



# Visit Greater **GRAND FORKS**

grand forks, nd | east grand forks, mn



## SHOPPING

say hello to  
good buys

## WINE, SPIRITS & BREWS

flavors to sip and savor

## GRAND EVENTS

fun to-dos just  
for you

# Welcome to Greater Grand Forks!

Grand Forks, ND / East Grand Forks, MN

Whether it be power shopping at big box retailers or browsing through unique boutiques. Dining at a legendary steakhouse or nouveau Molly Yeh café. Enjoying a local music festival Downtown or national concert tour at Alerus Center. Strolling through an awesome art gallery or on a scenic Greenway trail. Oaring up to kayak the Red or sticking around to experience University of North Dakota Hockey at the Ralph. Greater Grand Forks is a vibrant, thriving community surrounded by rich, beautiful farm country. It's a place that feels warm even in winter...where you'll find plenty to see and do, in addition to meeting some of the coolest people around. We invite you to come see firsthand why two Forks equals twice the fun!

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**QR CODES** // You will find these QR codes throughout the Visitor Guide for quick access to our web pages. To use them grab your phone or tablet, open the camera, point the camera at the QR code and tap the banner that appears. // Please note; even though several people worked diligently putting this guide together, sometimes a business gets missed. That's why we encourage everyone to check out [www.visitgrandforks.com](http://www.visitgrandforks.com) for a complete listing of all our great places to stay, play, shop, dine and unwind!

## SIMPLY THE FACTS //

### Population

Grand Forks Metro Area // 102,414

Grand Forks // 59,166

East Grand Forks // 9,176

Grand Forks Air Force Base // 2,685

UND Enrollment // 13,876

### 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





Good golly, Miss Molly (Yeh) and her husband Nick have opened Eastside's newest eatery: Bernie's! Named after her adorable daughter, this Food Network star's first restaurant endeavor is already a hit. Located in the former Whitey's space, Molly wanted to make sure this iconic restaurant was not forgotten by keeping the famed horseshoe bar and even using letters from the original sign. The café menu features a variety of Midwest dishes sprinkled with Molly's unique heritage and creativity. Patrons can enjoy tasty hotdishes, lefse, pastries, cookies, bars and breads, which are also used to make some scrumptious sandwiches. Within the café you'll find a market which is stocked with frozen hotdish to-go, alongside specialty pantry ingredients, cooking tools and Bernie's merchandise.







