8211
- Finish Line — 701-772-3242
- FLAAR — 218-791-2419
- Foxy Nails — 701-795-7855
- Francesca's — 701-746-9649
- Gap & Kids Gap — 701-775-0323
- GNC Live Well — 701-746-7442
- Helzberg Diamonds — 701-746-7321
- Hot Topic — 701-775-0047
- JCPenney — 701-746-4521
  - Optical — 701-746-4810
  - Sephora — 701-746-4521
  - Styling Salon — 701-775-8173
- Journeys — 701-795-0286
- Justice — 701-746-8308
- Kay Jewelers — 701-746-5484
- Mall Management Office — 701-746-7383
- MasterCuts — 701-775-9999
- Maurices — 701-772-9446
- Men's Warehouse — 701-775-1095
- Midwest Vision Centers — 701-757-4100
- Nakota Floral & Gifts — 701-757-0158
- Orangetheory Fitness — 701-248-0043
- Payless — 701-746-6150
- Pets R Inn — 701-746-1354
- Ragstock — 701-757-2160
- Regis Hair Salon — 701-746-5555
- Scheels — 701-780-9424
- Shoe Carnival — 701-772-1589
- Spencer's Gifts — 701-772-1140

- Trade Secret — 701-772-9181
- Tradehome Shoes — 701-780-9661
- Victoria's Secret — 701-772-0294
- Zumiez — 701-775-1007

Grand Cities Mall

1726 S Washington St., GF, 701-772-8121  
www.grandcitiesmall.com

- Attractions Hair & Nail Salon – 701-787-5190
- Burggraf's Ace Hardware — 701-738-0455
- Christian Bookshelf — 701-775-3967
- Cost Cutters — 701-772-4523
- Family Dollar — 701-772-2212
- Ferguson Books & More — 701-738-8025
- K-Mart — 701-772-6676
- Nature's Country — 701-772-8086
- O' for Heaven's Cakes — 701-757-2253
- People Barbers — 701-772-5261
- Plain & Fancy Antique Mall — 701-775-0714
- Play It Again Sports — 701-795-1424
- Popplers Music — 701-746-7471
- Toucan International Market — 701-775-4692

Grand Forks Marketplace

32nd Ave. & 34th St., GF

- Amy's Hallmark — 701-787-5613
- Ashley Furniture Home Store – 701-746-8089
- Bed Bath & Beyond — 701-795-1033
- Best Buy — 701-775-2784
- Catherines Plus Size — 701-765-3223
- Famous Footwear — 701-775-4550
- Furniture Row — 701-402-0580
- Game Stop — 701-772-4092
- Gordmans — 701-792-0984
- Hobby Lobby — 701-772-1499
- Kohls — 701-746-0191
- Lane Bryant — 701-765-3178
- Lowe's — 701-765-9000
- Michaels — 701-746-0072
- Old Navy — 701-772-9232
- Riddles — 701-772-1861
- Target — 701-787-6177
  - Optical — 701-787-8627

Riverwalk Centre

211 DeMers Ave., GF, 218-773-2371

- Hollywood Heroes — 218-773-2371
- Knick Knack Paddy Whack — 218-773-5616

- River Walk Artists Gallery — 218-399-0162
- T'n'T Outfitter — 218-773-8683
- Waves Float Center — 218-230-7233

Downtown

- Ann Love — www.annloveboutique.com
- Avant Hair & Skin Care — 701-775-5333
- Badman Design — 701-746-7300
- Browning Art Gallery — 701-746-5090
- Cabela's — 218-773-0282
- Fighting Sawks — 917-687-9245
- Impact Nutrition — 701-740-2247
- Kittsona — 701-741-5373
- RH Standard — 701-757-4220
- River City Jewelers — 701-746-9716
- Sadie's Couture Floral & Event — 701-317-3255
- True Colors — 701-795-5660
- Voxxy — 701-213-1874
- Waterfront Kitchen & Bath — 701-775-5021
- Widman's — 701-775-3480
- YOU ARE HERE Gallery — 701-746-5090

UNIQUE OR BOUTIQUE

Ann Love

402 DeMers Ave., GF  
www.annloveboutique.com

Seeking one of a kind fashion forward finds? Then you'll surely fall in love with Downtown's newest boutique for women. A portion of sales go to support area humane societies.



CURIOUS Clothing

3750 32nd Ave. S, GF, 701-757-3011

Independently owned women's boutique offering stylish big city finds that help you look like a million bucks on a small town budget.

CURIOUS Gift

3750 32nd Ave. S, GF, 701-772-3726

CURIOUS carries quirky one of a kind gifts, artwork, home décor, jewelry, women's accessories, unique baby and kids' items, kitchen accessories and much more.

Fighting SAWKS

110 N 3rd St., GF, 701-289-7095

This store will literally rock your socks off with every theme, design and color of lounge and dress socks imaginable...including UND Fighting Hawks socks.

Junk With Spunk

1020 Washington St. S, GF, 218-779-7993

Discover hidden treasures at this cute store filled with collectibles, antiques and re-purposed items. Open only select days each month; please call for hours.

Key Bliss

3000 32nd Ave. S, GF, 701-757-1797

One of the Southside's most popular shopping spots, this trendy yet affordable Up North boutique offers some of the hottest fashions in town, including their KB exclusive graphic tees.

Kittsona

402 DeMers Ave., GF, 701-741-5373

Featuring both distinctive and name brand clothing, accessories and shoes for women that will suit you to a T. Kittsona is also the place to go for cute uniquely ND and MN attire, gift items and home décor.

Mainstream Boutique

2712 Columbia Rd. S, GF, 701-757-2003

Located next to Columbia Mall, Mainstream is a locally owned, multigenerational women's clothing store offering stylish fashions for a variety of tastes.

Market 180

1823 S Washington St., GF, 701-740-3559

This upscale home furnishing, décor, re-purposed, up-cycled and more kind of store specializes in doing a 180 on junk and customizing designs for your home.

North Dakota Museum of Art Gift Shop

261 Centennial Dr., GF, 701-777-4195

After perusing the gallery's latest exhibits, make a stop in the gift shop to purchase masterpieces from regional artists, handmade jewelry, children's items, kitchen goods and other one of a kind finds.

Northern Roots Boutique

801 42nd St. S, GF, 701-757-4277

From petite to plus and all sizes in-between, Northern Roots offers popular name brand clothing and accessories for every woman, plus unique gift items from local artisans.

Picks

1224 Washington St. S, GF, 701-741-1222

If you like vintage, repurposed or retro furniture and home décor, stop in and pick out a treasure for yourself. Only open select days each month; please call for hours.

Plain & Fancy Antique Mall

1726 S Washington St., GF, 701-775-0714

Make this vintage wonderland your go-to for one of a kind finds and treasured items from the past.

Pretty b

2650 32nd Ave. S, GF, 701-757-0179

One of Grand Forks' newest additions to our Southside Shopping District, this women's boutique specializes in trendy, casual clothing and accessories for all ages.

RH Standard

6 S 3rd St., GF, 701-757-4220

RH offers knowledgeable staff who will assist both male and female clientele with style consulting and tailoring. Exclusive local retailer of Antique logo wear and other popular lines.

Scan Design

1803 S Washington St., GF, 701-757-2444

The place to go for sleek, modern furniture and home décor with a focus on simplicity and detailed craftsmanship.

The Olive Barrel

2100 S Columbia Rd., GF, 701-757-1617

The Olive Barrel offers a variety of top quality gourmet olive oils and perfectly aged balsamic vinegars from around the world. Stop by the showroom to taste and sample for yourself before buying. They also carry several Pride of Dakota food products.

True Colors

8 S 3rd St., GF, 701-795-5660

This self-described funky, chic resale boutique specializes in quality brand name women's fashions, along with cute home décor and gift items.

Voxxy

7 N 3rd St., GF, 701-213-1874

Styling sizes 12-22, Voxxy has curated a mix of on-trend and fashion forward collections that you and your pocketbook are sure to value.



Please check all listings as stores may fall under multiple categories.

While the Greater Grand Forks Convention & Visitors Bureau makes every attempt to include complete and updated listings, our ever-changing cities are continually adding new businesses; therefore, we always recommend you go to www.visitgrandforks.com for the latest information.





**OUTDOORS AND MORE**

**Acme Tools**

1705 13th Ave. N, GF, 701-746-6481

Acme offers a full-line selection of hand tools, power tools, woodworking machinery, lawn and garden equipment and more.

**Andy's Harley Davidson**

2756 N Washington St., GF, 701-775-6098

Grand Forks' exclusive Harley dealership. Motorcycle enthusiasts come from miles around to pick out their "dream bike" plus clothing, parts and all the gear to go with it.

**Cabela's**

210 DeMers Ave., EGF, 218-773-0282

Dubbed the world's foremost outfitter, Cabela's provides outdoor enthusiasts a shopping experience like no other.

**Ferguson Books & More**

1720 Washington St. S, GF, 701-738-8025

Ferguson Books & More is the premier book shop for book lovers. Founded in 2010, this unique locally owned store has been offering free used books with purchases of any new book. Whether it's new or used books, media or children's toys, Ferguson's is an experience second-to-none!

**Gerrells Sports Center & Hockey World**

1004 S Washington St., GF, 701-775-0553

Gerrells carries the area's largest selections of hockey equipment, figure skates and accessories from leading manufacturers like Bauer, CCM, Riedell, True, Vaughn and many more. Along with a variety of top-quality baseball, football, lacrosse and soccer equipment, Hockey World also provides service after the sale: skate sharpening, blades and holder replacement, and skate boot stretching, plus the area's only Bauer 3-D Scanner fit system.

**Harbor Freight Tools**

2450 Columbia Rd. S, GF, 701-765-7500

From hand and power tools to generators and shop equipment, Harbor Freight offers 7,000+ tools and accessories at quality levels but with prices that are up to 80% less.

**Home of Economy**

1508 N Washington St., GF, 701-772-6611

Locally owned and operated since 1940, Home of Economy has expanded greatly but its goal has never changed: provide every customer with the products and services they need – from automotive supplies, Amish furniture, bakeware and outerwear to tires, toys and tons more – at reasonable prices.

**Revolutions Power Sports**

4225 36th Ave. S, GF, 701-746-4997

Revolutions is a leading motorcycle, ATV, snowmobile and outdoor equipment dealer with one of the area's best selections of parts, apparel and accessories.

**Scheels Sports**

Columbia Mall, GF, 701-780-9424

Unlike a typical sporting goods or department store, Scheels is a collection of entertainment and food venues, as well as offering top quality sports equipment and casual wear for the whole family. Brand-name concept shops by Nike, Adidas, Under Armour, Columbia and North Face will keep you active in any season. Special attractions include a nostalgic shooting gallery, Big Buck Hunter simulator, two-lane bowling alley and five-sport simulators (basketball, soccer, hockey, baseball and football) where customers can test their skills. After shopping, enjoy a Starbucks coffee, bowl of gelato, made-to-order sandwich and more in Scheels café.

**See Dick Run**

3750 32nd Ave. S, GF, 701-775-1115

This specialty running store provides shoes, clothing and other gear to help both novice and veteran runners take it one step at a time.

**Ski & Bike Shop**

1711 S Washington St., GF, 701-772-5567

Make Ski & Bike Shop your go-to for top name brand bicycles, cross-country skis and poles for sale or rent. They also carry a large selection of clothing, accessories and equipment from Patagonia, Burton and more.

**UNDEFINED FINDS**

**Appliances & Furniture**

Aaron's—————701-772-2299

2120 S Washington St.

Conlin's—————701-775-0475

1605 S Washington St.

Dakota TV & Appliance————701-772-5533

2218 32nd Ave. S

Furniture Row—————701-402-0580

32nd Ave. & 34th St. S

Slumberland—————701-746-6600

1449 32nd Ave. S

**Clothing & Shoes**

Churchill's Shoe World————701-772-8256

2650 32nd Ave.

Glitz, Glam & Tan—————218-773-4038

1402 Central Ave. NE, EGF

Kristen's Bridal—————701-775-0567

2650 32nd Ave. S

Once Upon a Child—————701-775-1055

2791 32nd Ave. S

Plato's Closet—————701-757-3100

2500 S Columbia Rd.

Red Wing Shoes—————701-772-4641

2475 32nd Ave. S #5

Ross Dress for Less—————701-772-2736

2450 S Columbia Rd.

Tip Top Tux—————701-775-9303

2100 S Columbia Rd.

TJ Maxx—————701-795-1524

2925 32nd Ave. S

**Floral**

All Seasons Floral

& Garden Center—————701-746-7777

5101 S Washington St.

East Grand Floral—————218-773-3400

1521 Central Ave. NW, EGF

Flowers by US—————701-746-0308

2708 17th Ave. S

Rose Flower Shop—————701-772-4887

1375 S Columbia Rd.

Shea's Nursery—————701-772-3489

3515 S Washington St.

Wy's Floral—————701-775-4677

3001 S Columbia Rd.





Gift & Specialty

Budget Music ————— 701-775-5172  
714 S Washington St.

Forks Frame Up ————— 701-746-7248  
1901 DeMers Ave.

Grand Cities Games ————— 701-775-8602  
120 N Washington St.

Grandma's Attic ————— 218-779-8117  
2215 Gateway Dr.

JoAnn's Fabric ————— 701-775-8999  
2781 32nd Ave. S

Muddy Waters Ceramics — 701-775-1168  
2014 13th Ave. N

Natures Country Store — 701-746-4499  
3001 S Columbia Rd. #B

North Dakota Museum  
of Art Gift Shop ————— 701-777-4195  
261 Centennial Dr.

OfficeMax ————— 701-780-8491  
3225 30th Ave. S

Ojata Records ————— 701-757-4002  
305 N Washington St.

Party City ————— 701-772-8845  
2861 32nd Ave. S

Signature Jewelers ————— 701-757-4848  
4491 S Washington St.

The Lighting Gallery — 701-772-2402  
1200 S Washington St.

University Book Store — 701-777-2746  
775 Hamline St.

**Grocery**

Al Amiin Grocery ————— 701-757-0737  
1440 S Washington St.

Hugo's Washington — 701-772-3419  
1631 S Washington St.

Hugo's 32nd ————— 701-738-0688  
1750 32nd Ave. S #A

Hugo's 13th ————— 701-772-5531  
1925 13th Ave. N

Hugo's Columbia ————— 701-772-7283  
1315 S Columbia Rd.

Hugo's EGF ————— 218-773-2418  
306 14th St. NE, EGF

L&M Meats ————— 701-775-2009  
2801 S Washington St.

Natural Grocers ————— 701-775-8333  
1901 32nd Ave. S

Safari Market ————— 701-757-4056  
1305 Stanford Rd.

Toucan International Market – 701-775-4692  
1826 S Washington St.

Hardware & Home Improvement

Ace Hardware ————— 701-738-0455  
1826 S Washington St.

Acme Rentals ————— 701-746-2823  
1702 13th Ave. N

Acme Tools ————— 701-746-6481  
1705 13th Ave. N

Harbor Freight ————— 701-765-7500  
2450 Columbia Rd. S

Hardware Hank ————— 218-773-7933  
1017 Central Ave. NW, EGF

Lowe's ————— 701-765-9000  
4001 32nd Ave. S

Lumber Mart East — 218-773-1151  
1910 Business Hwy. 2, EGF

Menards ————— 701-775-6204  
3550 32nd Ave. S

**Liquor**

Campus Liquor ————— 701-772-8135  
4220 5th Ave. N

El Roco ————— 701-772-2631  
1730 13th Ave. N

Happy Harry's North — 701-772-2671  
2702 Gateway Dr.

Happy Harry's South — 701-780-0902  
2051 32nd Ave. S

Hugo's Wine & Spirit — 701-746-4684  
1950 32nd Ave. S

Hugo's Wine & Spirit — 701-738-2007  
1325 Columbia Rd.

Hugo's Wine & Spirit — 218-793-0014  
310 14th St. NE, EGF

Pop's Liquor ————— 218-773-3036  
122 4th St. NE, EGF

Rite Spot Liquor — 701-775-7051  
1901 S Washington St.

Rite Spot Liquor — 701-757-4013  
801 42nd St. S

Sam's Club ————— 701-795-9449  
2501 32nd Ave. S

Walmart Liquor — 701-746-7225  
2551 32nd Ave. S

**Mobile Phones**

AT&T Store ————— 701-795-5700  
2851 32nd Ave. S

Cellular Communications — 701-795-1513  
2600 DeMers Ave.

Cricket Wireless — 701-739-8568  
1725 32nd Ave. S

T-Mobile ————— 701-757-0282  
1970 S Columbia Rd.

Verizon Wireless 32nd — 701-739-8568  
3221 32nd Ave. S

Verizon Wireless/BeMobile – 701-775-9696  
2100 S Columbia Rd.

**Optical**

Advanced Eyewear — 701-757-2121  
2860 10th Ave. N

EyeMart Express — 701-792-2607  
3750 32nd Ave. S Unit 109

Lifetime Vision Center — 701-746-6745  
2900 S Columbia Rd.

North Dakota Eye Clinic — 701-775-3151  
3035 DeMers Ave.

Opticare ————— 218-773-3438  
421 DeMers Ave., EGF

Sterling Optical — 701-746-4240  
2650 32nd Ave. S

Valley Vision Clinic — 701-775-3135  
2200 S Washington St.