# SAY HELLO TO OUR NEIGHBORHOODS

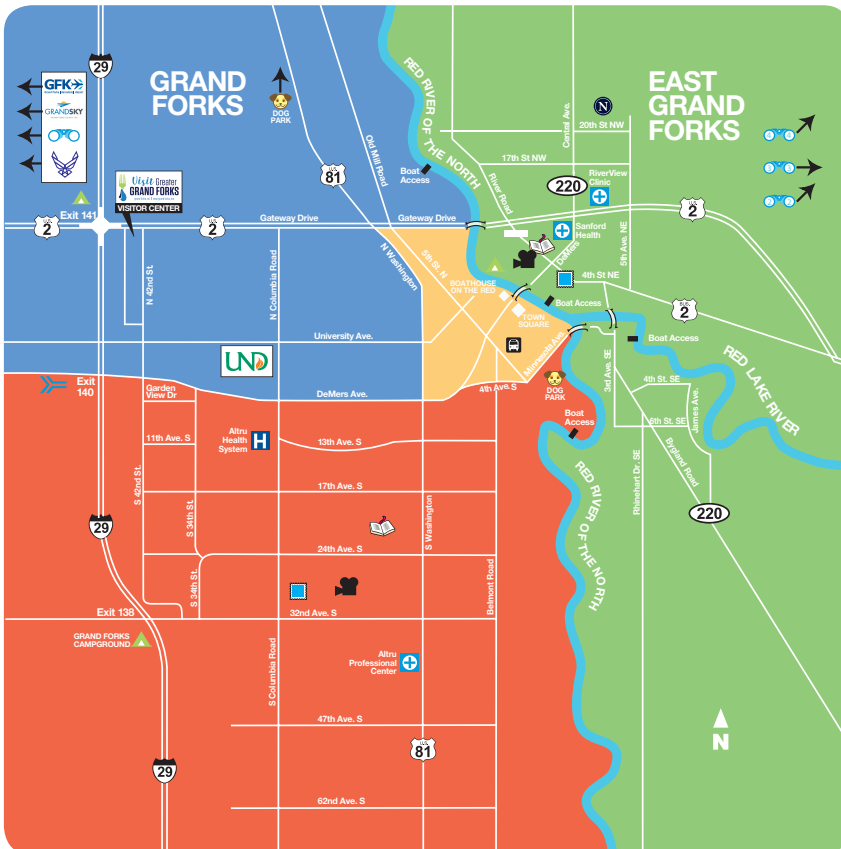


- **DOWNTOWN** // With everything from entertainment venues like the Beacon, Empire Arts Center and Fire Hall Theatre to Hugo's Pure Market, Widman's Candy store and shops galore, this area attracts numerous locals and visitors. There are also several restaurants, bars and breweries dotting DeMers Avenue, 3rd Street and our beautiful Greenway Trail System.
- **EASTSIDE** // Walk across Sorlie Bridge into East Grand Forks and experience that friendly small town vibe at its finest. There you will discover a boardwalk, situated near the Red River, lined with popular homegrown eateries like Blue Moose and Bernie's. Across the street is Cabela's World's Foremost Outfitter, as well as Riverwalk Centre, which features a luxury movie theater and variety of local businesses.
- **NORTHSIDE/UND** // While here, cheer on our championship University of North Dakota Men's Hockey team at the magnificent Ralph Engelstad Arena. Browse through all the great works at the North Dakota Museum of Art. Then cap it off with a famously delicious Grinder sub at The Red Pepper.
- **SOUTHSIDE** // Perhaps best known as the part of town where many big box stores, franchise restaurants and the Grand Forks Marketplace reside, it has become a hot spot for locally owned boutiques and bistros, as well. This area also offers great places to tee it up, such as King's Walk Golf Course and wind down afterward, perhaps with a glass of vino at Helix, our city's premier wine bar.





 Downtown Street Fair / Downtown



## NEIGHBORHOODS //

Throughout this publication you will find each section categorized by neighborhood. Please use this as a guide when deciding which area of Forks to explore

- DOWNTOWN
- EASTSIDE
- NORTHSIDE/UND
- SOUTHSIDE





# DINING

// Eat, drink and gather merrily. Dine at one of our diverse eateries, including some with gourmet fare and five-star ambience. Enjoy everything from global cuisine and seasonal menus to Midwest comfort food and dishes inspired by local ingredients.



Harry's Steakhouse / Downtown





## DOWNTOWN DINING



### **Harry's Steakhouse** / 421 DeMers Ave., GF, 701-757-2333

Located in the heart of Downtown, Harry's is a 5-star steakhouse and lounge serving up a warm, timeless ambience that perfectly accompanies the classic cuisine. In addition to a variety of fine bovine selections, their menu features succulent seafood, superb side dishes, amazing appetizers, decadent desserts and cool cocktails.

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

Dreaming about pizza with pizzazz? Rhombus Guys can make all your foodie fantasies come true. This funky three-level restaurant, with rooftop seating overlooking Downtown, specializes in gourmet pies dubbed Best Pizza in the State by Business Insider. Toppings range from the usual suspects (pepperoni, sausage and peppers) to the more avant-garde (pork loin, shrimp and pickles).



### **Sky's** / 322 DeMers Ave., GF, 701-746-8970

An evening here comes complete with a second story view of Downtown and exquisite cuisine like jumbo lump crab cakes, herb crusted prime rib and grilled salmon finished with a luxurious toffee bacon drizzle. The Cloud 9 Lounge offers a more casual dining experience and less formal menu. Sunday Brunch, served from 10 AM to 2 PM, features everything from crème brulee French toast to smoked salmon eggs Benedict.

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

This 21+ trendy yet inviting restaurant and lounge boasts an extensive martini list to accompany fabulous gourmet food. Our area's hottest chefs offer up cool culinary creations like mahi-mahi tacos, Thai chili pork tenderloin and a game-changing elk burger adorned with fresh arugula, tomato and caramelized onion aioli. Of course, the Cooking Channel featured fried cheesy pickles are a must-order. When it comes to dessert, there's always room for s'mores...with an espresso martini chaser.



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### **Bonzer's Sandwich Pub** /

420 DeMers Ave., GF, 701-775-0365

### **Brick & Barley** /

9 N 3rd St., GF, 701-757-4012

### **Ely's Ivy** /

22 S 3rd St., GF, 701-739-0243

### **French Taste** /

110 N 3rd St., 701-739-2575

### **Half Brothers Brewing Company** /

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

### **The Hub Pub** /

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

### **Joe Black's** /

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

### **The Loft** /

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

### **Rhombus Guys Brewing Company** /

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

### **Shing Ya** /

108 N 3rd St., GF, 701-772-0515

### **Sledster's Food & Brew** /

21 S 4th St., GF, 701-775-0050

### **Tea & Crepe Café** /

307 DeMers Ave., GF, 701-757-1040

### **Thai Hot** /

414 DeMers Ave., GF, 701-739-4800

### **Urban Stampede** /

324 Kittson Ave., GF, 701-746-9531

## EASTSIDE DINING



### **The Blue Moose Bar & Grill** / 507 2nd St. NW, EGF, 218-773-6516

Surrounded by knotty pine and neon, this cozy yet eclectic eatery has a vibe perfect for all occasions. Along with The Moose's signature Bourbon Street pasta, Norwegian barbecue ribs and PBEB (peanut butter, fried egg and bacon) burger, other popular menu items include the fried walleye sandwich, chicken Meisner and gorgonzola ribeye. They also have a large tapas menu with an array of tasty small plates including spinach queso, stuffed mushrooms and sriracha ranch boneless wings.

### **Casa Mexico** / 112 14th St. NE, EGF, 218-773-4331

Mi casa es su casa...that's the motto at this locally owned restaurante! Friendly servers make everyone feel at home, while bringing unlimited amounts of homemade chips and salsa. When it comes to choosing from all the amazing entrees, must-tries include the sizzling steak fajitas, creamy seafood enchiladas and popular pollo campestre: grilled chicken breast topped with roasted corn, red peppers, cilantro and spicylicious queso.



### **The Spud Jr.** / 302 DeMers Ave., EGF, 218-399-0121

Thanks to The Spud Jr., everyone can enjoy our famously flavorful Red River Valley potatoes. But that's not all, they also serve up a variety of popular eats and drinks dedicated to dearly beloved local establishments such as the Antique and Whitey's. Whether you prefer your cheddar combined with mac and adorning a juicy burger, gently pressed between two slices of fresh bread or shredded atop a decadent brunch poutine, The Spud's culinary creations always leave patrons exclaiming: "Cheese, that's good!"

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

Italians may be the inventors but Minnesotans are the ones who perfected it. And when it comes to pies that are molto delizioso, Up North really takes the cake! Local faves include the Gnarly Charlie, Saucy Hen, Thatzá Meatball and General Tso. Any of their 40 on tap beers makes a perfect pizza chaser.



### **Bernie's** /

121 DeMers Ave, EGF, 218-230-2960

### **Boardwalk Bar & Grill** /

415 2nd St. NW, EGF, 218-399-3000

### **Bully Brew Coffee** /

321 DeMers Ave., EGF, 218-399-0187

### **Caribou Coffee** /

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

### **Cherry Berry** /

1010 Central Ave. NE, EGF, 218-779-1338

### **Dairy Queen** /

1412 Central Ave. NE, EGF, 218-773-7602

### **Domino's Pizza** /

130 Gateway Dr. NE, EGF, 218-773-2121

### **Little Bangkok** /

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

### **Luigi's Pizza** /

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

### **McDonald's** /

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

### **Mike's Pizza & Pub** /

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

### **Red Pepper East** /

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

### **River Deck** /

415 2nd St. NW, 2nd Floor, EGF, 218-399-3000

### **The Shire Bar & Grill** /

211 DeMers Ave., EGF, 218-399-0230

### **Subway** /

210 Gateway Dr. NE, EGF, 218-773-6637

### **Wired Bean Coffee House** /

210 Gateway Dr. NE, EGF, 218-693-2070



## NORTHSIDE/UND DINING

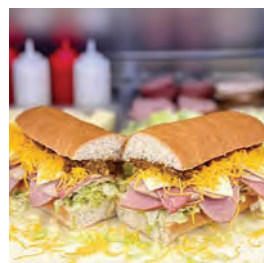


### **Darcy's Café** / 1015 N Washington St., GF, 701-775-4050

Open for breakfast and lunch, this quaint downhome diner dishes up plates filled with hearty homestyle goodness that draw in regulars from miles around. In fact, their pumpkin and cinnamon roll pancakes helped garner Darcy's the Best Pancake House in North Dakota award. Along with flapjacks you'll flip over, cooks here also know how to sling some tasty savory hash including stuffed omelets, melt sandwiches and turkey with all the trimmings.

### **The Red Pepper** / 1011 University Ave., GF, 701-775-9671 / 415 N 42nd St., GF, 701-772-8226

Word has it if you're looking for the best Grinder ever, head to The Red Pepper! 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 all off with a secret recipe creamy white sauce. These flavor bombs are so popular, they were even dubbed Best Late Night Food in the USA by Esquire magazine.