**Pet Supplies**

Petco ————— 701-746-1996  
2901 32nd Ave. S

PetSmart ————— 701-765-3120  
2450 S Columbia Rd.

Treat Play Love — 701-772-0556  
1905 S Washington St.

**Pharmacies**

CVS Pharmacy ————— 701-746-8643  
1950 32nd Ave. S

Hugo's Family Pharmacy — 218-773-0611  
224 14th St. NE, EGF

Skip's Budget Drug — 701-772-4805  
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Thrifty White Drug — 701-746-1800  
1395 S Columbia Rd.

Wall's Medicine Center — 701-746-0497  
708 S Washington St.

White Drug ————— 701-775-4209  
2475 32nd Ave. S

**Salon, Spa & Massage**

Avant Hair & Skin Care — 701-775-7219  
2851 32nd Ave. S

Avant Downtown — 701-775-5333  
33 S 3rd St.

Men's Hair Co. — 701-757-1400  
1970 S Columbia Rd.

Mobile Life Massage  
& Bodywork — 701-215-3335  
1407 24th Ave. S #302

Premier Aesthetics — 701-757-2111  
1725 32nd Ave. S

QW Massage & Spa — 218-399-1011  
1616 Central Ave., EGF

Rhapsody Spa & Salon — 701-775-0545  
2424 32nd Ave. S

True Healing Massage — 701-213-8283  
2397 DeMers Ave.

Truyu Spa ————— 701-780-6623  
3165 DeMers Ave.

Ultimate Look Studio & Hair – 701-795-6088  
2150 32nd Ave. S

**Thrift**

Dakota Boys & Girls Ranch – 701-775-7805  
2017 DeMers Ave. #C

Goodwill ————— 701-787-8201  
3651 S Washington St.

Home Place Thrift Store — 701-795-9704  
1811 S Washington St.

Lulu's Thrift Store — 218-399-2009  
404 2nd Ave. NE

Salvation Army — 701-775-7255  
3401 S 31st St.

Second Impressions — 701-317-2901  
1502 Central Ave. NW

St. Joseph's Social Care — 701-795-8614  
620 8th Ave. S

Valley ARC Thrift Shoppe — 701-772-3855  
2500 DeMers Ave.

**Variety**

Dollar Tree 32nd — 701-620-6093  
2761 32nd Ave. S

Dollar Tree Washington — 701-620-6450  
1719 S Washington St.

Sam's Club ————— 701-795-9449  
2501 32nd Ave. S

Shopko ————— 218-773-1130  
421 Gateway Dr. NE, EGF

Tractor Supply — 701-746-0391  
4460 32nd Ave. S

Walmart Southside — 701-746-7225  
2551 32nd Ave. S

Walmart Northside — 701-620-6003  
5755 Gateway Dr. N

While the Greater Grand Forks Convention & Visitors Bureau makes every attempt to include complete and updated listings, our ever-changing cities are continually adding new businesses; therefore, we always recommend you go to [www.visitgrandforks.com](http://www.visitgrandforks.com) for the latest information.

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# FLAVORS

for you to savor



Eat, drink and gather merrily. Dine at one of our diverse eateries, some with picture perfect patios, while you enjoy comfort food, seasonal menus and fare inspired by local ingredients.





Dining

A & W Express  
UND Memorial Union, GF, 701-777-0438

Aaltos  
Canad Inns, 1000 S 42nd St., GF, 701-792-1957  
Family-style restaurant serving breakfast, lunch and dinner, including a nightly dinner buffet and daily salad bar.

Applebee's Neighborhood Grill & Bar  
2851 S Columbia Rd., GF, 701-795-5688

This popular chain's extensive menu includes burgers, steak, chicken, sandwiches and salads.

Arby's  
3851 32nd Ave. S, GF, 701-772-2056

Aroma Café  
Ramada, Junction I-29/Hwy. 2, GF, 701-775-3951  
Serving breakfast, lunch and dinner, with a focus on classic American cuisine that includes omelets, burgers, ribeye steak and fried walleye.

Blue Moose Bar & Grill  
507 2nd St. NW, EGF, 218-773-6516  
Steak, chicken, ribs, seafood, burgers, pasta, sandwiches, salads and appetizers served in a fun northwoods setting. Seasonal outdoor seating on the boardwalk. Sunday Brunch served 11 a.m. to 2 p.m.

Boardwalk Bar & Grill  
415 2nd St. NW, EGF, 218-399-3000  
Enjoy burgers, sandwiches, salads, frybread tacos and an array of appetizers, by a cozy fireplace, while watching the game.

Bonzer's Sandwich Pub  
420 DeMers Ave., GF, 701-775-0365  
Home of the 20-oz. Schooner and some of the best chili around to accompany more than 40 varieties of sandwiches.

Brick & Barley  
9 3rd St. N, GF, 701-757-4012  
This industrial chic Downtown bar and restaurant specializes in crisp craft beer and enticing entrées that go far beyond the usual pub fare. Seasonal outdoor seating.

Buffalo Wild Wings Grill & Bar  
2717 S Columbia Rd., GF, 701-775-9464  
BDubs offers chargrilled burgers, sandwiches, wraps, salads and chicken wings tossed in a variety of tasty sauces, with an atmosphere ideal for game-watching. Seasonal outdoor seating.

Burger King  
3765 Gateway Dr., GF, 701-772-0343  
1416 S Washington St., GF, 701-772-3025  
3151 32nd Ave. S, GF, 701-787-2435  
926 Central Ave. NE, EGF, 218-773-4121

Burger Time  
2651 DeMers Ave., GF, 701-775-2776

Casa Mexico  
112 14th St. NE, EGF, 218-773-4331  
Savor traditional Mexican flavors like chicken mole, carne asada, pork carnitas and chile relleno in festive surroundings.

Cherry Berry Yogurt Bar  
3321 32nd Ave. S, GF, 701-757-2110  
1010 Central Ave. NE, EGF, 218-779-1338

Chick-fil-A  
3230 32nd Ave. S, GF, 701-746-9942

China Garden  
2550 32nd Ave. S, GF, 701-772-0660  
Area's longest-standing Chinese restaurant with mouth-watering dishes like garlic shrimp, moo shu pork, Mongolian beef, sesame chicken and mushroom egg foo yung.

Cold Stone Creamery  
3551 32nd Ave. S, GF, 701-738-2350

Crooked Pint Ale House  
1930 S Columbia Rd., GF, 701-780-9000  
This nouveau urban pub offers a generous selection of quality craft brews, wines and spirits, plus specialty dishes that include Lucys (stuffed burgers), Reubens, jumbo tots and pot pies. Sunday Brunch served 10 a.m. to 2 p.m.

Culver's  
3451 32nd Ave. S, GF, 701-772-9199

Dairy Queen  
1412 Central Ave. NE, EGF, 218-773-7602  
3600 S Columbia Rd., GF, 701-738-8530  
1209 N 5th St., GF, 701-772-3801  
(Closed in winter)

Dairy Queen/Orange Julius  
1205 S Washington St., GF, 701-775-5422

Dakota Deli  
UND Memorial Union, GF, 701-777-0438

Darcy's Café  
1015 Washington St. N, GF, 701-775-4050  
Legendary diner serving homemade Midwestern classics like cinnamon roll pancakes, corned beef hash, knoephla soup, fleischkuekle and a variety of hotdish specials.

Deek's Pizza  
512 N Washington St., GF, 701-772-3335

Denny's  
3770 32nd Ave. S, GF, 701-757-1148  
Famous for its Grand Slam breakfasts but also serving appetizers, burgers, sandwiches and main entrées like pot roast and chicken strips. Open 24 hours.

DogMahal  
305 N Washington St., GF, 701-757-4000  
Experience world-class hot dogs and sausage sandwiches, with a variety of unique and tasty toppings, including their famous poutine dog (aka the Poochini).

Domino's Pizza  
2705 S Washington St., GF, 701-746-6437  
130 Gateway Dr. NE, EGF, 218-773-2121

Eagle's Crest Grill  
King's Walk Golf Course  
5301 S Columbia Rd., GF, 701-787-3491  
Enjoy a delicious meal while overlooking beautiful King's Walk Golf Course. Menu items include a walleye sub sandwich, stuffed Italian burger, tenderloin steak salad, Cajun chicken pasta, pork loin ribs, filet mignon and honey glazed salmon. Sunday Brunch served 9 a.m. to 2 p.m.

Einstein Bagels  
1225 S Columbia Rd., GF, 701-746-9585  
Fresh baked bagels, along with a variety of delish schmears, are Einstein's specialty.

El Roco Bar & Grill  
1730 13th Ave. N, GF, 701-746-2631  
Appetizers, burgers, wraps and more are served in a lively nightclub setting.

Ely's Ivy  
22 S 3rd St., GF, 701-757-0243  
One of Downtown's newest eateries, Ely's Ivy features full bar service plus uniquely delicious dishes like bacon feta quiche, fried mushroom risotto cakes and a grilled New York strip that's topped with their special in-house steak sauce. Seasonal outdoor seating.

Erbert & Gerbert's  
3000 32nd Ave. S, GF, 701-757-3070

Far East Buffet  
3555 Gateway Dr., GF, 701-772-1866  
Order Chinese food off the menu or choose from their large buffet and Mongolian grill.

Fat Alberts  
2215 Gateway Dr., GF, 701-746-4771

FireHouse Subs  
2650 32nd Ave. S, GF, 701-757-1391

Five Guys Burgers & Fries  
3321 32nd Ave. S, GF, 701-757-1101

Fuji Japanese Steakhouse & Seafood  
715 S Washington St., GF, 701-757-3855  
Enjoy food served Teppanyaki-style, with diners seated together around a large grill while expert chefs put on a culinary show during meal preparation. Fuji also offers several varieties of sushi and stir fry dishes in the regular dining room.

Gramma Butterwick's Family Restaurant  
1421 S Washington St., GF, 701-772-4764  
A local favorite for hearty, home-cooked breakfast and lunch specials.

Gramma Ginna's  
Scheels, Columbia Mall, GF, 701-780-9424  
Featuring 24 flavors of fresh homemade fudge, along with gelato, pastries, Starbucks coffee and made to order breakfast and lunch sandwiches, soups and salads.



OPEN AT 10 A.M. 7 DAYS A WEEK!



Whether it's lunch, supper, pre-game or a late night stop, the Red Pepper always hits the spot! Our "Grinder" Sandwiches, tacos, tostadas and enchiladas are legendary and now you can reserve the Back Room at our South Washington location next to the ICON Sports Center for Private Parties!

DINE IN – TAKE-OUT – DELIVERY  
1011 University Ave • 701.775.9671  
415 N 42nd St • 701-772-8226  
4401 S Washington • 701-757-0235

"The Best Late-Night Food in the USA" – Esquire Magazine



### Grand Junction

801 S 42nd St., GF, 701-757-1201

Locally owned and operated, Grand Junction grills up a variety of fresh ‘n’ tasty subs.

### Great American Grill

*Hilton Garden Inn*

4301 James Ray Dr., GF, 701-775-6000

Breakfast buffet with dinner off the menu that includes specialty sandwiches, salads, burgers, pasta, steak and seafood.

### Ground Round Grill & Bar

2800 32nd Ave. S, GF, 701-775-4646

Sit in either the restaurant or sports bar while you enjoy some of the best burgers and wings in town, along with sandwiches, fajitas, ribs, steak, pasta and all the hot buttery popcorn you can eat. Weekend Brunch served 9 a.m. to 12 p.m.

### Half Brothers Brewing Company

17 N 3rd St., GF, 701-757-0805

Downtown’s newest brewery/taproom, Half Brothers offers a relaxed gathering spot where one can find great craft beer, delicious food, live music and games.

### Happy Joe's Pizza & Ice Cream Parlor

2909 S Washington St., GF, 701-772-6655

Family style pizzeria offering delicious pies, oven-baked pasta dishes, sandwiches and ice cream, plus a large lunch buffet.

### Hardee's

1750 S Columbia Rd., GF, 701-772-8249

1213 47th St. N, GF, 701-775-8505

### Helix Wine & Bites

4491 S Washington St., GF, 701-757-1444

This intimate wine bar also serves up delish small plates, entrées and desserts.

### The Hub Pub

205 N 3rd St., GF, 701-746-7443

Part of the Downtown bar scene for decades, The Hub also serves tasty dishes like avocado dip, street tacos, burgers and poutine.

### HuHot Mongolian Grill

2712 S Columbia Rd., GF, 701-757-4171

Create your own all-you-can-eat stir fry by choosing from a selection of fresh veggies, meats and sauces.

### IHOP

3951 32nd Ave. S, GF, 701-775-7001

A go-to for award-winning pancakes and hearty breakfast combos, in addition to great burgers, sandwiches and dinner entrées. Open 24 hours.

### Italian Moon Pizza & Mexican Food

810 S Washington St., GF, 701-772-7277

For over 40 years this popular locally owned spot has been offering up delicious pizza, taco beef queso, pasta, ribs, broasted chicken and an extensive all-day buffet.

### Jimmy John's

3551 32nd Ave. S, GF, 701-772-6700

2855 10th Ave. N, GF, 701-775-5400

1403 S Washington St., GF, 701-757-1281

### JL Beers

2531 S Columbia Rd., GF, 701-738-1000

Specializing in scrumptious handmade burgers accompanied by fresh cut fries and potato chips, this quaint but cool Southside spot pours 40 varieties of craft beer, as well. Seasonal outdoor seating.

### Joe Black's

118 N 3rd St., GF, 701-775-2017

One of Downtown's most popular watering holes, Joe Black's also serves up awesome appetizers, wings, burgers, wraps, pizza and lavosh to accompany the great drink specials. Seasonal outdoor seating.

### The Kegs Drive-In

901 N 5th St., GF, 701-787-5347

Classic local drive-in famous for its homemade sloppy joes, onion rings and malts. Open during summer months only.

### Kentucky Fried Chicken

706 S Washington St., GF, 701-772-3447

### King Pho

1206 S Washington St., GF, 701-757-0141

Authentic Vietnamese restaurant specializing in noodle soups, bahn mi sandwiches and fried rice dishes.

### 'l Bistro

Canad Inns, 1000 S 42nd St., GF,

701-792-1960

This Mediterranean-inspired restaurant serves a variety of pizza and pasta dishes plus sandwiches, salads and appetizers. Seasonal outdoor seating.

### Little Bangkok

415 2nd St. NW, EGF, 218-399-1122

Enjoy authentic Thai and Japanese cuisine in modern Asian surroundings. Menu favorites include shrimp pad Thai, beef yakisoba, pad cashew chicken, drunken noodles and made-to-order sushi rolls. Seasonal outdoor seating on the boardwalk.

### Little Caesars Pizza

1801 Gateway Dr., GF, 701-772-1784

### Luigi's Pizza

122 4th St. NE, EGF, 218-773-3036

### Mamma Maria's Italian Restaurant & Pizzeria

211 DeMers Ave., EGF, 218-773-2225

The menu, featuring dishes from all regions of Italy, includes lobster ravioli, chicken scaloppine, lasagna and Sicilian pizza.

### Marco's Pizza

3901 S Washington St., GF, 707-772-4000

Choose from a variety of pizza crust options and toppings along with chicken wings, subs and salads.

### McDonald's

2910 32nd Ave. S, GF, 701-772-2410

*Hwy. 2 and I-29 Junction,*

GF, 701-746-7980

1125 S Washington St., GF, 701-772-0231

*Hwy. 2 and 220 N,* EGF, 218-773-3922

### Mexican Village

1218 S Washington St., GF, 701-775-3653

Grand Forks’ original Mexican restaurant known for huge burritos covered in spicy gravy and cheese.

### Mike's Pizza & Pub

411 2nd St. NW, EGF, 218-773-2479

In addition to an extensive weekday lunch buffet, Mike's also offers ribs, chicken, shrimp, sandwiches and New York style pizza. Seasonal outdoor seating on the boardwalk.

### Muddy Rivers Bar & Grill

*TownHouse Hotel,*

710 1st Ave. N, GF, 701-787-0733

Steak, chicken, burgers, wraps, pasta, appetizers and more served in the bar and poolside.

### Noodles & Company

3000 32nd Ave. S, GF, 701-757-1720

### North Dakota Museum of Art Café

*Centennial Dr., UND Campus, GF,*

701-777-4195

Enjoy freshly made sandwiches, salads and creatively delicious daily specials amid great works of art.

### North Side Café

3450 Gateway Dr., GF, 701-738-8500

Homestyle restaurant serving hearty breakfast platters, fried chicken, burgers, hot turkey sandwiches, meatloaf and more.

### Olive Garden

3160 32nd Ave. S, GF, 701-746-2038

This internationally popular chain offers a variety of Italian pasta and grilled entrées such as eggplant parmigiana, chicken marsala, steak Toscano and seafood Portofino.

### Panda Buffet

2451 S Columbia Rd., GF, 701-780-8800

Choose Chinese cuisine off the menu or from the large buffet and Mongolian grill.

### Panera

2515 32nd Ave. S, GF, 701-772-1571

Offering bagels, pastries, soups, sandwiches, salads and pastas in a modern bistro-like setting. Seasonal outdoor seating.

### Paola's Pastries

110 N 3rd St., GF, 701-775-1050

Popular Downtown bakery serving freshly made cakes, cupcakes, muffins, cookies, scones, pies and delicious Venezuelan sweet rolls called Golfeados.

### Papa John's Pizza

1515 S Washington St., GF, 701-775-7272

### Papa Murphy's Pizza

2750 Gateway Dr., GF, 701-780-0900

2475 32nd Ave. S, GF, 701-738-0370

### Paradiso Mexican Restaurant

905 S Washington St., GF, 701-772-3000

Serving Mexican food like fajitas, tacos, burritos, chimichangas, chalupas and over a dozen margarita flavors in a festive atmosphere.

### Parrot's Cay Tavern & Grill

1149 36th Ave. S, GF, 701-795-4053

A local hot spot for fiery wings, fabulous po’ boys and all things Cajun.

### Perkins Family Restaurant

1305 S Columbia Rd., GF, 701-746-0493

The large menu includes omelets, pancakes, salads, burgers, melt sandwiches, fresh pastries and pies.

### Pete's Za

2400 S Washington St., GF, 701-757-0896

Featuring Texas Pete’s toast and a variety of freshly prepared pizzas served whole or by the slice.

### Pita Pit

3221 32nd Ave. S, GF, 701-738-8008

### Pizza Hut

2751 32nd Ave. S, GF, 701-772-7800

Dine in, delivery or carry out.

1418 S Washington St., GF, 701-772-6000

Delivery or carry out only.

### Pizza Ranch

3750 32nd Ave. S, GF, 701-775-2222

This family friendly restaurant features a large buffet with several varieties of pizza and fried chicken.

### Playmaker's All-American Lounge & Casino

Canad Inns, 1000 42nd St. S,

GF, 701-792-1955

Between trips to the blackjack table and pig wheel, enjoy a full menu that includes burgers, pub food and lavosh.

### Popolino's Pizza

2600 DeMers Ave., GF, 701-746-7677

### Qdoba Mexican Grill

3551 32nd Ave. S, GF, 701-738-8222

### Red Lobster

2675 32nd Ave. S, GF, 701-772-8770

Featuring a “fresh catch of the day” menu along with lobster, crab, shrimp, scallops, steak and more.

### The Red Pepper

1011 University Ave., GF, 701-775-9671

415 N 42nd St., GF, 701-772-8226

4401 Washington St. S, GF, 701-757-0235

Home of the legendary “Grinder” sandwich and several Mexican specialties.

### Red Pepper East

1504 Central Ave. NE, EGF, 218-773-6344

Serving sub sandwiches and Mexican food.

### Red River Grill & Market

*Grand Forks International Airport,*

701-738-4630

Breakfast, lunch and dinner, plus an assortment of snacks, available in ticketed and non-ticketed areas.

### Rhombus Guys

312 Kittson Ave., GF, 701-787-7317

This funky, three-level Downtown café specializes in gourmet pizzas plus wraps, paninis and salads. Seasonal outdoor seating on the rooftop.

### Rhombus Guys Brewing Company

116 S 3rd St., 701-757-0598

The guys at Rhombus are famous for in-house made draft beers that pair perfectly with delish dishes like shrimp and grits, chicken al pastor tacos and their famous Scotch eggs. Seasonal outdoor seating. Sunday Brunch served 11 a.m. to 2 p.m.

### River Deck

415 2nd St. NW, 2nd Floor, EGF,

218-399-3000

Owned by Boardwalk Bar & Grill, this second story restaurant and lounge offers a similar menu with great views overlooking the Red River. Seasonal outdoor seating above the boardwalk.

### Roadhouse Café

*Hwy 2 and I-29 intersection,*

*Simonson Travel Plaza,* GF, 701-772-1273

Specializing in comfort food like waffles, omelets, hot hamburger sandwiches, fried chicken and homemade pies. Open 24 hours.

### Ruby Tuesday

3915 32nd Ave. S, GF, 701-772-1105

Casual dining chain known for its bountiful salad bar plus burgers, steak, chicken, seafood, pasta and more.

### Rumors Bar & Grill

1720 S Washington St., Grand Cities Mall, GF,

701-772-0125

Enjoy burgers, sandwiches, sloppy joes, pizza and more served up in a bar/casino setting.



**Safari Restaurant**  
1305 Stanford Rd., GF, 701-757-4056  
Quaint spot just off Hwy 2 specializing in authentic East African fare.

**Sakura**  
3250 32nd Ave. S, GF, 701-757-3888  
Featuring large hibachi grills with food prepared fresh right in front of you but also offering a wide array of traditional Japanese dishes like shrimp tempura, chicken teriyaki, udon noodles, sushi, sashimi and more. Seasonal outdoor seating.

**Scotty's Deli & Catering**  
1113 Washington St. S, 701-757-0965  
Using many recipes from the legendary Al's Grill, Scotty puts his own spin on such local favorites as beef tips 'n' toast, baby red potatoes with cream sauce, Caribbean chicken and walleye wraps, Philly cheesesteaks and lavosh.

**Season's Family Restaurant**  
300 3rd Ave. NE, EGF, 218-773-4165  
This locally owned eatery serves up affordable hearty fare like strawberry banana French toast, chocolate chip pancakes, biscuits 'n' gravy, pot roast and a variety of fresh-baked pies.

**Shing Ya**  
108 N 3rd St., GF, 701-772-0515  
Shing Ya specializes in authentic Japanese udon and ramen noodle dishes, fried rice and made-to-order sushi rolls.

**Shotgun Sally's Rock 'n' Roll Saloon**  
2015 Library Circle, GF, 701-757-3825  
Shotgun Sally's features full bar service, live music on weekends and fabulous Chinese and American fare prepared by legendary local chef Gam Wong.

**Sickies Garage**  
121 DeMers Ave., EGF, 218-399-2006  
Offering a variety of award-winning, uniquely delish burgers (some even served up on doughnut buns or topped with tater tot hotdish), sandwiches, salads, appetizers, hand-scooped malts/shakes and brews in fun surroundings. Seasonal outdoor seating.

**Sky's**  
322 DeMers Ave., GF, 701-746-8970  
Known as one of the finest restaurants in the region, Sky's menu includes such delicious dishes as spinach artichoke gratin, duck burritos, Swiss eiger beef, wild Alaskan salmon, braised short ribs, filet mignon, Maryland crab cakes and some fabulous nightly specials. Seasonal Sunday Brunch served 11 a.m. to 2 p.m.

**Slapshot Pizza**  
2215 Gateway Dr., GF, 701-746-4771  
**Sledster's Food & Brew**  
21 S 4th St., GF, 701-775-0050  
Bustling Downtown bar that also serves pizza, burgers and appetizers.

**Smiling Moose Rocky Mountain Deli**  
623 S Washington St., GF, 701-757-3354  
Offering up a variety of unique, freshly made sandwiches and some of the biggest, best cookies in town.

**Sonic Drive-In**  
1800 S Washington St., GF, 701-757-3278

**Southgate Bar & Grill**  
2525 S Washington St., GF, 701-775-7941  
Popular local bar and casino serving steak, chicken, burgers, poutine and more.

**Speedway 805 Grill & Bar**  
805 42nd St. N, GF, 701-772-8548  
Family owned and operated since 1988, Speedway specializes in high quality yet reasonably priced steaks, prime rib, seafood, chicken, barbecue ribs and burgers. Seasonal outdoor seating.

**Spicy Pie**  
3000 32nd Ave. S, GF, 701-757-4747  
Get your New York style pizza by the slice or in full 18-inch pie form with choice of toppings. Also serving tacos and a variety of grinders.

**Steers**  
2915 S Washington St., GF, 701-775-3113  
This locally owned gem serves authentic Somali dishes like samosas, chicken curry, lamb shanks and kabobs.

**Subway**  
1801 Gateway Dr., GF, 701-772-6357  
2400 S Washington St., GF, 701-772-9334  
1850 Columbia Rd., GF, 701-772-3526  
3341 32nd Ave. S, GF, 701-772-9335  
1217 S Washington St., GF  
210 Gateway Dr. NE, EGF, 218-773-6637

**Taco Bell**  
1301 S Washington St., GF, 701-772-6196

**Taco John's**  
2522 Gateway Dr., GF, 701-772-5712  
1111 S Washington St., GF, 701-772-9550  
2651 24th Ave. S, GF, 701-780-9800

**Tao Garden**  
302 DeMers Ave., EGF, 218-399-1015  
Offering delicious Asian inspired food like orange chicken, basil shrimp, black bean beef and garlic scallops, in addition to a variety of sushi creations.

**Tavern United**  
Canad Inns, 1000 42nd St. S, GF, 701-792-1958  
World sports pub for all ages with specialties that include beer battered halibut, smash burgers, several varieties of wings and the famous Hat Trick Platter appetizer. Seasonal outdoor seating.

**Tea & Crepe Café**  
307 DeMers Ave., GF, 701-757-1040  
This modern Downtown dessert café specializes in bubble tea, crepes and Thai stir-fried ice cream.

**Texas Roadhouse**  
3200 32nd Ave. S, GF, 701-746-7427  
Char-grilled burgers, steaks, ribs, chicken and seafood served country-western style with hearty side dishes like stuffed sweet potatoes and baked beans.

**Tim Hortons**  
801 42nd St. S, GF, 701-757-4440  
Known for top quality, always fresh coffee, donuts, baked goods and homestyle lunches.

**Thai Hot**  
414 DeMers Ave., GF, 701-739-4800  
Serving up authentic Thai food and fresh sushi, plus exotic cocktail creations, in the heart of Downtown.

**The Toasted Frog**  
124 N 3rd St., GF, 701-772-3764  
This eclectic Downtown lounge and grill features a distinctive menu which includes a chicken pesto melt sandwich, Moroccan spiced lamb burger, pork belly & egg wood-fired pizza, roasted vegetable lavosh, fish tacos, white truffle filet mignon, fried frog legs and Grand Forks' best selection of martinis. Seasonal outdoor seating.

**Up North Pizza Pub**  
314 4th St. NW, EGF, 218-399-0200  
Up North specializes in fresh-from-the-oven pizzas, along with sandwiches, salads, apps, 40 tap beers, wine and cocktails. Sunday Brunch served 11 a.m. to 2 p.m.

**Valley Dairy Deli, Coffee Bar & Bakery**  
1125 S 42nd St., GF, 701-746-1564  
4701 S Washington St., GF, 701-757-1057  
Offering assorted sandwiches on fresh-baked bread, along with soups, tacos, salads and their famous caramel rolls.

**Vinyl Taco**  
1970 S Columbia Rd., GF, 701-757-2300  
The Southside's newest 21+ restaurant/bar is the place to go for rockin' tunes, cool cocktails and hot Mexican fare that includes delicious street tacos, burritos and freshly made chips 'n' guac.

**Wendy's**  
1503 S Washington St., GF, 701-772-6536  
3760 32nd Ave. S, GF, 701-738-8187

**Wild Bill's Sports Saloon**  
1405 DeMers Ave., GF, 701-775-7740  
This western-themed spot serves up wings tossed with 17 different homemade sauces, fresh hand-pattied half pound burgers and some of the best BBQ north of KC. Seasonal outdoor seating.

**Wild Hog**  
4401 S Washington St., GF, 701-757-4263  
Wild Hog replaced Smokehouse with Cantina and now serves up a variety of SimplyGrande Mexican dishes and margaritas. Seasonal outdoor seating.

**COFFEEHOUSES**  
**Archives**  
3012 University Ave., GF, 701-757-1970  
Enjoy a variety of coffee drinks and snacks in the heart of the beautiful University of North Dakota campus.

**Bully Brew**  
2100 S Columbia Rd., GF, 701-772-1995  
4571 S Washington St., GF  
321 DeMers Ave., EGF  
Locally owned Bully Brew serves up a variety of tasty coffee creations, freshly made baked goods, sandwiches, soups and more; plus, it is our area's only coffee roaster.

**Caribou Coffee**  
2400 S Washington St., GF, 701-775-3668  
Hugo's 1750 32nd Ave. S, GF, 701-746-0688  
2100 S Columbia Rd., GF  
Hugo's 306 14th St. NE, EGF, 218-773-2418  
Coffee drinks and baked goods served fresh daily, including Einstein Bagels at the Columbia Road location.

**The Ember**  
8 3rd St. N, GF, 701-203-2877  
This locally owned coffeehouse and music venue is located in Downtown Grand Forks and was created to be a space for artists and the community to come together. Stop in to enjoy a freshly brewed coffee, tea or hot chocolate, along with homemade baked goods.

**Starbucks**  
Super Target, 32nd Ave. S, GF, 701-787-6177  
3551 32nd Ave. S, GF, 701-772-4292  
623 S Washington St., GF, 701-775-7996  
1419 S Columbia Rd., GF  
Legendary national chain serving gourmet coffee, espresso drinks, teas, pastries and sandwiches.

**Stomping Grounds**  
UND Memorial Union, GF, 701-777-3823  
University Place, GF  
Popular campus spots for Seattle's Best coffee, specialty drinks, fresh pastries, soups and sandwiches.

**Tim Hortons**  
801 42nd St. S, GF, 701-757-4440  
Specializing in top quality, always fresh coffee, baked goods and homestyle lunches. Canadians will tell you the Timbits (donut bites) are a must-have.

**Urban Stampede**  
324 Kittson Ave., GF, 701-746-9531  
Funky Downtown coffeehouse serving fresh-brewed java, specialty drinks, bagels, sandwiches and pastries. Home of the World's Smallest Art Gallery.

**Valley Dairy Deli, Coffee Bar & Bakery**  
1125 42nd St. S, GF, 701-746-1564  
4701 S Washington St., GF, 701-757-1057  
Popular local go-to for fresh baked caramel rolls, muffins, soups, sandwiches and delicious coffee drinks.





# STAY

and play



Rest easy in hotel rooms offering all the comforts of home and then some. Stay at places with indoor water parks, gaming, adjacent restaurants and other for-fun amenities.





<div>PLACES TO STAY</div> <div>All properties have credit card service, outdoor power outlets, copy/fax service, cable, cribs and non-smoking rooms.</div> <div>● Dot indicates services available.</div>	Number of Rooms	Meeting Room Occupancy	Continental Breakfast	In-Room Coffee	Restaurant, Lounge & Casino	Room Service	Laundry	Pool	Water Park	Whirlpool/ Hot Tub/Sauna	Whirlpool Suite	Video Games	Microwave	Refrigerator	Exercise Room	Handicap Rooms	Pets Allowed	High Speed Internet	Wireless Internet
<b>Americas Best Value Inn</b> 1000 N 42nd St. 701-775-0555 1-888-275-0550	118		●				●						●	●			●	●	●
<b>AmericInn</b> 1820 S Columbia Rd. 701-780-9925 1-800-634-3444	56		●	●	●	●	●	●		●	●		●	●	●	●		●	●
<b>Baymont Inn &amp; Suites</b> 951 S 42nd St. 701-757-2345 1-800-337-0550	91		●	●			●	●		●		●	●	●	●	●	●	●	●
<b>Best Western Harvest Inn &amp; Suites</b> 3350 32nd Ave. S 701-775-5000 1-800-780-7234	85	15	●	●			●	●		●			●	●	●	●	●	●	●
<b>Budget Inn Express</b> 3400 Gateway Dr. 701-775-5341 1-800-437-9562	45																●		
<b>Canad Inns Destination Center</b> 1000 S 42nd St. 701-772-8404 1-888-332-2623	201	200		●	●	●	●	●	●	●	●	●	●	●	●	●		●	●
<b>C'mon Inn</b> 3051 32nd Ave. S 701-775-3320 1-800-255-2323	80	50	●	●				●		●	●	●	●	●	●	●		●	
<b>Country Inn Suites</b> 3101 S 42nd St. 701-757-2200 800-596-2375	100	40	●	●			●	●		●	●		●	●	●	●		●	●
<b>Days Inn</b> 3101 S 34th St. 701-775-0060 1-800-325-2525	52		●	●				●		●			●	●		●	●	●	●
<b>East Grand Inn</b> 606 Gateway Dr., EGF 218-773-9822 1-888-904-8840	60	15	●				●						●	●		●	●	●	
<b>Econo Lodge</b> 900 N 43rd St. 701-746-6666 1-800-553-2666	45		●	●			●						●	●	●	●	●	●	●
<b>Expressway Suites</b> 4040 11th Ave. S 701-757-7000 888-530-0190	71		●	●			●	●		●		●	●	●	●	●		●	●
<b>Fairfield Inn by Marriott</b> 3051 S 34th St. 701-775-7910 1-800-228-2800	61		●	●				●					●	●	●	●		●	●
<b>Fairfield Inn &amp; Suites by Marriott</b> 514 Gateway Dr. NE, EGF 218-399-3030 888-236-2427	67	45	●	●			●	●					●	●	●	●		●	●
<b>Hampton Inn &amp; Suites</b> 2985 42nd St. S 701-757-2255 1-800-HAMPTON	97	110	●	●			●	●		●			●	●	●	●		●	●
<b>Hilton Garden Inn</b> 4301 James Ray Dr. 701-775-6000 1-877-STAY-HGI	100	200		●	●	●	●	●		●	●		●	●	●	●		●	●
<b>Holiday Inn Express Hotel &amp; Suites</b> 4051 32nd Ave. S 701-772-7700 1-866-HLDYINN	81	15	●	●			●	●		●	●		●	●	●	●		●	●
<b>Ideal Inn</b> 2201 Gateway Dr. 701-792-0422	30						●						●	●		●			
<b>Knights Inn &amp; Suites</b> 1211 N 47th St. 701-757-4041 855-896-3206	89		●	●			●	●			●		●	●		●	●	●	●
<b>La Quinta Inns &amp; Suites</b> 4051 Garden View Dr. 701-757-3600 800-753-3757	83	40	●	●			●	●		●	●		●	●	●	●	●	●	●
<b>My Place</b> 1315 S 42nd St. 701-757-1717 855-200-5685	64			●			●						●	●		●	●	●	●
<b>Plaza Motel</b> 309 DeMers Ave., EGF 218-773-1179 1-800-773-1127	24											●	●	●		●			
<b>Quality Inn</b> 3251 30th Ave. S 701-775-7503 1-800-228-5150	65		●	●				●		●			●	●		●		●	●
<b>Ramada</b> 1205 N 43rd St. 701-775-3951 1-800-570-3951	100	500	●	●	●	●	●	●		●		●		●	●	●	●	●	●
<b>Rodeway Inn</b> 3300 30th Ave. S 701-746-1391 1-800-707-1391	85	15	●	●			●	●		●	●	●		●		●	●	●	●
<b>Sleep Inn &amp; Suites – Alerus Center</b> 1350 S 42nd St. 701-757-2900 1-877-424-6423	82		●	●			●	●		●			●	●	●	●		●	●
<b>SpringHill Suites by Marriott</b> 2837 S 42nd St. 701-757-4150 1-877-467-5533	93	10	●	●			●	●		●			●	●	●	●		●	●
<b>Staybridge Suites</b> 1175 42nd St. S 701-772-9000 877-238-8889	97	40	●	●			●	●		●			●	●	●	●	●	●	●
<b>Super 8 Motel</b> 1122 N 43rd St. 701-775-8138 1-800-800-8000	33		●	●							●		●	●		●	●	●	●
<b>TownHouse Hotel</b> 710 1st Ave. N 701-746-5411 1-800-733-7663	104	300	●	●	●	●		●		●		●	●	●	●	●	●	●	●
<b>Travelodge</b> 2100 S Washington St. 701-772-8151 1-800-578-7878	64		●	●			●	●		●	●		●	●	●	●	●	●	