### **Speedway 805 Grill & Bar** / 805 42nd St. N, GF, 701-772-8548

I feel the need...the need for Speedway 805 Grill & Bar! That's what patrons say when craving their stick-to-your-ribs, pocketbook-friendly food. Along with all the hearty red meat creations, Speedway is famous for smokin' up the best barbecue in town. Other menu favorites include the jumbo fried shrimp, smothered chicken and a decadent jalapeno popper burger topped with their zesty meets sweet Speedway Sauce. For those who enjoy adult beverages, the fishbowl cocktails here pack one flavorful punch.

### **Archives Coffee House** /

3012 University Ave., GF, 701-757-1970

### **BigFoot BBQ** /

Ramada: 1205 N 43rd St., GF, 701-846-2780

### **Burger King** /

3765 Gateway Dr., GF, 701-772-0343

### **Casey's** /

1300 Ralph Engelstad Arena Dr., GF,  
701-738-8383

### **Dairy Queen** /

1209 N 5th St., GF, 701-772-3801

*Closed during winter*

### **DogMahal DogHaus** /

305 N Washington St., GF, 701-757-4000

### **Fat Alberts Subs** /

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

### **Deek's Pizza** /

512 N Washington St., GF, 701-772-3335

### **Great American Grill** /

Hilton Garden Inn:

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

### **Hardee's** /

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

### **Jimmy John's** /

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

### **The Kegs Drive-In** /

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

*Open summer only*

### **Melissa's Mobile Cocina** /

1730 N Washington St., GF, 701-317-3268

### **La Cantina** /

1730 13th Ave. N, GF, 701-757-0536

### **Little Caesar's Pizza** /

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

### **McDonald's** /

Hwy. 2 and I-29 Junction, GF, 701-746-7980

### **North Side Café** /

2950 10th Ave. N, GF, 701-738-8500

### **North Dakota Museum of Art Café** /

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

### **Papa Murphy's Pizza** /

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

### **Popolino's Pizza** /

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

## NORTHSIDE/UND DINING

### Red River Grill & Market /

Grand Forks International Airport,  
701-738-4630

### Roadhouse Café /

4720 Gateway Dr., GF, 701-772-1273

### Safari Restaurant /

1305 Stanford Rd., GF, 701-757-4056

### SlapShot Pizza /

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

### Subway /

1801 Gateway Dr., GF, 701-772-6357

### Taco John's /

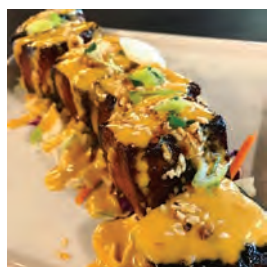
2522 Gateway Dr., GF, 701-772-5712

## SOUTHSIDE DINING

### Ground Round Grill & Bar / 2800 32nd Ave. S, GF, 701-775-4646

Searching for the beefiest burger on the Southside of town?

Hoof it over to the Ground Round! If you happen to stop by on a Tuesday, their mouth-watering between-the-buns creations are 2-for-1. In addition to Midwest comfort food, this welcoming neighborhood establishment prides itself on serving a variety of global fare including Mexican, Italian and Asian. When feeling a little saucy, dive into an order of GR's famous Buffalo wings or St. Louis ribs.



### Helix / 4491 S Washington St., GF, 701-757-1444

Fabulous food and fine wine intertwine at Helix. It's the perfect place to chat with friends over charcuterie and a glass of chardonnay or spend a romantic date with your mate canoodling over pasta and pinot grigio. Helix's cool yet cozy ambiance attracts 21+ patrons of all persuasions. Some of the stellar entrees include shrimp & scallop bucatini, mango peanut pork belly and filet mignon with roasted red pepper risotto. When it comes to dessert, be prepared to go nuts over their scrumptious banana bread pudding!

### House of Punjab / 3000 32nd Ave. S, GF, 701-757-0766

Experience a taste of New Delhi right here in good old Grand Forks! Just some of the authentically delicious Indian dishes served here include Veggie Samosas (fried dough pockets stuffed with seasoned potatoes and peas), Paneer Naan (fresh baked bread filled with cottage cheese and cilantro), Kashmeri (shrimp sauteed with tomatoes, onions, peas and a hint of mango) and Tikka Masala (roasted marinated chicken in a spiced curry sauce with bell peppers and onions).



### The Parrot's Cay Tavern & Grill / 1149 36th Ave. S, GF, 701-795-4053

If you wanna experience a little tropical heat, just head south on Washington Street...to The Parrot's Cay! Really feel the burn with an order of spicy Shark Wings, which were included on BuzzFeed's Top Ten Wings to Try Before You Die list. Nothing goes better with some Jimmy Buffet music than a pitcher of cold beer and The Cay's Bayou Sampler complete with crawdads, grilled shrimp and fried alligator bites.