### Treating guests like neighbors is good.

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- Fitness center with impressive equipment
- Hot buffet-style breakfast with your favorites like sausage, bacon, omelets, scrambled eggs, waffles, Danishes, donuts, bagels, English muffins, and more, as well as seasonal and specialty items that change every day
- Coffee, tea, hot chocolate, apple cider, and fresh fruit 24/7
- Guest laundry and outstanding customer service
- Beautiful rooms, pool, lobby, and public areas
- Award Winning Wyndham Rewards program

Welcome to the end of your day. Come visit our beautiful Hotel and Suites. Relax, renew, and recharge from your long shopping day, or before a big game. We are conveniently located in between the Columbia Mall and the University of North Dakota. We hope to see you soon.



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# EVENTS

that show off



Experience live theatre, Broadway-quality shows, Art & Wine Walks, Blues on the Red, Greenway Takeover Festival and other styles of live outdoor music, museums, galleries and a thriving night scene.





### Art & Wine Walk

The hugely popular Art & Wine Walk is an annual happening held quarterly, on Saturdays, from 1 to 5 p.m. During the Walk, regional artists will have a chance to display their talents and wares at several Downtown Grand Forks and East Grand Forks venues. A sample of wine will be available, at specified sites, for those 21 years of age and older. Some locations may also choose to serve nonalcoholic beverages and snacks, along with featuring live music. A map listing participating businesses can be purchased at either the Blue Moose Bar & Grill in East Grand Forks or Rhombus Guys Brewing Company in Grand Forks. Turning in your map at the end also qualifies you for a chance to win one of several fabulous prizes from local shops, restaurants and bars.

### Art on the Red

*June 8 & 9, 2019*  
701-215-9010  
[www.publicartnd.org](http://www.publicartnd.org)

One of the region's best two-day festivals, Art on the Red features more than 150 high-end artisans and quality crafters, food concessions, live entertainment, kids' activities and more.

### Butterfly Garden

*1827 Bygland Rd., EGF, 218-773-3190*

Situated on a 30-acre site recently restored to native prairie grasslands, this garden attracts all types of butterflies and is also great for bird watching. Call to set up a tour.

### Cabela's

*210 DeMers Ave., EGF, 218-773-0282*  
[www.cabelas.com](http://www.cabelas.com)

Featuring a 10,000-gallon aquarium stocked with fish native to our area including catfish, walleye, northern pike, bass, perch and other fin friends; contact Cabela's for the fish feeding schedule. There are several trophy game mounts and other educational displays as well.

### Downtown Development Association

*23 N 3rd St., GF, 701-757-4051*  
[www.downtowngrandforks.org](http://www.downtowngrandforks.org)

This non-profit organization was started in order to help create a Downtown community that is the pulse of our cities. Throughout the year they stage a variety of fun events including a September Downtown Street Fair and the HollyDazzle Festival of Lights, held the Sunday after Thanksgiving, complete with live entertainment, a parade, sleigh rides and fireworks.

### Energy and Environmental Research Center

*15 N 23rd St., GF, 701-777-5000*  
[www.undeerc.org](http://www.undeerc.org)

Specializing in creating innovative technologies to improve the environment, the EERC is currently working on alternative fuel development. Call for more information or to schedule a tour.

### Grand Forks Air Force Base

*16 miles west of GF, 701-747-5023*  
[www.grandforks.af.mil](http://www.grandforks.af.mil)

Formerly home to the 319th Air Refueling Wing, GFAFB now houses a new family of unmanned aerial vehicles. Restored aircraft on display at the front gate includes a renovated B-52, KC-135, Minute Man 3, F-101 and a B-25. Call for information or to schedule a tour.

### Grand Forks Escape Room

*100 N 3rd St., GF, 701-388-1905*  
*2300 Columbia Rd. S, GF*  
[www.gfescaperoom.com](http://www.gfescaperoom.com)

Participants in this real-life adventure game must use teamwork, along with elements of their surroundings, to solve a series of puzzles, find clues and "escape the room" within a set time limit. The themed room has a unique storyline that engages players through their environment. Target age: 18+.

### Grape Mill Vineyard & Winery

*18696 430th Ave. SW, EGF, 218-499-9463*  
[www.thegrapemill.com](http://www.thegrapemill.com)

This Eastside vineyard, winery and tasting room offers you the chance to sample all the delicious wines, with an option to purchase your favorites afterward. Tours are available by appointment. Call for seasonal schedule.

### Greenway Takeover Festival

*701-775-1150*  
[www.greenwaytakeover.com](http://www.greenwaytakeover.com)

First held in September 2017, GTF has quickly become one of the Midwest's top music festivals. This family friendly, multi-day event takes place Downtown, on our scenic Greenway, lining the banks of the Red River. It features talented artists from around the world performing a variety of genres including pop, rock, jazz, soul, gospel and country. Concert-goers can also partake in games, rides, tasty food truck fare and adult beverages.

### North Valley Baseball Academy

*1605 Central Ave. NW, EGF, 218-399-0188*  
[www.facebook.com/NVBaseball](http://www.facebook.com/NVBaseball)

North Valley features top notch training facilities, batting cages and more. Call or visit their Facebook page for more information on current hours, classes and fees.

### UND Aerospace

*University Ave. and Tulane Dr.*  
*UND Campus, GF, 701-777-2791*  
[www.aero.und.edu](http://www.aero.und.edu)

Regarded as one of the best collegiate aviation complexes in the world, the John D. Odegard School of Aerospace Sciences features unmanned aerial vehicle training, an atmospherium, high altitude chamber, flight and air traffic control simulators and the Regional Weather Information Center. The GFK airport houses flight operations, including training aircraft. Weekday tours can be arranged by calling for a reservation.

### USDA-ARS Grand Forks Human Nutrition Research Center

*2420 2nd Ave. N, GF, 701-795-8353*  
[www.gfhnrc.ars.usda.gov](http://www.gfhnrc.ars.usda.gov)

A world leader in nutrition research, scientists here conduct basic and applied research addressing the role of diet and physical activity in supporting good health. In the process, the Center generates knowledge about healthful foods and diets, which helps to serve the health needs of all Americans.

## Museums

### Grand Forks County Historical Society

*2405 Belmont Rd., GF, 701-775-2216*  
[www.grandforkshistory.com](http://www.grandforkshistory.com)

Our colorful past comes alive in this legendary complex that includes the Myra Museum, 1879 Campbell House, 1950's prefab steel Lustron House, 1917 one-room school house, Grand Forks' original log post office, a carriage house complete with various historic modes of transportation and an outdoor pavilion which hosts band concerts throughout the summer. Open daily 1 to 5 p.m. from May 15 to September 15; call for appointment during the off season.

### Heritage Village

*Hwy. 220 N and 20th St. NE, EGF,*  
*218-773-3952 or 218-773-3190*  
[www.egfheritage.com](http://www.egfheritage.com)

Preserving the history of the Northern Red River Valley through special events and static displays. Host to Heritage Days, held annually the third weekend of August, which features steam engine threshing machines, museum displays, demonstrations and more. Facilities are available for class and family reunions and special group tours are welcome. Weekend tours are available. Call to make arrangements.

### Northern Lights Railroad Museum

*Hwy. 220 N and 20th St. NE,*  
*EGF, 218-773-1726 or 218-773-6668*  
[northernlightsrailroadmuseum.org](http://northernlightsrailroadmuseum.org)

Casey Holt Junction is home to HO, N and O scale model railroad layouts. Additionally, the Museum contains exhibits on local and Northern Great Plains railroad history. Open most every Saturday from 9 a.m. to 3 p.m. Admission is \$1 per person.

### UND Paleontology Collections

*Corner of Cornell St. & Campus Rd., GF*  
*701-777-2811, [www.geology.und.edu](http://www.geology.und.edu)*

Home to important fossil collections representative of North Dakota, the collections feature invertebrates, vertebrates and plants derived from faculty and student projects and donated specimen. Open weekdays from 8 a.m. to 4:30 p.m. Email [katie.sagstuen@und.edu](mailto:katie.sagstuen@und.edu) or call for more information or to schedule a group tour.

## Galleries

For more information about the arts, visit [www.novac.org](http://www.novac.org) or [www.myNDarts.com](http://www.myNDarts.com).

### Badman Design

*18 S 3rd St., GF, 701-746-7300*  
[www.badman.com](http://www.badman.com)

Acclaimed artist David Badman specializes in quality metals, jewelry, home décor, liturgical art and more. Stop by to enjoy the showroom and design studio.

### Browning Arts

*23 4th St. S, GF, 701-746-5090*  
[www.browningarts.com](http://www.browningarts.com)

Showcasing fine art works in every medium by more than 50 area artists including ceramics, painting, drawing, printmaking, photography, computer art, sculpture, jewelry and fiber arts. Open 10:30 a.m. to 5:30 p.m. Monday-Friday. For more information about the arts, visit [www.novac.org](http://www.novac.org) or [www.myNDarts.com](http://www.myNDarts.com).

### Colonel Eugene E. Meyers Gallery

*Hughes Fine Arts Center,*  
*UND Campus, GF, 701-777-2257*

Featuring regional and national artwork, as well as local shows by graduate art and master students. Open 9 a.m. to 4:30 p.m. Monday-Friday.

### East Grand Forks Campbell Library

*422 4th St. NW, EGF, 218-773-9121*  
[www.library.egf.mn](http://www.library.egf.mn)

Home to multiple revolving art exhibits throughout the year featuring local and regional artists. Open Monday-Thursday 8 a.m. to 9 p.m., Friday and Saturday 9 a.m. to 5 p.m. and closed Sunday.

### Grand Forks City Hall

*255 4th St. N, GF, 701-746-2607*

On a quarterly basis, the mayor chooses a visual artist to show her or his art in the atrium of City Hall. Each Mayor's Choice exhibit displays for a three-month period and is accompanied by a public reception for the winning artist.

### Muddy Waters Clay Center

*2014 13th Ave. N, GF, 701-775-1168*  
[www.muddywatersclay.org](http://www.muddywatersclay.org)

Nonprofit organization formed to promote the creation, education and enjoyment of ceramic arts by providing a studio, classroom, firing space and gallery.

### North Dakota Museum of Art

*261 Centennial Dr., UND Campus, GF,*  
*701-777-4195, [www.ndmoa.com](http://www.ndmoa.com)*

The museum is nationally recognized for its ground-breaking human rights exhibitions, involvement with international artists, the commissioning of landmark works of art anchored in the Northern Plains and the strength of its exhibition program. Three galleries house exhibitions of regional, national and international art. On permanent display is late New York City artist and collector Barton Benes' apartment that includes his collection of African art and oddities from around the world. Other museum features are concerts, guest lectures and kids' activities, plus a gift shop and weekday café. Free admission and metered guest parking. Open 9 a.m. to 5 p.m. weekdays, 1 to 5 p.m. Saturday and Sunday; closed on major holidays.

### Riverwalk Artists

*Riverwalk Centre, EGF, 218-399-0162*

This gallery and gift shop featuring works from talented area artists is open Tuesday-Saturday, 12 to 8 p.m. and Sunday 1 to 5 p.m.

### UND Art Collection Gallery

*415 DeMers Ave., GF, 701-746-5500*

The beautiful and historic Empire Arts Center is now home to the University of North Dakota's permanent art collection, which includes works by Andy Warhol, Salvador Dali and Roy Lichtenstein. Featured artwork changes every three to four months. Call for more information.

### World's Smallest Gallery

*Urban Stampede 324 Kittson Ave., GF,*  
*701-746-9531*

The World's Smallest Gallery is housed inside Urban Stampede, a popular coffee shop located in our trendy Downtown District. The gallery features local artists in different mediums; shows change monthly.

### YOU ARE HERE

*25 S 4th St., GF, 701-746-5090*

Exhibition area and studio featuring works, finished and ongoing, by a variety of artists. Open 11 a.m. to 6 p.m. Thursday-Saturday or by chance appointment.





**Music, Theatre & Dance**

**Burtness Theatre**  
Centennial Dr., UND Campus, GF  
701-777-2587  
[www.und.edu/dept/dtheater/burtness.html](http://www.und.edu/dept/dtheater/burtness.html)  
The Burtness offers a variety of productions staged by talented University of North Dakota students. Call the Box Office for information.

**Chester Fritz Auditorium**  
Yale and University Ave., UND Campus, GF  
Box Office: 701-777-4090, [www.cfa.und.edu](http://www.cfa.und.edu)  
Watch the curtain go up on an array of national entertainment including concerts, Broadway theatre, children's shows and special performances.

**COMPAC**  
1420 4th Ave. NW, EGF  
218-773-2405, ext. 273  
Home to many school shows and performances, as well as a variety of other entertainment.

**Empire Arts Center**  
415 DeMers Ave., GF, 701-746-5500  
[www.empireartscenter.com](http://www.empireartscenter.com)  
Built in 1919, this restored theatre hosts performances, movies and other events and houses a visual arts gallery with exhibits open during performances.

**Fire Hall Theatre**  
412 N 2nd Ave., GF, 701-746-0847  
[www.ggfc.com](http://www.ggfc.com)  
Enjoy musicals, dramas, comedies and classics performed in an intimate setting by talented local thespians. Call for latest shows.

**Grand Cities Children's Choir**  
701-885-4242, [melanie.popejoy@gfschools.org](mailto:melanie.popejoy@gfschools.org)

**Grand Forks City Band**  
701-746-7471, [www.gfcityband.org](http://www.gfcityband.org)

**Grand Forks Master Chorales**  
701-732-0091

**Greater Grand Forks Community Theatre**  
701-746-0847, [www.ggfc.com](http://www.ggfc.com)  
Experienced performers re-create popular Broadway and off-Broadway productions.

**Greater Grand Forks Symphony**  
701-732-0579, [www.ggfs.com](http://www.ggfs.com)

**North Dakota Ballet Company**  
701-746-6044, [www.northdakotaballet.org](http://www.northdakotaballet.org)

**Northern Valley Youth Orchestras**  
701-757-3009, [www.novyo.org](http://www.novyo.org)  
Offering young musicians aged 9-20 the opportunity to perform challenging, high quality orchestral and chamber music literature.

**Summer Performing Arts Company (SPA)**  
701-746-2411, [www.spacompany.org](http://www.spacompany.org)  
Theatre and music program for students currently enrolled in grades K-11. Each summer the high school program produces three musicals with performances held throughout July. For more information, please call the SPA office or go to their website.

**UND Music Department**  
701-777-2644  
[www.arts-sciences.und.edu/music](http://www.arts-sciences.und.edu/music)  
Group and individual performances are held throughout the year. Call for details.

**Sports Events**  
**Forks Karting Track**  
2300 Gateway Dr., GF, 701-732-0014  
Races on this 1/8-mile clay oval track take place Wednesdays mid-May through early October.

**Red River BMX Track**  
6950 Gateway Dr., GF, 218-207-9694  
[www.facebook.com/redriver.bmx](http://www.facebook.com/redriver.bmx)  
RRBMX has been in operation for almost 20 years and continues to provide a safe, fun outlet for riders of all ages and skill levels to compete in the exhilarating sport of Bicycle Motorcross (BMX). Races take place on Tuesday nights, late May through August, switching to Saturdays in September.

**River Cities Speedway**  
2300 Gateway Dr., GF,  
701-780-0999 (seasonal)  
[www.rivercitiespeedway.com](http://www.rivercitiespeedway.com)  
RCS is considered to be one of the best 1/3-mile dirt and clay tracks in the nation. Race classes include Outlaw Sprints, Late Models, Midwest Modifieds and Street Stocks. Racing every Friday night, late April through mid-September.

**Tri City North Stars**  
Cushman Field, GF, 701-740-9847  
[www.gonorthstars.com](http://www.gonorthstars.com)  
This semi-pro football club team, representing the cities of Grand Forks, East Grand Forks and Crookston, plays during summer months only. The league is made up of former college players.

**University of North Dakota Athletics**  
UND Ticket Office, GF, 701-777-4689  
[www.undsports.com](http://www.undsports.com)

Cheer on all of the Fighting Hawks' Division I teams! Events include football, hockey, basketball, volleyball, soccer and more.



**Entertainment Venues**

**Alerus Center**  
1200 42nd St. S, GF  
Event Line: 701-792-1420  
[www.aleruscenter.com](http://www.aleruscenter.com)  
A state-of-the-art facility that can host conventions, exhibitions, concerts, meetings and banquets, the Alerus Center also boasts regulation NCAA football and soccer fields. The arena seats 13,400 for football or soccer and 22,000 for entertainment events. Alerus Center can also house two basketball courts and features 14 suites and a club area, eight concessions stands, two vending sites, 14 ticket windows and four merchandise stands. With 160,000 square feet of exhibit space, it is the largest event center between Seattle and the Twin Cities. Tours available by calling 701-792-1200.

**Ralph Engelstad Arena**  
UND Campus, GF  
877-917-4689 or 701-777-4167  
[www.ralphengelstadarena.com](http://www.ralphengelstadarena.com)  
Regarded as one of the finest hockey facilities in the world, the \$100+ million Ralph Engelstad Arena is home to the championship University of North Dakota men's hockey team. The 400,000-square-foot, five-story arena seats 11,700 people and hosts family shows, ice events, concerts and basketball. The main lobby area has ticket sales, a pro shop and complete "Sioux Tradition" museum. Tours available Monday-Friday at 1:30 p.m. Call 701-777-6636.

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# EXPLORE

more



Play at your pace, with miles of trails and waterways. Lace up to run, ski, inline skate and bike as part of fun or competitive events. Area parks offer picnic and play areas, sledding hills, ice rinks and other seasonal flavors.





PARKS

Ali's Boundless Playground

Sertoma Park, GF  
Grand Forks native Ali Karpenko was born with spina bifida. Her dream of a community playground for children with disabilities was realized in the spring of 2009, where now every child can play side-by-side at his or her own ability level.

Japanese Garden

Sertoma Park, GF  
A lovely Japanese Garden graces the landscape of Sertoma Park. A gift from the residents of Grand Forks' sister city Awano, Japan, the garden commemorates recovery from the 1997 Red River Valley flood. Its natural look features the beauty of rocks, water, hills, trees and plants along with three granite Japanese-style lanterns.

Larimore Dam Recreation Area, Campground and Arboretum

701-343-2078  
Just 30 miles west on Highway 2, this area offers fishing, nature trails, bike paths, 145 campsites, a sandy swimming beach, basketball and volleyball courts, a baseball diamond, horseshoes, an adjacent nine-hole golf course and winter sledding. The arboretum has more than 500 different trees in a 26-acre area.

Red River State Recreation Area

218-773-4950  
www.dnr.state.mn.us/state\_parks/red\_river  
A rare blend of rustic and urban, RRSRA offers 113 campsites, including 85 electric sites with full hookups, plus shower and bathroom facilities, picnic areas and river access for fishing and boating. It's connected to the trail system and within walking distance to shops, restaurants and a public pool.

Rydell Skatepark

Kannowski Park, GF  
If you wanna have some freewheeling fun in our SimplyGrand Forks, take a spin over to the newly constructed Rydell Skatepark! Located in beautiful Kannowski Park, this awesome spot provides skaters of all levels and their families a safe place to gather.

Sherlock Forest Playground

Sherlock Park, EGF  
Sherlock Forest is a unique play area that was designed with the help of junior architects from local schools and built by community members.

Turtle River State Park

701-795-3180  
For reservations: 800-807-4723  
This 784-acre wooded park was named for the mud and snapper turtles once found in abundance in the streams. Today, the entire park is a natural sanctuary, located just 22 miles west of Grand Forks. Turtle River State Park has 125 modern and primitive campsites, a woodland lodge and group cabins, a mountain bike trail, self-guided nature trails, fishing for rainbow trout and special programs in an outdoor amphitheater. Winter activities include cross country skiing, sledding and more.

Specialty Parks & Facilities

For a more detailed list of park locations and facilities, contact the Grand Forks Park District at 701-746-2750 or visit www.gfparcs.org, or East Grand Forks Parks and Rec at 218-773-8000.

**Basketball:** Riverside, Willmar, Richard's West, Prime Steel, Optimist, Jaycee's, Bringewatt, Lincoln, Midtown, Abbott and Lake Agassiz

**Cross Country Skiing:** Lincoln Drive

**Fishing:** Ryan Park/Lake

**Frisbee Golf:** Lincoln Drive, Zavoral, Northland Tech College

**Gardens:** Sertoma (Japanese), University (floral), Lincoln Drive (wildflowers), Independence (floral), Its Williams, Nash, Sherlock

**Hockey and Indoor Skating:** Eagles/Blue Line Club Arenas, Purpur/Gambucci Arenas, EGF Civic Center, VFW Arena, EGF Blue Line Club Arena, ICON Sports Center

**Hockey and Outdoor Skating:** Eleven supervised warming houses and lighted hockey/pleasure outdoor rinks plus a public ice rink in Downtown Town Square and a new Freezeway – a free-form skating area stretching up and down The Greenway. Ben Franklin, Cox, Dike, Elks, Griggs, Harney, Jaycees, Kelly, Lincoln Drive, Lions, Nash, O'Leary, Optimist, Stauss, University, Maplewood, Riverside, Exchange Club, Town Square

**Horseshoe Pits:** Lincoln Drive, University, Willmar

**Outdoor Pools:** Sherlock, Elks, Riverside

**Picnic Parks:** Bringewatt, DanMor, Dike, Griggs, Itts Williams, Jaycees, Lincoln Drive, Nash, O'Leary, Optimist, Prime Steel, Riverside, Ryan, Sertoma, Sherlock, Stauss, University

**Sand Volleyball:** Bringewatt, Lincoln Drive, Riverside

**Skate Park:** Royce LaGrave, Rydell

**Sledding:** Lincoln Drive, Riverside

**Soccer:** Bringewatt, Nash, Southern Estates, VFW Arena

**Softball/Baseball:** Apollo Field, EGF Central Middle School, Kraft Field, Ulland, Optimist, Lake Agassiz, Kelly, Cox, Jaycee's, Ben Franklin, Nash, Stauss

**Splash Parks:** Elks, University

**Tennis:** Abbott, Optimist, O'Leary, Riverside, Snookie Register, Symington, University

Birding

Home to more than 300 species, this is an ideal base for a birding trip through the Red River Valley. Nearby prairies offer chances to see native grassland species, including the greater prairie chicken, gray partridge and short-eared owl. Winter birding offers the snowy owl, snow buntings, common redpoll and more. Birding sites include the Grand Forks/East Grand Forks Greenway, Turtle River State Park, Kelly's Slough National Wildlife Refuge, Prairie Chicken Management Area, Wetland Pines and Prairie Audubon Sanctuary, and Oakville Prairie. For more information, call 800-866-4566 or stop in to the Convention & Visitors Bureau to pick up a field checklist.



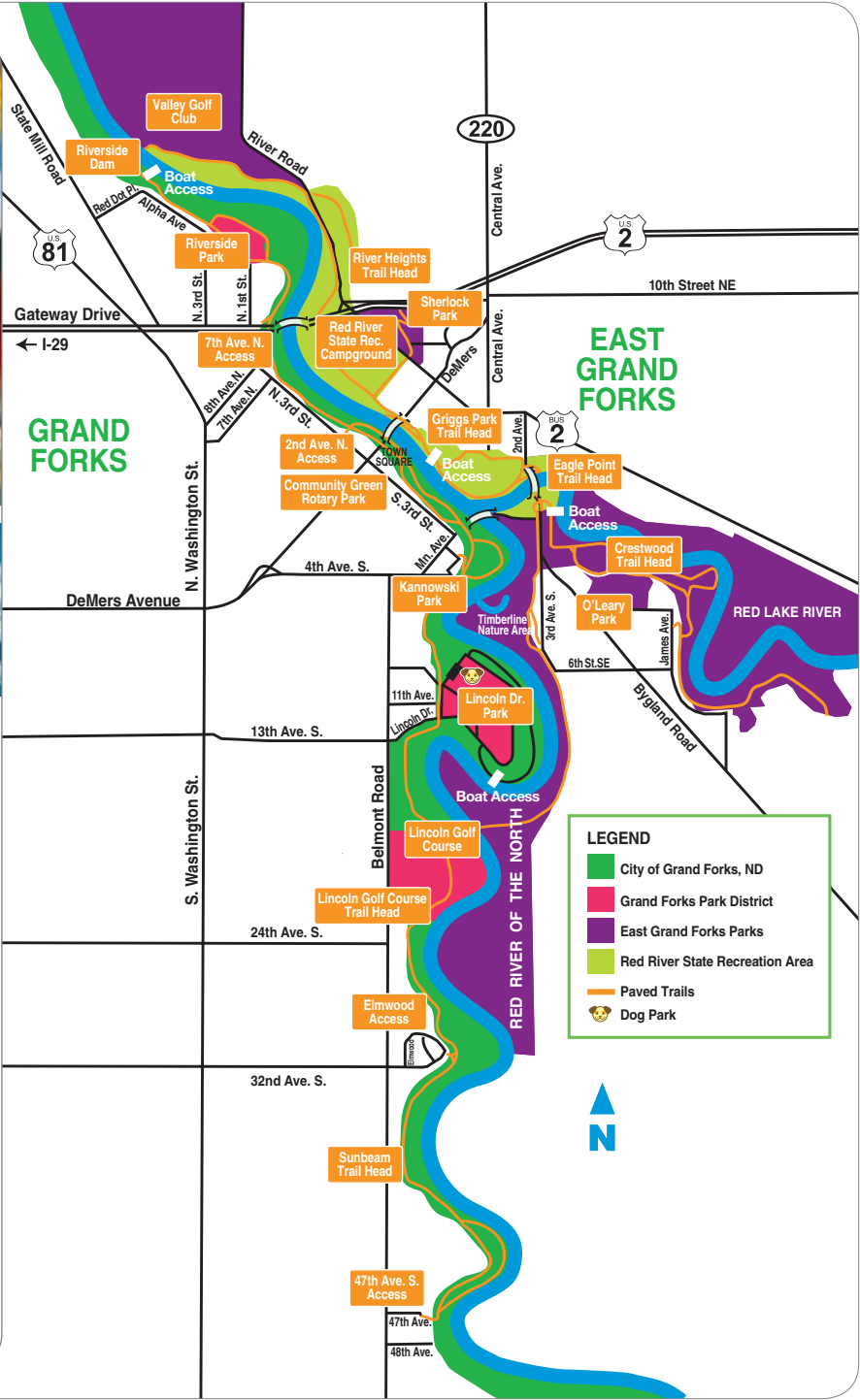
The Greenway

Golf • Bike • Cross Country Ski • Camp Hike • Boat • Picnic • Birdwatch • Walk Run • Canoe • Inline Skate • Kayak • Fish And More

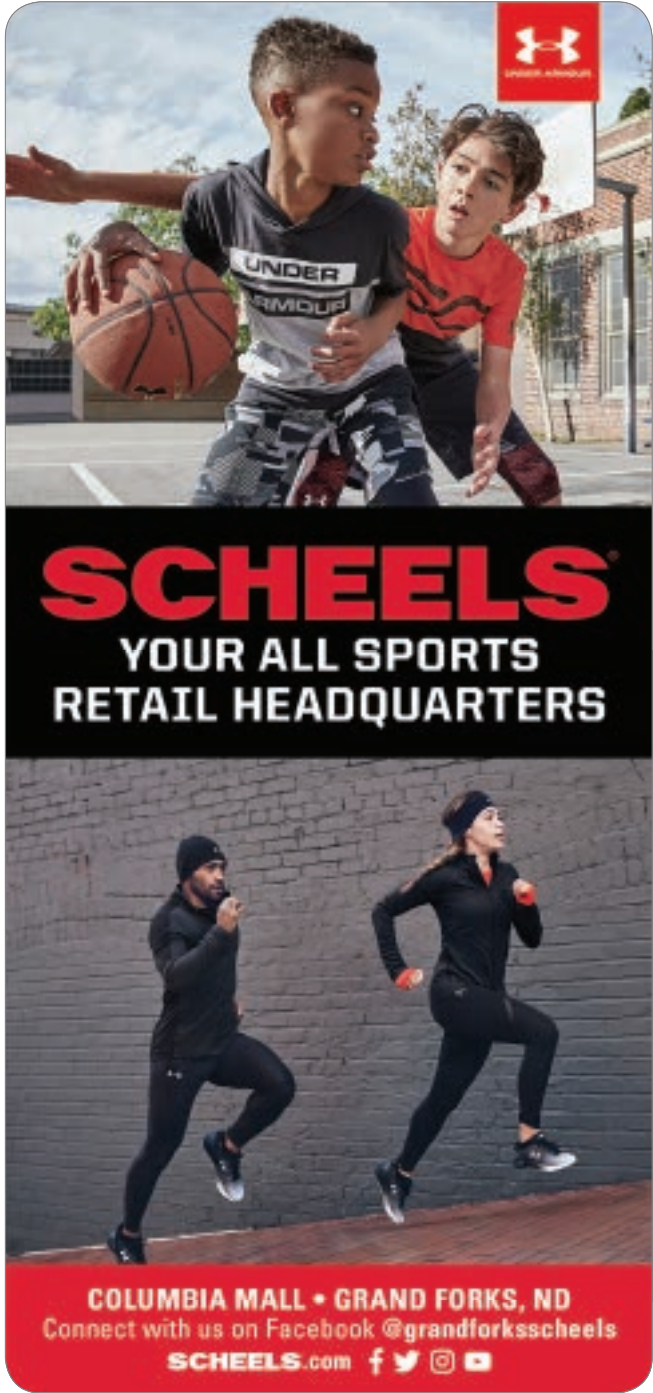
The Greenway is 2,200 acres of natural space lining the Red River and Red Lake Rivers as they flow through Greater Grand Forks. This picturesque urban space offers countless recreational, cultural, historical and natural experiences.



www.greenwayggf.com  
www.facebook.com/greenwayggf  
701.738.8746  
866.857.2757 (Camping Reservations)







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### BICYCLE ROUTES

Hop on more than 57 miles of bicycle trails, with new additions every year. Asphalt trails are also found in the Grand Forks/ East Grand Forks Greenway along the Red and Red Lake Rivers. The North Star Trail in Turtle River State Park is a 10-mile scenic loop of rolling hills, flatlands and stream crossings.

### BILLIARD HALLS

#### The Loft

308 DeMers Ave., GF, 701-757-2020

#### Pub 76

1210 S Washington St., GF, 701-757-2030

### BOWLING

#### Red Ray Lanes

2105 S Washington St., GF, 701-775-0663

### CAMPGROUNDS

#### Grand Forks Campground

701-772-6108

Grand Forks Campground & RV Park features full service 50 amp pull through sites. Offers daily, weekly and monthly rates.

#### Red River State Recreation Area

218-773-4950

Red River State Recreation Area features 113 campsites, including 85 electric sites with full hookups plus shower and bathroom facilities.

#### Turtle River State Park

701-795-3180

Located 22 miles west of Grand Forks, Turtle River State Park has a mix of 125 modern and primitive campsites, a woodland lodge and group cabins.



### CANOEING

Canoeists on the 304-mile Red River travel through bountiful farmland checkered with bottomland forest and tall grass prairies. The Red Lake River also provides pleasant excursions. Canoe and equipment rentals are available through The Outpost located in UND Wellness Center at 701-777-6526. For more information, go to [www.nature-northwest.org/redlakeriver](http://www.nature-northwest.org/redlakeriver).

#### Boathouse on the Red

101 Riverboat Rd., GF, 701-314-1180

[www.bhonthered.org](http://www.bhonthered.org)

The first boat rental operation on the banks of the Red River was begun by Ground Up Adventures, a local group with the goal of inspiring more people (especially kids) to take advantage of recreation activities on the river. Located on the Grand Forks side of the Greenway, just north of Sorlie Bridge, the boathouse offers seasonal kayak, canoe and stand-up paddleboard rentals.



### DOG PARKS & REC

#### Circle of Friends

4375 N Washington St., GF

[www.gfpets.com](http://www.gfpets.com)

This off-leash dog park is open daily from dawn until dusk. Dogs using the park must have collars with current rabies vaccination tags attached and be on a leash when they enter and exit the play area.



#### Lincoln Bark Park

A safe, legal place to take your best friend for exercise and play that is located on the Greenway, in Lincoln Drive Park, just off Belmont Rd. and 13th Ave. S. It features separate large and small dog fenced-in areas. The park is available for use between 5 a.m. and 11 p.m. Licenses and current rabies vaccination tags are required for all dogs living in the Grand Forks city limits.