## SOUTHSIDE DINING

### Aalto's /

Canad Inns: 1000 S 42nd St., GF, 701-792-1957

### Applebee's Neighborhood Bar & Grill /

2851 S Columbia Rd., GF, 701-795-5688

### Arby's /

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

### Boss' Pizza & Chicken /

951 42nd St. S, GF, 701-757-2677

### Buffalo Wild Wings /

2717 S Columbia Rd., GF, 701-775-9464

### Bully Brew Coffee /

2100 S Columbia Rd., GF, 701-772-1995

4571 S Washington St., GF, 701-757-2075

### Burger King /

1416 S Washington St., GF, 701-772-3025

3151 32nd Ave. S, GF, 701-787-2435

### Burger Time /

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

### Caribou Coffee /

2400 S Washington St., GF, 701-775-3668

Hugo's: 1750 32nd Ave. S, GF, 701-746-0688

1225 S Columbia Rd., GF, 701-746-9585

### Charras & Tequila /

3915 32nd Ave. S., GF, 701-757-3333

### Cherry Berry Yogurt Bar /

3321 32nd Ave. S, GF, 701-757-2110

### Chick-fil-A /

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

### China Garden /

2550 32nd Ave. S, GF, 701-772-0660

### Cold Stone Creamery /

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

### Crooked Pint Ale House /

1930 S Columbia Rd., GF, 701-780-9000

### Culver's /

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

### Dairy Queen /

3600 S Columbia Rd., GF, 701-738-8530

### Dairy Queen/Orange Julius /

1205 S Washington St., GF, 701-775-5422

### Domino's Pizza /

2705 S Washington St., GF, 701-746-6437

### Eagles Crest Grill /

King's Walk Golf Course:

5301 S Columbia Rd., GF, 701-787-3491

### Early Morning Espresso /

1823 S Washington St., GF, 701-740-6494

### El Gordito /

Columbia Mall:

2800 S Columbia Rd., GF, 701-757-0214

### Erbert & Gerbert's /

3000 32nd Ave. S, GF, 701-757-3070

### FireHouse Subs /

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

### Fuji Japanese Steakhouse & Seafood /

715 S Washington St., GF, 701-757-3855

### French Taste LLC /

Grand Cities Mall:

1720 S Washington St., GF, 701-739-2575

### Five Guys Burgers & Fries /

3321 32nd Ave. S, GF, 701-757-1101

### Gramma Butterwick's Family Restaurant /

1421 S Washington St., GF, 701-772-4764

### Ginna's Café /

Scheels:

2800 S. Columbia Rd., GF, 701-780-9424

### Grand Junction Grilled Subs /

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

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

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

### IHOP /

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

### Italian Moon Pizza & Mexican Food /

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

### Jersey Mike's Subs /

1970 S Columbia Rd., GF, 701-732-3200

### Jimmy John's /

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

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

### JL Beers /

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

### King Pho /

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

### Kentucky Fried Chicken /

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

### Marco's Pizza /

3901 S Washington St., GF, 701-772-4000

### McDonald's /

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

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

### Mexican Village /

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

## SOUTHSIDE DINING

### Mo's Cafe /

Grand Cities Mall:  
1726 S Washington St., GF, 701-757-0319

### Mt. Everest 8,848 /

2915 S Washington St, GF, 701-740-2225

### Noodles & Company /

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

### O' For Heaven's Cakes N' More /

1726 S Washington St., GF, 701-757-2253

### The Office Pub & Grub /

1210 S Washington St., GF, 701-757-1091

### Olive Garden /

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

### The Other Half Coffee & Taphouse /

4571 S Washington St., GF, 701-757-2075

### Panda Buffet /

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

### Panera /

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

### Papa John's Pizza /

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

### Papa Murphy's Pizza /

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

### Paradiso Mexican Restaurant /

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

### Perkins Family Restaurant /

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

### Pete's Za /

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

### Pita Pit /

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

### Pizza Hut /

1418 S Washington St., GF, 701-772-6000  
*Delivery/carry out only*

### Pizza Ranch /

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

### Playmaker's All-American Lounge /

Canad Inns:  
1000 42nd St. S, GF, 701-792-1955

### Qdoba Mexican Grill /

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

### Red Lobster /

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

### The Red Pepper /

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

### Rumors Bar & Grill /

1720 S Washington St., GF 701-772-0125

### Sakura Japanese Steakhouse /

3250 32nd Ave. S, GF, 701-757-3888

### Scooter's Coffee /

1111 S Washington St, GF, 701-757-0505

### Sin Bin /

4401 S Washington St., GF, 701-757-0658

### Smiling Moose Rocky Mountain Deli /

623 S Washington St., GF, 701-757-3354

### Sonic Drive-In /

1800 S Washington St., GF, 701-757-3278

### Southgate Bar & Grill /

2525 S Washington St., GF, 701-775-7941

### SouthTown PourHouse /

2015 Library Cir., GF, 701-757-3825

### 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, 218-230-6149

### Subway /

2400 S Washington St., GF, 701-772-9334  
1850 S Columbia Rd., GF, 701-772-3526  
3341 32nd Ave. S, GF, 701-772-9335  
1217 S Washington St., GF, 701-772-9334  
4401 32nd Ave. S, GF, 701-738-0071

### Taco Bell /

1301 S Washington St., GF, 701-772-6196

### Tavern United /

Canad Inns:  
1000 42nd St. S, GF, 701-792-1958

### Texas Roadhouse /

3200 32nd Ave. S, GF, 701-746-7427

### Vinyl Taco /

1970 S Columbia Rd., GF, 701-757-2300

### Wendy's /

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

### West African Cuisine /

Columbia Mall:  
2800 S Columbia Rd. GF, 7001-213-8699



**DINING //** Scan here to  
find most up-to-date  
listing of dining options.



# UNIQUELY Forks



## 1 Real Good Cookies - Brick & Barley /

Have a monster appetite for cookies that are enormously delicious? Just order up a dozen made from scratch Salted Bittersweet Chocolate ones or get a little crazy and try the gourmet stuffed cookies filled with everything from fruity cereal to nuts, even candy bars!

## 2 Three Farm Daughters Pasta - Hugo's /

When it comes to finding the best pasta around, use your noodle and pick up some Three Farm Daughters rotini, penne, elbow or cavatappi! Born and raised in Grand Forks, these three sisters – Annie, Mollie and Grace – are turning out quality products made with only two ingredients: wheat flour and durum wheat semolina sourced from regionally grown crops. It is also higher in protein, fiber and flavor.

## 3 "Home Is Where the Eggs Are" Cookbook - Bernie's /

Popular blogger, author and chef turned Food Network host, Molly Yeh has really put her stamp on the culinary map while simultaneously shining a spotlight on Grand Forks/East Grand Forks, where she and her family currently reside. Pick up Molly's latest cookbook at her recently opened Eastside eatery, then get ready to prepare delectable dishes at home just like she does on "Girl Meets Farm".

## 4 Chippers - Widman's Candy /

What happens when you take a rippled potato chip and hand-dip it in creamy homemade chocolate? Known around the world as Chippers, these slightly salty and perfectly sweet treats are Widman's claim to candy fame.

## 5 Bully Brew Coffee /

Not only does this popular coffeehouse brew up lots of tasty drinks, they take pride in being Forks' official coffee roaster. Be sure to bag some of these cool beans before heading out.

## 6 Grinder Kits - Red Pepper /

Topped with their secret recipe red and white sauces, the sandwiches at this legendary restaurant are so addictively delicious, owners just had to figure out a way to help loyal patrons all over the country get their Grinder fix.

## 7 "Dare to Make History: Chasing a Dream and Fighting for Equity" - Ferguson Books & More /

Grand Forks natives Jocelyne Lamoureux-Davidson and Monique Lamoureux-Morando are North Dakota's first Olympic Gold Medalists and recipients of the Theodore Roosevelt Roughrider Award. Monique and Jocelyn have helped lead the battle for gender equity in hockey, sports and society at large. They also founded the Lamoureux Foundation, which funds educational and extracurricular programs for children in need. Be inspired as these legendary twins lead us through their historic hockey careers and impactful lives off the ice.

## 8 Rhombus Guys Brewing Company Greenway Double India Pale Ale - Happy Harry's /

While Forks produces lots of great ales, IPA connoisseurs will tell you Rhombus Guys' Greenway is a brew above the rest! Made with Citra hops for a punch of tropical flavor and branded in honor of our uniquely grand Greenway Trail System, it will quickly become your BBF (Best Beer Forever).







# WINE, SPIRITS & BREWS

// All's well that ends well with ale, wine, plus a vodka chaser, courtesy of three area brewpubs, two distilleries and one winery. Both Rhombus Guys Brewing Company and Half Brothers Brewing Company serve up superb suds and fabulous food out of trendy, laidback Downtown spaces. Grape Mill is a family-owned vineyard and winery preparing and pouring glassfuls of fine wine. Who says you can't make vodka out of sugar beets? At Red Pine Distillery, they do just that...rum, too! Drop by any of these places to sample for yourself and perhaps even take a tour. Embark on a MiNny road trip to Hallock and sample more beers from Revelation Ale Works or some of the hard stuff at Far North Spirits. When it comes to one grand place that carries it all, a visit to the "big red barn" (also known as Happy Harry's) is a must. If caffeine is your drug of choice, we gotcha covered there, too! With several coffeehouses scattered about, our Forks are percolating up some tasty brews. Six Forks favorites are Archives, Bully Brew, Urban Stampede, Scooter's, Wired Bean and the Early Morning Espresso kiosk.

**Urban Stampede Coffeehouse** / The Urban is a former fur bank turned saloon with tons of character. Check out the historic safe, tin ceiling, dark wood bar and intricate stone floor. Sip on freshly brewed coffee or tea 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 bagel, muffin or scone. During summer months, take it outside to café tables situated in the heart of Downtown.

**Bully Brew Coffee** / This Grand Forks original is the only place in town that actually roasts their own beans. Ranging from light to dark, top blends include Uff Da, Cowboy and Mocha Java. Enjoy a cup at any of three Greater Grand Forks locations or since they will bag it to-go, y'all can brew a pot at home anytime. Make sure to also try one of the scrumptious caramel rolls made in-house daily.

**Half Brothers Brewing Company** / At Half Brothers, producing superior suds and fabulous food is a family affair. Together, siblings Chad and Taylor have created a 10-barrel production brewery, taproom and eatery that specializes in locally inspired hand-crafted beers and food. A few noteworthy concoctions are the Grand Forks Classic Pale Ale, Morning Squeeze IPA and Pink Fluffy Unicorns Dancing on Rainbows Sour Fruited Gose. Some of the signature menu offerings include smoked chicken wings, pretzel bites with house-made beer cheese sauce, L&M brats and an assortment of tasty pizzas

**Rhombus Guys Brewing Company** / Located in the legendary Metropolitan Opera House, the Rhombus Guys – Matt and Aaron - really know how to make iconic (blonde) ales. This popular Downtown brewhouse serves up their version of popular styles including ambers, IPAs, pales, sours and stouts. The kitchen also produces a variety of great eats including burgers, sandwiches, cheese curds, Scotch eggs and the tastiest fried Brussels sprouts this side of Belgium.

**Grape Mill Winery and Vineyard** / This Eastside vineyard, winery and tasting room offers you the chance to sample all the Halverson Family's great grape creations, with an option to purchase your favorites afterward. Tours are available by appointment. Please call for their seasonal schedule, which may also include live music and food truck fare.

**The Other Half Coffee & Tap House** / The clever folks at Half Brothers Brewing and Bully Brew Coffee have teamed up to the open The Other Half Coffee & Tap House, where they offer a variety of food and beverages for all ages and tastes. 21+ patrons can partake in wine, beer and mimosa flights which will lift you up, while everyone can enjoy the coffee and hot chocolate ones that bring you back down for a safe landing. The Other Half also has the biggest and best charcuterie boards in Forks.

## NIGHTLIFE

// When the lights go down in our cities, you will find an abundance of local haunts serving up good times in various venues and vessels. Are y'all a fan of country music, cold beer and games of chance? Perhaps a connoisseur of cool jazz, cabernet sauvignon and stimulating conversation? Or maybe you just want to hit the dance floor and rock out to some hot live tunes? No matter, our awesome spots to relax, jive and imbibe will provide plentiful places to raise your spirits.