#### Petopia

701-757-0104

[www.PetopiaND.com](http://www.PetopiaND.com)

Petopia is Grand Forks' newest pet daycare, boarding and grooming facility. Their friendly, knowledgeable staff make it the premier choice when deciding who to trust with your furry family members.

#### Ruffing It

701-780-0700

[www.ruffingitddc.com](http://www.ruffingitddc.com)

This daycare offers your furry friend a place to get groomed and have a doggone good time.

#### Stay & Play

701-775-7020

[www.stayandplayresort.com](http://www.stayandplayresort.com)

There's a reason Stay & Play is called a "pet resort." Its pampered guests enjoy a large indoor gym, wooded outdoor play area, cozy beds, heated floors, air conditioning, piped-in music and even window seats for bird and squirrel watching, all in a safe setting just outside the city.

#### Wag-N-Train

701-746-9331

[www.wagntrain.net](http://www.wagntrain.net)

Conveniently located in Grand Forks close to I-29, Wag-N-Train offers a variety of pet care services including boarding, daycare, training and grooming. Surrounded by fresh air and quiet countryside, your pet's stay includes all the comforts and care of home at an affordable price.

### FAMILY FUN & FITNESS

#### Canad Inns Destination Center

1000 S 42nd St., GF, 701-772-8404

The region's largest indoor water park, Splasher's of the South Seas features a bowl ride, body slides, lazy river, activity pool, interactive water play structure with dump bucket and whirlpool spa. Although it's located in the Canad Inns hotel complex, day passes are available to guests and non-guests alike.

#### Choice Health & Fitness

4401 S 11th St., GF, 701-746-2790

[www.choicehf.com](http://www.choicehf.com)

Choice Health & Fitness is 162,000 square feet of health and happiness for all ages. Whether you want to burn some calories, pump iron, splish 'n' splash down a waterslide or relax at the spa, they've got it all. Just some of their amazing amenities include: 100+ fitness classes; state-of-the-art fitness equipment, weight lifting and extreme fitness; indoor walk/run track; kids' water park with two waterslides; lap pool and lazy river; rowing, cycling and yoga; basketball courts; racquetball courts; indoor and outdoor tennis courts; saunas; drop-in daycare; deli and lounge with fireplace; a Truyu Day Spa; personal trainers; and so much more. It's a perfect place for the whole family to hang out for the day. Day passes available.

#### Northern Air Family Fun Center

1600 S 32nd Ave., GF, 701-757-4386

[www.northernairffc.com](http://www.northernairffc.com)

This large recreation center offers fun for all ages. It features the region's largest indoor trampoline park, along with an arcade, huge inflatables and laser tag. Soon-to-come additions include batting cages, electric go karts and mini golf.







## FISHING

Even though we are internationally known for our trophy-sized channel catfish, more than 50 other species also lurk in the area's rivers, including northern pike, sauger, walleye, small mouth bass, trout, lake sturgeon and carp. Nearby hot spots include the Red River, Red Lake River and Turtle River. Call 800-866-4566 for more information.

## HUNTING

North Dakota and Minnesota rank among the greatest hunting areas for white-tailed deer, waterfowl, moose or coyote, and most are just a short drive. For information, contact ND Game and Fish Dept. at 701-328-6300 or MN DNR at 651-296-6157 or 888-MINN-DNR when calling from Minnesota.

## UP & AWAY

### Flight Support

2403 Air Cargo Dr., GF, 701-772-5504  
[www.flygfk.com](http://www.flygfk.com)

Offering flight instruction, a Discovery Flight for those interested in finding out if aviation is something they are interested in and scenic flights over Greater Grand Forks.

## MOVIE THEATERS

### AMC Classic 10

2306 32nd Ave. S, GF, 701-772-3514

### River Cinema 15

211 DeMers Ave., EGF, 218-399-9000

## SNOWMOBILING

Numerous trail systems stretch across eastern North Dakota and western Minnesota. Pick up local trail maps with detailed routes at the Convention and Visitors Bureau. For trail conditions, call 1-800-HELLO-ND or visit [www.snowmobilend.org](http://www.snowmobilend.org).

## SNOWSHOEING AND CROSS COUNTRY SKIING

Explore more than eight miles of groomed ski trails along the Red River at Lincoln Park. Turtle River State Park offers groomed classical and skating style trails. Snowshoe and ski rentals are available at:

Gerrells ————— 701-775-0553

Play It Again Sports ——— 701-795-1424

Scheels Sports Store ——— 701-780-9424

Ski and Bike Shop ——— 701-772-5567

The Outpost at  
UND Wellness Center ——— 701-777-6526

## WORLD CLASS GOLF

### Albatross Indoor Golf Club

2950 10th Ave. N, GF, 701-757-3220  
[www.albatrossgf.com](http://www.albatrossgf.com)

Tee it up on one of two PGA Tour-endorsed golf simulators and play such famous courses as Pebble Beach and St. Andrews.

### Golf Center

3001 S Columbia Rd., GF, 701-775-0019

The Golf Center features an indoor simulator that uses actual footage from courses around the world, giving you the opportunity to play championship golf anytime.

### Grand Forks Country Club

794 East County Rd. 6, GF  
Information and tee times: 701-772-4831

The beautifully groomed 18-hole Robert Bruce Harris design tests the skills of the finest player, yet is ideally suited to beginning and average golfers. There is also a pro shop, snack bar, lounge and dining room.

### King's Walk Golf Course

5301 S Columbia Rd., GF  
Information and tee times: 701-787-5464  
[www.kingswalk.org](http://www.kingswalk.org)

Experience golf by Arnold Palmer at King's Walk Golf Course. Golf one of North Dakota's finest championship golf courses and enjoy the 18-hole links-style golf course with all the amenities you want. Designed by Arnold Palmer and the Palmer Course Design Company, players of all abilities enjoy the prairie style course with beautifully sculptured bunkers, mounds and bent grass greens, inspired by the great links of Scotland and Ireland. Practice your swing on our driving range, improve your swing with a lesson from a PGA Golf Pro, relax on the outdoor patio, or dine at Eagle's Crest Bar & Grill.

### Lincoln Golf Course

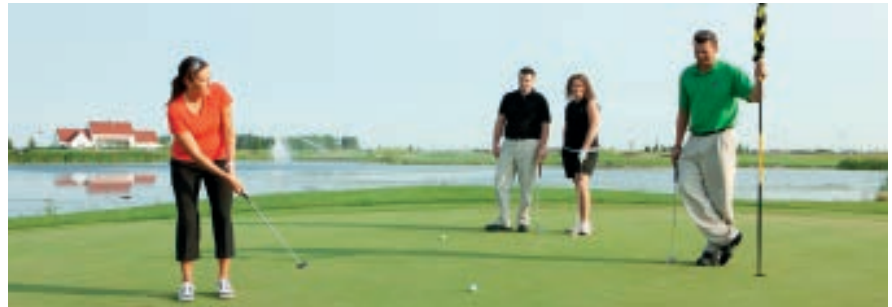
250 Elks Dr., GF  
Information and tee times: 701-746-2788  
[www.lincolngolf.org](http://www.lincolngolf.org)

Established in 1909, Lincoln Golf Course is one of the oldest golf facilities in North Dakota. With its rich history and scenic 9-hole, par 35 course, Lincoln Golf Course has everything needed for a great game of golf for players of all ages. Enjoy the free short distance, 9-hole kids' course designed to encourage children to try the game of golf.

### Valley Golf

2407 River Rd. NW, EGF  
Information and tee times: 218-773-1207  
[www.valleygolfefg.com](http://www.valleygolfefg.com)

Overlooking the Red River, this 18-hole golf course features rolling terrain and beautiful fairways that are challenging to all levels. The clubhouse offers a pro shop, with full bar and banquet facilities also available.





# BLOCKS

of character



What's up is Downtown. Discover uniquely grand outdoor public art. Dine and rewind while taking stock of all your one-of-a-kind finds. Then soak up the nightlife at some of our local hot spots.





EXOTICALLY NO

If you're on the hunt for a culinary home where buffalo roam and deer is plated to perfection, Ely's Ivy is just the place. Chef Scott and his crew invite everyone to take a walk on the wild side with offerings that include duck wontons, venison tenderloin, pheasant roulade, bison sausage and a Wednesday night camel burger special so scrumptious, it'll make hump day your favorite time of the week. For those with a tamer palate, they also serve more classic fare like fried chicken, ravioli, filet mignon, seared scallops and the most popular Reuben in town.

DRIVE BACK TO THE PAST

The Fabulous Kegs Drive-In may be open only a few months during the year but it's well worth the wait. Roll down the window and a friendly carhop will take your order while you enjoy summer breezes and tunes on the radio till your homemade sloppy Joe's, onion rings and root beer arrive.

GET PICKLED

The Toasted Frog is a 21+ trendy yet inviting restaurant and lounge boasting extensive martini and wine lists to accompany fabulous gourmet food. Our area's hottest chefs offer up cool culinary creations like the Cooking Channel's "Best Thing I Ever Ate" spotlighted fried cheesy pickles, wild mushroom lavosh, chicken pesto wood-fired pizza, elk and lamb burgers, Mahi-Mahi tacos, chimichurri pork tenderloin, gorgonzola butter filet mignon and nightly pasta specials worthy of canoodling over. When it comes to dessert, there's always room for s'mores...with an espresso martini chaser.

GRAB YOUR BEERS HERE

Located in the historic Metropolitan Opera House, Rhombus Guys Brewing Company, along with its owners Matt and Arron, really knows how to make some iconic ales. This 15-barrel brewhouse serves up its version of popular styles including ambers, IPAs, pales, sours and stouts. The kitchen also produces great eats like fresh Angus burgers, street tacos, Scotch eggs and the tastiest fried Brussels sprouts this side of Belgium. Beer (in delicious dairy form) also plays a starring role in many of their dishes: homemade pretzels with beer cheese dip, pub fries smothered in pulled pork and beer cheese, and a bacon mac 'n' beer cheese that'll really rock your taste buds! Rhombus also offers a Sunday Brunch with lots of eggcellent offerings.

PEP TALK

Word has it if you're looking for the best grinder ever, Red Pepper is the place. What's a grinder you ask? Take a sub bun, add salami, turkey or ham, Swiss cheese, lettuce, hot sauce, taco meat and then top it off with a secret creamy white sauce. See why people all over the country order grinder kits via overnight delivery. But that's not all; the Pepper also serves delish Mexican fare off a menu so popular it hasn't changed in over three decades.

SKY'S THE LIMIT

Enjoy five-star cuisine up high at Sky's. An evening here comes complete with a second-story view of Downtown, full bar service, an excellent wine cellar and exquisite cuisine like herb crusted lamb, braised beef short ribs, honey miso glazed sea bass and pan seared duck breast. Their Cloud 9 Lounge offers a more casual dining experience and less formal menu that includes abundant appetizers, lavosh, burgers and sandwiches. Sky's has also added a fabulous seasonal Sunday Brunch, September through May, from 11 a.m. to 2 p.m., with everything from crème brulee French toast to smoked salmon eggs Benedict and one of the best mimosas around.



TUNES & APPS ON TAP

At Half Brothers Brewing Company, creating superior suds is a family affair. Together, siblings Chad and Taylor have recently opened a 10-barrel production brewery and taproom on North 3rd Street that specializes in locally inspired hand-crafted beers and food. A few noteworthy concoctions are the Bully Brew Brown Ale, Chokecherry Gose, New England IPA, Green Tea Pale Ale and their rotating Smash Bros Series. Some of the signature menu offerings include a 13-ounce meatball with marinara, smoked chicken wings, pizza, and a turkey, apple, sage and buttery French cheese sandwich so intoxicating, it will leave you feeling ine'Brie'ated. Enjoy toe-tapping live tunes with your brews every night on the Half Brothers' stage.

UP NORTH FARE WITH FLAIR

Italians may be the inventors but Minnesotans are the ones who perfected it. And when it comes to pies with pizzazz, the Up North Pizza Pub in East Grand Forks really takes the cake! Yes, the sandwiches, salads and appetizers are tasty, too, but it's their hand-tossed, fresh-from-the-oven, cheesy flatbreads that have quickly won over numerous fans. Some of Up North's most popular pizzas are the Drunken Rooster (pheasant sausage, whiskey glazed apples, pistachios and béchamel sauce), Gnarly Charlie (pepperoni, pineapple, jalapeno pesto and tomato sauce) and Saucy Hen (smoked chicken, bacon, red onion and barbecue sauce). If you feel like imbibing, featured on-tap beers include brews from Surly, New Belgium and Guinness.



Downtown Nightlife

**American Legion**  
218-773-1129, 1009 Central Ave. NW, EGF

**Blue Moose Bar & Grill**  
218-773-6516, 507 2nd Ave. NW, EGF

**Boardwalk Bar & Grill**  
218-399-3000, 415 2nd St. NW, EGF

**Bonzer's**  
701-775-0365, 420 DeMers Ave., GF

**Brick & Barley Bar & Restaurant**  
701-757-4012, 9 3rd St. N, GF

**Eagles Club**  
218-773-2445, 227 10th St. NW, EGF

**Ely's Ivy**  
701-757-0243, 22 S 3rd St., GF

**Half Brothers Brewing Company**  
701-757-0805, 17 N 3d St., GF

**The Hub Pub**  
701-746-7433, 205 3rd St. N, GF  
(call for info on live music)

**Joe Black's**  
701-775-2017, 118 3rd St. N, GF

**Kelly's Bar**  
701-772-9605, 309 3rd St. N, GF

**Level 10 Martini Lounge**  
701-772-3434, 10 3rd St. N, GF

**The Loft**  
701-775-2020, 308 DeMers Ave., GF

**Mike's Pizza & Pub**  
218-773-2479, 411 2nd St. NW, EGF

**Muddy Rivers Bar & Grill**  
701-787-0733, 710 1st Ave. N, EGF

**O'Really's Irish Pub**  
701-746-9177, 10 3rd St. N, GF

**Rhombus Guys**  
701-787-7317, 312 Kittson Ave., GF

**Rhombus Guys Brewing Company**  
701-757-0598, 116 3rd St. S, GF

**River Deck Bar**  
218-399-3000, 415 2nd St. NW,  
2nd Floor, EGF

**Sickies**  
218-399-2006, 121 DeMers Ave., EGF

**Sky's CLOUD 9**  
701-746-8970, 322 DeMers Ave., GF

**Sledster's**  
701-775-0050, 21 4th St. S, GF

**The Toasted Frog**  
701-772-3764, 124 3rd St. N, GF

**Up North Pizza Pub**  
218-399-0200, 314 4th St. NW, EGF

**VFW Lounge**  
218-773-2481, 312 DeMers Ave., EGF



# ELECTRIC

## avenues

Downtown is always humming with family-friendly festivals, seasonal farmers markets and outdoor concerts. We even have a historic bridge that literally lights up DeMers Ave.

### KNOTTY IS NICE

If you're looking for delicious, innovative food served in a unique setting, the Blue Moose Bar & Grill is just the place. Surrounded by knotty pine and neon, the cozy yet eclectic atmosphere is perfect for all occasions. Just some of the Moose's signature dishes include pan-fried fresh walleye, sweet 'n' sassy Norwegian barbecue ribs, decadent PBEB (peanut butter, fried egg and bacon) burger and the famous Mac & Cheese Attack: penne noodles tossed in a four-cheese sauce, then topped with cojack before baking. And don't forget to pay a visit to the Back 40 Bar – as in 40 tap beers – where you can relax and let loose your inner Moose.

### MUSIC TO THE EARS

Happy Harry's Blues on the Red, an annual three-part summer live music series, will fill Town Square with groovin' tunes in June, July and August. It's an event suitable for all ages; however, there will be a beer garden area for those 21+ to imbibe while they jive. Listening fees are just \$5 but bring along a few extra bucks to enjoy some tasty food and brews.

### CHIP CHIP HOORAY

Chocolate dipped rippled potato chips, better known as Chippers, are Widman's claim to candy fame. These salty, sweet gems have actually been shipped to more than a dozen countries, bringing joy to thousands around the world. Since 1949, however, this family owned shop has been covering all sorts of tasty things in their delectable homemade chocolate...toffee, caramel, marshmallows, blueberries, sunflower seeds, bacon, even olives and pickles!

### MAKE YOUR CHASSIS HAPPY

Ever since parking it in the iconic Whitey's space in Downtown East Grand Forks, Sickies Garage has been refueling their patrons' empty tanks deliciously. This casual hamburger joint takes classic comfort food to a whole new level! Fresh, all-beef patties (turkey, chicken, bratwurst and veggie, too) get sandwiched between alternative buns like pretzels and doughnuts. When it comes to tasty toppings, Sickies doesn't disappoint. Just some of their supercharged burgers include the Tater Tot Hot Dish, Jalapeno Peanut Butter, Jameson Whiskey BBQ, Nacho Dipper and aforementioned Glazed Doughnut, which is adorned with cheese and peppered bacon. Along with 50 burgers comes an assortment of 50 beers on tap.

### SOBERED-UP SALOON

Urban Stampede coffeehouse is a former saloon with lots of character. Check out the tin ceiling, dark wood bar and awesome stone floor. Sip on freshly brewed java while you peruse the World's Smallest Art Gallery and gift shop. Friendly baristas are always willing to whip up your favorite specialty drink or plate up a freshly baked muffin, cookie or scone. During the summer, take it outside to café tables situated in the heart of Downtown.

### HIP TO BE IN THE SQUARE

Enter the Town Square through the larger-than-life paddlewheel or slip in past the kids' play area and you're in our year-round gathering place. It's home to the area's largest art and craft festival, plus a variety of other community events, as well as being a convenient meeting spot to start and end your time Downtown. Even when the snow flies, people still gather in the square to recreate, ice skate and celebrate the season during the annual HollyDazzle Festival of Lights.

### STOCK UP AT FARMERS MARKET

Vine-ripened tomatoes, the world's best sweet corn, home baked pies and kuchen, handmade ice cream, assorted flavors of fudge, hot and spicy salsas, fresh breads, jewelry, crafts, live music, and always a few surprises await you every Saturday, during the summer, in Town Square.







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- Business Center
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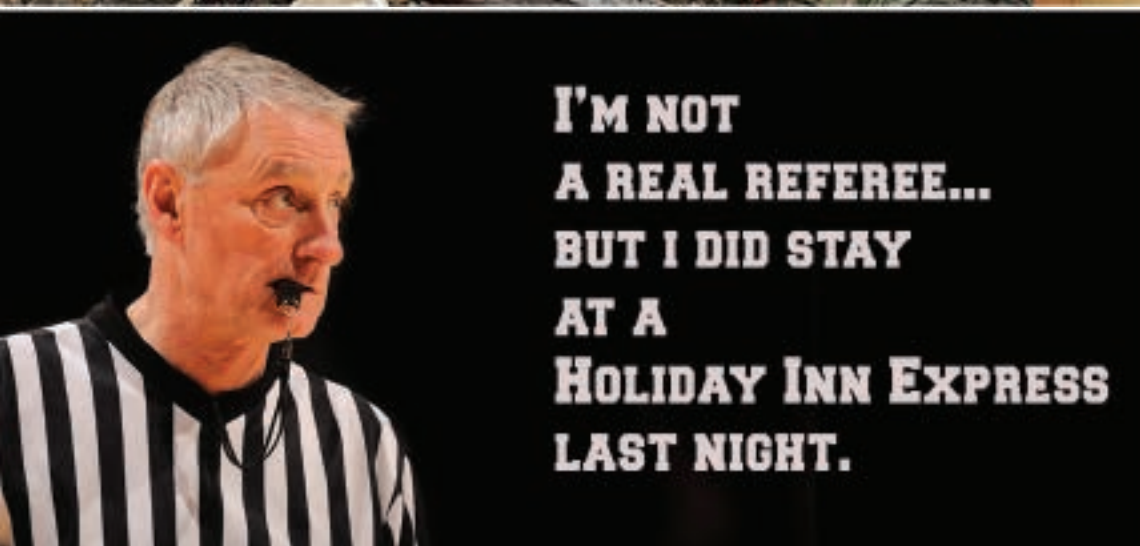
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HAPPY HARRY'S BEER & BACON FESTIVAL JANUARY 19, 2019  
IHEART MEDIA'S EVERYTHING FOR WEDDINGS JANUARY 20, 2019  
FIGHT THE FROST FEBRUARY 1-3, 2019  
GRAND FORKS CAMPER SHOW FEBRUARY 15-17, 2019  
INTERNATIONAL CROP EXPO FEBRUARY 20-21, 2019  
GRAND FORKS MEN'S SHOW FEBRUARY 22-24, 2019  
DTGCA'S GUN SHOW MARCH 1-3, 2019  
DIERKS BENTLEY'S BURNING MAN TOUR MARCH 9, 2019  
HOME DESIGN AND GARDEN SHOW MARCH 22-24, 2019  
IHEART MEDIA'S HEALTHY LIVING EXPO MARCH 30, 2019  
HUGO'S TOUGHEST MONSTER TRUCK TOUR  
CHAMPIONSHIP WEEKEND APRIL 13, 2019  
HARLEM GLOBETROTTERS APRIL 18, 2019



# WAY COOLER THAN YOU THINK

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OPPORTUNITIES

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PEOPLE

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EVENTS

## MAKE YOUR MOVE

With an array of activities for every season, top-quality schools, and abundant career opportunities, you can be sure Greater Grand Forks is one of the coolest places to live!



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### Grand Forks #1 Location for Family fun!!!

Now Offering 3 & 4 Hour Unlimited Attractions Passes!  
Northern Air Family Fun Center offers:

- 10,000 sq ft trampoline park
- Two trampoline dodgeball courts
- Basketball dunking station
- Foam pit
- Open jump area
- Ice Cream Shoppe
- Arcade/Redemption Center
- Group events
- Private birthday party rooms
- Hologate Virtual Reality Attraction
- 4,000 sq ft laser tag arena
- 15,000 sq ft of inflatables
- Obstacle courses
- Giant slides
- Bounce houses
- Northern Air Express train rides



**NorthernAIR**  
Family Fun Center

1600 32nd Ave S • Grand Forks, ND 58201  
701.757.4FUN • [www.northernairffc.com](http://www.northernairffc.com) • [fun@northernairffc.com](mailto:fun@northernairffc.com)



### Grand Forks Largest Full Service Hotel!

- 201 superior guest rooms including Theme Rooms, 1 & 2 bedroom Suites and Executive Penthouse Level
- All guest rooms have high-speed wifi, guest voice messaging, flat-screen TVs with premium cable, coffee maker, hair dryer, iron & ironing board and small refrigerator.
- Splasher's of the South Seas 40,000 sq. ft. waterpark, North Dakota's largest indoor waterpark.
- Three full service restaurants, a full service gaming lounge, arcade and inside access to the Alerus Center
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Canad Inns Destination Center Grand Forks  
1000 South 42nd Street, Grand Forks, ND  
Phone: (701) 772-8404

Call Toll-Free: 1-888-33-CANAD (22623)  
or go online: [canadinns.com](http://canadinns.com)





## Grand Forks International Airport

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Multiple daily flights to Minneapolis. Plus, direct flights to Orlando, Las Vegas and Phoenix/Mesa.

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- Relaxing bar & grill, express counter and gift shop
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[GFKAirport.com](http://GFKAirport.com)

Located 3.8 miles west of Grand Forks on US Highway 2.  
Half mile north on Airport Drive.



### Homemade food? Locally owned? Yes, we are!

The Blue Moose has been a part of East Grand Forks for over 20 years. Our vast menu features burgers, sandwiches, steak, chicken, ribs, walleye, salads, soups, delicious desserts and much more.

- We offer 40 different beers on tap, full bar and an extensive wine list
- Kids eat free all day and all night every Sunday
- Indoor and outdoor seating is available with beautiful views of the Red River



**THE BLUE MOOSE**  
BAR & GRILL

*A Place in East Grand Forks*

507 2nd Street NW • East Grand Forks, MN  
218.773.6516 • [thebluemoose.net](http://thebluemoose.net)



### Drink outside the box!

Award-winning beer along with a gastropub menu, all located inside a must see brewpub.

116 S. 3rd St. • 701-757-0598  
[rhombusguysbrewing.com](http://rhombusguysbrewing.com)  
f/Rhombus-Guys-Brewing-Company

Open at 11 a.m.



### Voted Best Pizza in ND!

With two indoor levels, rooftop dining and a full bar, Rhombus Guys provides a unique experience for all. Dine-in, Carry-Out or Delivery... Don't be a square, eat at the Rhombus!



312 Kittson Ave • 701-787-7317  
Open 11 a.m.  
[rhombuspizza.com](http://rhombuspizza.com) • f/Rhombusguys



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**Tuesdays** — 60¢ Traditional & Boneless Wings (3–9 PM)

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**Fridays** — \$11.99 All-You-Can-Eat Cod (3–9 PM)

**Saturdays** — \$3.50 Mason Jar Bloody's, Screwdrivers, Caesar's and 20 oz. Domestic

**Sundays** — Power Hour — \$3 Burgers, Wings & Pork Sandwiches (11 AM–Noon)

1405 DeMers Ave, Grand Forks • 701-775-7740 • [WildBillsSportsSaloon.com](http://WildBillsSportsSaloon.com)





## Tour the Ralph.

Described by many as the finest facility of its kind in the world, Ralph Engelstad Arena serves as the home to UND hockey, basketball, and volleyball. This is a must see when you're in Grand Forks.

Tours available Mon.-Fri. at 1:30 PM

## Ralph Engelstad Arena

For reservations and directions call 701.777.6636 or visit [www.ralphengelstadarena.com](http://www.ralphengelstadarena.com)



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1350 S. 42nd St. • Grand Forks, ND • 701-757-2900 • [www.sleepinn.com](http://www.sleepinn.com)  
Conveniently located close to the Alerus Center, shopping and UND.



## Home of the famous chipper.

We make hundreds of homemade candies. Stop for a delicious sample at our unique shop in Downtown Grand Forks. We also ship our famous chippers – chocolate covered potato chips – and many other delicious products any where you would like.

## Widman's Candy Shop

106 3rd Street South • Grand Forks, ND • 701-775-3480  
Also located in Fargo, ND and Crookston, MN



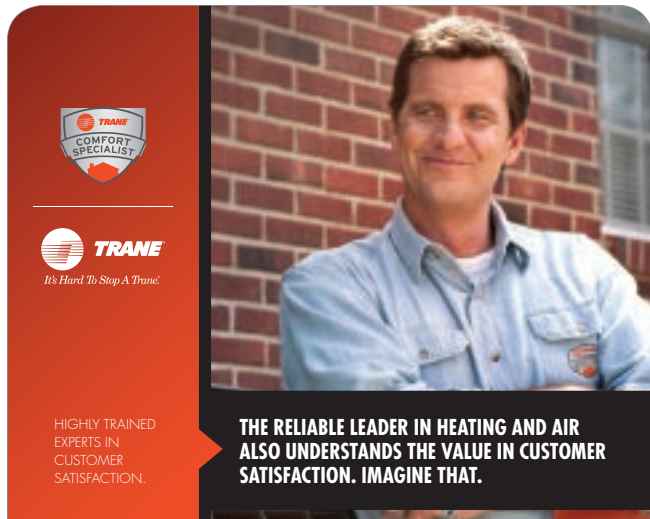
## Best Western Harvest Inn and Suites

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Grand Forks, ND 58201



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## Friday night racing at the Action Track.

Join us for Friday night racing featuring: Outlaw Sprints, Late Models, Midwest Modifieds and Street Stocks. Hot laps begin at 6:30 PM; Racing begins at 7:00 PM.

Save \$3.00 with advance tickets. Available at: El Roco, Gateway Cenex, Stamart, Home of Economy, Tesoro East and University Station

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701.780.0999  
[www.rivercities.com](http://www.rivercities.com)

f t @ /RiverCities



## A downtown original.

The Toasted Frog is an upscale lounge with an eclectic menu which includes wood-fired pizza, hand-cut steak, fresh seafood, lavosh and more ... serving food until 11:00 p.m. on weekdays and midnight on weekends. Full bar service available. Reservations accepted for groups of six or larger.

124 North 3rd Street • Grand Forks, ND • 701.772.FROG (3764)

[www.toastedfrog.com](http://www.toastedfrog.com)





Sky's serves hand-cut steaks, seafood, pastas, decadent desserts and more. The Cloud 9 Lounge offers specialty cocktails and a pub-style menu of small plates, sandwiches, and lavosh. Chef's specialties are created weekly – sign up for our email list to stay in the know!

*Let us host your private party or event – call for details!*

**Dining Room Hours** • Mon-Thur 5-10:30 p.m. • Fri-Sat 5-11 p.m.  
**Lounge Hours** • Mon-Thur 4-12:30 a.m. • Fri-Sat 4 p.m.-2 a.m.  
**Sunday Brunch** • 11 a.m. - 2 p.m. *(seasonal, call for availability)*



322 DeMers Avenue, Downtown GF  
 701.746.8970  
 SkysCloud9.com



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 701-772-9000  
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northlandcollege.edu • 1.800.959.NCTC • East Grand Forks • Thief River Falls

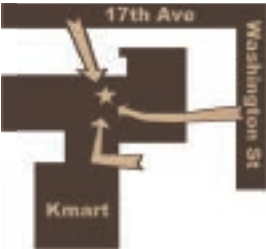


1726 S Washington St  
 Grand Forks  
 701-775-0714 • f

### Find something AMAZING today!

Antiques • Collectibles  
 Home Décor • Military Items  
 Furniture • Primitives & Tools  
 Advertising Signs

In the Grand Cities Mall  
 M-Sat – 10 a.m.-6 p.m.  
 Sun – 12-4 p.m.



### A golf course for everyone.

Valley Golf offers a unique layout consisting of nine tree-lined holes along the river with small, challenging greens; nine holes with an open layout, rolling hills, many sand traps and large ponds; and driving range. The clubhouse features a full service pro shop, snack bar, banquet room and bar to accommodate gatherings for all occasions.



2407 River Road NW • East Grand Forks, MN  
 218.773.1207 • www.valleygolfegf.com



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- Variety of floor plans and amenities
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 www.goldmark.com f/goldmark



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 shopnorthernroots.com  
 801 S. 42nd St • Grand Forks, ND • 701.757.4277  
 Across from the Alerus Center • Next to Tim Hortons

### EMPIRE ARTS CENTER

The Empire is a historic gem in downtown Grand Forks, now home to the lively local arts and cultural scene.  
*"a jewel in the heart of Greater Grand Forks."*



empireartscenter.com  
 415 DeMers Ave • Grand Forks, ND • 701.746.5500





If you build it, they will come. That's what HB Sound & Light staff believed in 2015...they were right! Held annually in December, the popular Holiday LEGO Display features thousands of toy blocks being used to re-create Grand Forks' blocks and landmarks.





Arrival Information

You'll find it's quick and easy getting to and around town. Let the following transportation resources be your guide.

Grand Forks International Airport

www.gfkairport.com  
Flight Support, 701-772-5504  
Airport Authority, 2301 Airport Dr.,  
701-795-6981  
Airport Parking, 701-772-0090  
U.S. Customs, 701-772-3301

Airlines

Allegiant,  
Grand Forks International Airport,  
702-505-8888, www.allegiant.com  
Delta Air Lines,  
Grand Forks International Airport,  
800-221-1212, www.delta.com

Taxi Service

B&R Taxi, 701-213-6682  
Dial-A-Ride,  
Grand Forks Taxi, 701-775-8294  
(available for people with disabilities)

Grand Forks Taxi, 701-780-8890  
www.grandforkstaxi.net  
Green Taxi, 701-317-6771  
Lyft, www.lyft.com/cities/grand-forks-nd  
Nodak Radio Cab, 701-772-3456  
(available for people with disabilities)  
Platinum Taxi, 701-335-3342  
Red White & Blue Taxi, 701-330-9640  
S & S Taxi, 701-772-4142  
www.sstaxis.com  
Uber, www.uber.com /cities/grand-forks-nd

Bus Lines

Dietrich Bus Service, 1115 55th St. N,  
701-772-0601 or 800-772-0601  
Grand Forks City Bus, 450 Kittson Ave.,  
701-746-2600 (routes and fare info)  
Jefferson Lines, 450 Kittson Ave.,  
701-775-4781 (local terminal),  
800-451-5333 (info and schedule)  
Triangle Coach Service,  
1611 Central Ave. NW, 218-773-2631

Railway Service

Amtrak, 5555 DeMers Ave.,  
701-775-0484 (local terminal),  
800-872-7245 (info and reservations)

Rental Car Agencies

Avis Rent-A-Car,  
Grand Forks International Airport,  
701-775-0688 or 800-831-2847  
Enterprise Rent-A-Car,  
Grand Forks International Airport,  
701-746-1375  
2205 S Washington St.,  
701-775-3977 or 800-325-8007  
Hertz Car Rental,  
Grand Forks International Airport,  
701-746-6426 or 800-654-3131  
1325 DeMers Ave., 701-787-7274  
National Car Rental,  
Grand Forks International Airport,  
701-746-1375 or 800-227-7368

Simply the facts

Location

Distance to Greater Grand Forks:  
Bismarck, ND ————— 240 miles  
Sioux Falls, SD ————— 328 miles  
Minot, ND ————— 210 miles  
Minneapolis, MN ————— 311 miles  
Fargo, ND ————— 72 miles  
Duluth, MN ————— 267 miles  
Winnipeg, Manitoba ————— 145 miles

Population

Grand Forks Metro Area ————— 102,414  
Grand Forks ————— 57,339  
East Grand Forks ————— 8,739  
Grand Forks Air Force Base ————— 2,856  
UND Enrollment ————— 13,847

Climate

Average High Temperatures  
Spring (March-May) ————— 51.0°F  
Summer (June-August) ————— 79.9°F  
Autumn (September-November) — 54.0°F  
Winter (December-February) ——— 17.2°F

Important Numbers

Emergency ————— 911  
Grand Forks Police Dept ——— 701-787-8000  
Grand Forks County Sheriff ——— 701-780-8280  
East Grand Forks Police Dept ——— 218-773-1104  
Polk County Highway Dept ——— 218-745-6709  
Polk County Sheriff ————— 218-281-0431

Medical Assistance

Altru Hospital ————— 701-780-5000  
(24-hour info)  
After Hours Emergency ——— 701-795-2200  
Medical Park ————— 701-732-2000  
RiverView Clinic ————— 218-773-1390  
Sanford Health ————— 218-773-6800

Area Information Services

Greater Grand Forks Convention  
and Visitors Bureau  
Local ————— 701-746-0444  
Toll Free ————— 800-866-4566  
Fax ————— 701-746-0775  
Website ——— www.visitgrandforks.com  
Chamber of Commerce ——— 701-772-7271  
Website ————— www.gochamber.org

City of Grand Forks  
Public Information Center ——— 701-746-2736  
Website ——— www.grandforksgov.com  
Job Service ND ————— 701-795-3700  
Website ——— www.jobsnd.com  
North Dakota Tourism ——— 800-435-5663  
Website ——— www.ndtourism.com  
Explore Minnesota ——— 888-VISITMN  
Website ——— www.exploreminnesota.com

Road Report

Minnesota ————— 800-542-0220  
North Dakota ————— 800-696-3511

Currency Exchange Rate

Call the Greater Grand Forks Convention  
and Visitors Bureau at 800-866-4566  
or 701-746-0444.

Alcoholic Beverage State Regulations

A person in North Dakota or Minnesota  
must be at least 21 years of age to buy or  
consume alcoholic beverages. Identification  
is required.

Ready to make a move? Welcome home!

Trust us, this is a great place to start or  
expand a business, work, live and raise a  
family. Both Grand Forks and East Grand  
Forks offer you the amenities of a large  
urban area and the safety, convenience and  
friendliness of a small community. Find out  
more about how to smoothly relocate here:

Greater Grand Forks Convention  
and Visitors Bureau  
701-746-0444 or 800-866-4566  
www.visitgrandforks.com

Chamber of Commerce – 701-772-7271  
www.gochamber.org

City of Grand Forks – 701-746-INFO  
www.grandforksgov.com

City of East Grand Forks – 218-773-2483  
www.ci.east-grand-forks.mn.us

Grand Forks Public Schools – 701-746-2200  
www.grand-forks.k12.nd.us

East Grand Forks Public Schools  
218-773-3494  
www.egf.k12.mn.us

Grand Forks Air Force Base – 701-747-5023  
public.grandforks.amc.af.mil

Grand Forks Herald – 800-477-6572  
www.gfherald.com

Job Service North Dakota  
701-795-3700 or 800-247-0986  
www.jobsnd.com

Minnesota Workforce Center  
888-438-5627 or 218-773-9841  
www.MNWorkforcecenter.org

Grand Forks Board of Realtors and  
Apartment Association – 701-775-4231  
www.grandforksndrealestate.com

Grand Forks Region Economic  
Development Corporation – 701-746-2720  
www.grandforks.org

Greater Grand Forks:  
Way Cooler Than You Think  
www.grandforksiscooler.com

Need help with your event? The CVB delivers!

Let us help make your conference, meeting or sporting event a success. Expert CVB staff will  
provide you all the information on Greater Grand Forks' first-rate venues, accommodations and  
transportation. We will also offer up our complimentary services that include:

- Personal planning assistance
- Formal bid proposals and presentations
- Housing coordination
- Attractions and spouse tour information
- Registration and media assistance
- Entertainment and speaker assistance
- Visitor information
- Transportation assistance
- Pre-event promotion (email blasts, social media and other tools)
- Banners and signage
- VIP gifts
- Printed name badges with lanyards

Choose from:

Alerus Center: 701-792-1200  
Meeting/Exhibit Space: 160,000 sq ft  
Meeting/Banquet Rooms: 17  
Capacity: 2,100  
Arena Capacity: 21,000  
Parking: 4,000 vehicles  
Shuttle Service: As requested

Canad Inns Destination Center: 701-792-1968  
Meeting/Banquet Rooms: 5  
Capacity: 150  
Specialty Rooms: UND Theme Board  
Room, Jacuzzi Rooms  
& Suites, Theme Rooms  
Parking: 1,200 vehicles  
Shuttle Service: Airport

Hilton Garden Inn: 701-775-6000  
Meeting/Banquet Rooms: 3  
Capacity: 200  
Parking: 150 vehicles

Ramada: 701-775-3951  
Meeting/Banquet Rooms: 7  
Capacity: 500  
Shuttle Service: Airport

TownHouse Hotel: 701-746-5411  
Meeting/Banquet Rooms: 6 Deluxe  
hospitality suites  
Capacity: 300  
Shuttle Service: Airport

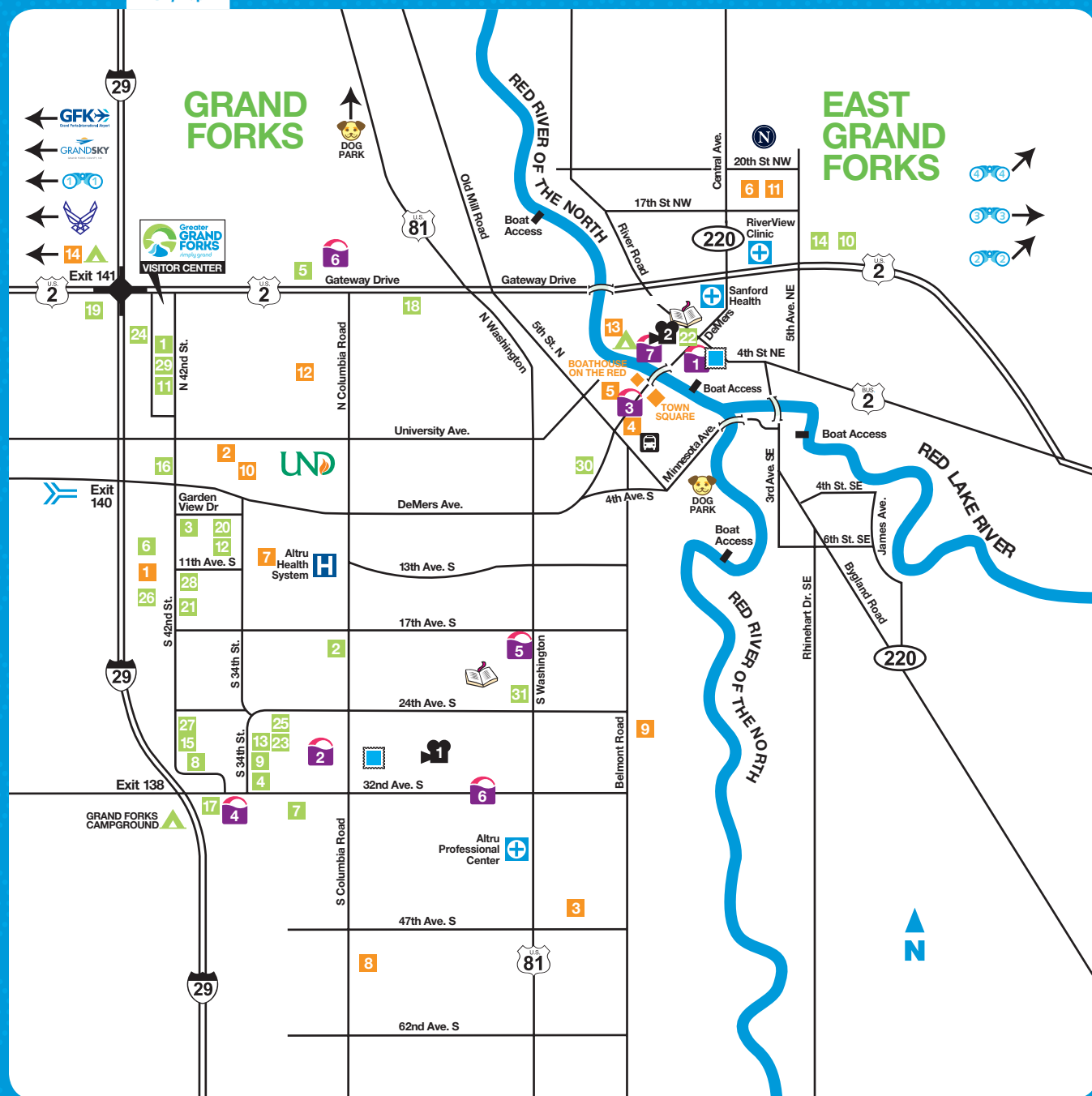
Unique Meeting Venues: For a listing  
of smaller places to gather, please go  
to [www.visitgrandforks.com/](http://www.visitgrandforks.com/meeting/facilities)  
meeting/facilities.



\*Figures provided by Grand Forks City Planners Office, Grand Forks Air Force Base and The University of North Dakota



## City Map



## ACCOMMODATIONS

- 1 Americas Best Value Inn
- 2 AmericInn
- 3 Baymont Inn & Suites
- 4 Best Western Harvest Inn
- 5 Budget Inn Express
- 6 Canad Inns
- 7 C'mon Inn
- 8 Country Inn & Suites
- 9 Days Inn
- 10 East Grand Inn
- 11 Econo Lodge
- 12 Expressway Suites
- 13 Fairfield Inn by Marriott
- 14 Fairfield Inn & Suites East
- 15 Hampton Inn & Suites
- 16 Hilton Garden Inn
- 17 Holiday Inn Express Hotel & Suites
- 18 Ideal Inn
- 19 Knights Inn & Suites
- 20 La Quinta Inns & Suites
- 21 My Place
- 22 Plaza Motel
- 23 Quality Inn
- 24 Ramada
- 25 Rodeway Inn
- 26 Sleep Inn & Suites – Alerus Center
- 27 SpringHill Suites by Marriott
- 28 Staybridge Suites
- 29 Super 8 Motel
- 30 TownHouse Hotel
- 31 Travelodge

Camping

## AREA ATTRACTIONS

- 1 Alerus Center
- 2 Chester Fritz Auditorium
- 3 Choice Health & Fitness
- 4 Empire Arts Center/UND Art Collection Gallery
- 5 Fire Hall Theatre
- 6 Heritage Village
- 7 Japanese Garden
- 8 King's Walk Golf Course
- 9 Myra Museum
- 10 North Dakota Museum of Art
- 11 Northern Lights Railroad Museum
- 12 Ralph Engelstad Arena/Betty Engelstad Sioux Center
- 13 Red River State Recreation Area
- 14 Turtle River State Park 20 miles west

## MOVIE THEATERS

- AMC Classic 10
- River Cinema 15

## BEHIND THE SCENES

The Official Visitors Guide to Greater Grand Forks is published annually by the Greater Grand Forks Convention and Visitors Bureau, 4251 Gateway Drive, Grand Forks, ND 58203. Information, editorial content and photography are current. However, the publisher cannot assume responsibility for any changes occurring after publication. No portion of this publication may be reproduced without the written permission of the publisher. Advertising rates are available upon request.

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## BIRDING SITES

- Kellys Slough National Wildlife Refuge 4 miles west
- Agassiz Wildlife Refuge 57 miles northeast
- Rydell Wildlife Refuge 48 miles east
- Wetlands, Pines & Prairie Audubon Sanctuary 27 miles northeast

## SHOPPING DESTINATIONS

- Cabela's
- Columbia Mall
- Downtown Shopping District
- Grand Forks Marketplace
- Grand Cities Mall
- Happy Harry's Bottle Shops
- Riverwalk Centre

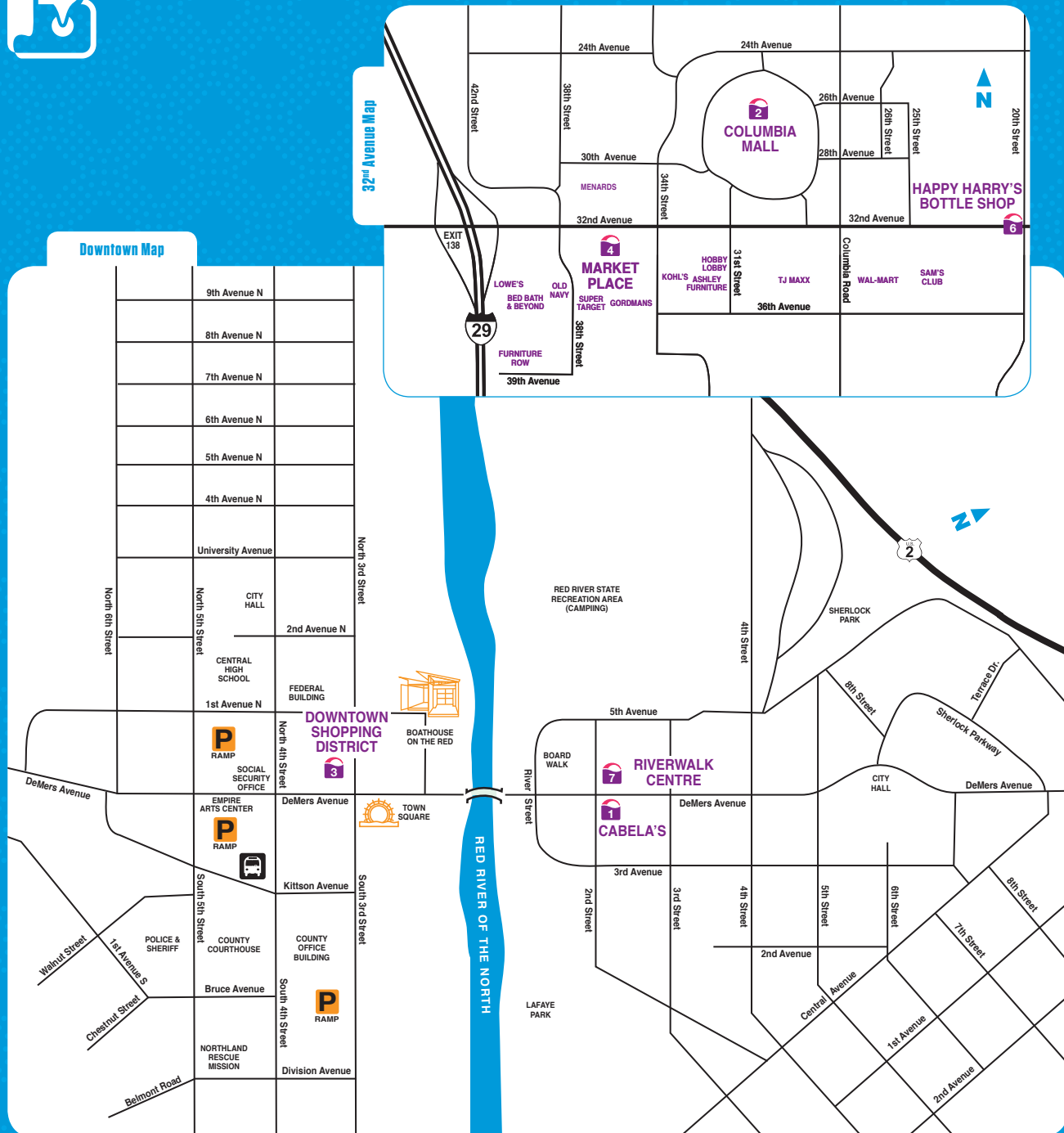
## MISCELLANEOUS

- AMTRAK
- Altru Health System
- Altru Professional Center
- Sanford Health
- RiverView Clinic
- Bus Depot
- Public Library
- Post Office
- Grand Forks Air Force Base 15 miles west
- Grand Forks International Airport 5 miles west
- Grand Sky Aviation & Business Park
- Greater Grand Forks Visitor Center
- Dog Parks: Lincoln Park and Circle of Friends - N Washington
- Northland Community and Technical College
- University of North Dakota

## RAISING THE BAR

Greater Grand Forks is the proud home of the University of North Dakota and Northland Community and Technical College. The students, professors and staff members bring a high, ever-changing energy level to our area. Their studies, work, research and activities enrich life for all of us through leading thinking, economic development, sports and cultural activities. Find out more at [www.UND.edu](http://www.UND.edu) and [www.ThinkNorthland.com](http://www.ThinkNorthland.com).





## Make the Visitor Center your first stop

Stop in or call...we're here to help! Open Monday through Saturday year-round, our knowledgeable staff will provide you with information on area and statewide events, attractions, shops, restaurants and accommodations.

### We offer

- Free visitor coupon book (great savings at area businesses)
- Free brochures, maps and guides
- After-hours box (outside the front door) so you can pick up local and state maps and information
- Display board of current events
- Picnic and pet exercise area
- Free coffee and kids' treats
- Flood of 1997 video (12-minute video) chronicling the devastation caused by our cities' historic "flood of the century"
- Free Wi-Fi, computers and charging station
- Regional gift shop
- Geocaching box
- Little Free Garden

### Easy to find

We're conveniently located at the junction of Interstate 29 (Exit 141) and U.S. Hwy. 2.

4251 Gateway Dr.

### GPS coordinates:

N 47 55.954, W 97 05.439



### Contact us

Greater Grand Forks  
Convention and Visitors Bureau  
4251 Gateway Drive  
Grand Forks, ND 58203  
701-746-0444 (phone)  
800-866-4566 (toll free)  
701-746-0775 (fax)

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Rene Lassonde, Travel Counselor  
Karen Cote, Travel Counselor  
info@visitgrandforks.com



Check out the area's interactive master calendar at [www.visitgrandforks.com](http://www.visitgrandforks.com).



## Local Flavors

Be sure to browse through our Visitor Center Gift Shop featuring Pride of Dakota products that include syrup, jam, bison sausage, mustard, Grubbersputz's popcorn, Dot's Pretzels and many others. Pick up souvenirs for family and friends like magnets, pins, key chains, coffee mugs, wine glasses, t-shirts, postcards and more... treasures perfect for giving or keeping as a reminder of your SimplyGrand time in Forks.