**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.





## SPORTS TAVERNS

Buffalo Wild Wings  
2717 S Columbia Rd, GE, 701-775-9464

Ground Round Grill & Bar  
2800 32nd Ave S, GE, 701-775-4646

Joe Black's  
118 N 3rd St, GE, 701-775-2017

Long Haul Saloon  
4720 Gateway Dr, GE, 701-775-9240

The Office Pub & Grub  
1210 S Washington St, GE, 701-757-1091

Playmaker's All-American Lounge  
1000 S 42nd St, GE, 701-772-8404

Rumors Sports Bar & Grill  
1826 S Washington St, GE, 701-772-5222

Sin Bin  
4401 S Washington St., GE, 701-757-0658

Southgate Casino Bar & Grill  
2525 S Washington St, GE, 701-775-7941

Speedway 805 Bar & Grill  
805 42nd St N, GE, 701-772-85481

## DIVE BARS

American Legion Club  
1009 Central Ave, EGF, 218-773-1129

Broken Drum  
1503 N Washington St, GE, 701-772-9271

Bun Lounge  
1708 State Mill Rd, GE, 701-772-4366

Charlie's Public House  
414 Gateway Dr, GE, 701-757-4900

Denny's Tavern  
1011 S Washington St, GE, 701-772-7644

Diamond Lounge  
1607 DeMers Ave, GE, 701-772-8700

Johnny's Lounge  
701 S 15th St, GE, 701-780-9107

Judy's Tavern  
1221 N 20th St, GE, 701-772-9876

Kelly's Bar  
309 N 3rd St, GE, 701-772-9605

McMenamy's Tavern  
1602 State Mill Rd, GE, 701-772-9061

VFW Club  
312 DeMers Ave, EGF, 218-773-2481

## POPULAR PUBS

BigFoot BBQ & Lounge  
1205 N 43rd St, GE, 701-775-3951

The Blue Moose Bar & Grill  
507 2nd St NW, EGF, 218-773-6516

Bonzer's Sandwich Pub  
420 DeMers Ave, GE, 701-775-0365

Boardwalk Bar & Grill & River Deck Patio  
415 2nd St NW, EGF, 218-399-3000

Brick & Barley  
9 N 3rd St, GE, 701-757-4012

Crooked Pint Ale House  
1930 S Columbia Rd, GE, 701-780-9000

Half Brothers Brewing Company  
17 N 3rd St, GE, 701-757-0805

The Hub Pub  
205 N 3rd St, GE, 701-746-7443

JL Beers  
2531 S Columbia Rd, GE, 701-738-1000

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

The Other Half Coffee & Tap House  
4571 S Washington St., GE, 701-757-2075

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

Parrot's Cay  
1149 36th Ave S, GE, 701-795-4053

Rhombus Guys Brewing Company  
116 S 3rd St, GE, 701-757-0598

Sledster's  
21 S 4th St, GE, 701-775-0050

The Spud Jr.  
302 DeMers Ave, EGF, 218-399-0121

Tavern United  
1000 S 42nd St, GE, 701-792-1958

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

Vinyl Taco  
1970 S Columbia Rd, GE, 701-757-2300

## DANCE CLUBS

Level 10  
10 N 3rd St, GE, 701-772-3434

The Loft  
308 DeMers Ave, GE, 701-757-0162

SouthTown PourHouse  
2015 Library Cir, GE, 701-757-3825

## UPSCALE LOUNGES

Bernie's  
121 DeMers Ave, EGF, 218-230-2960

Ely's Ivy  
22 S 3rd St, GE, 701-757-0243

Harry's Steakhouse  
421 DeMers Ave., GE, 701-757-2333

Helix  
4491 S Washington St, GE, 701-757-1444

Sky's Cloud 9 Lounge  
322 DeMers Ave, GE, 701-746-8970

The Toasted Frog  
124 3rd St N, GE, 701-772-3764





 RH Standard / Downtown





# SHOPPING

// Whether it's bargain hunting at familiar retailers, strolling through one of the malls or perusing our galleries and specialty stores, say hello to good buys that are truly grand. Grand Forks is home to your favorite big box retailers including Super Target, Scheels, Lowe's, Hobby Lobby, Sephora, Kohls, TJ Maxx and Ross. There are also several unique boutiques dotting the Southside shopping landscape such as Key Bliss, Mainstream, Northern Roots and Pretty b. While on the Eastside, be sure to check out Simply boutique, Cabela's World's Foremost Outfitter and Riverwalk Centre, which is filled with a variety of hometown businesses including a full service 15-plex movie theater. Our up-and-coming Downtown District is home to several locally owned gems including The Silo Boutique, Badman Design, Kittsona and Widman's Candy.

## DOWNTOWN UNIQUE OR BOUTIQUE

### **An Elegant Affair: Dresses & More Bridal/Prom Boutique /**

615 1st Ave. N, GF, 701-795-5620

### **Badman Design /**

18 S 3rd St., GF, 701-746-7300

For those looking to find one of a kind wearable or displayable art, Bd is the place to go. Best known for his high-end jewelry, home décor and liturgical art, acclaimed local artist David Badman creates all his metal masterpieces in-studio.

### **Browning Arts & YOU ARE HERE GALLERY /**

23 S 4th St., GF, 701-746-5090

### **Dakota Styles /**

310 Kittson Ave., 701-757-0593

### **Eden & Co. /**

7 N 3rd St., GF, 701-739-4574

### **Hugo's Pure Market /**

500 DeMers Ave., GF, 701-757-1140

### **Kittsona /**

301 N 3rd St., GF, 701-741-5373

One of Molly Yeh's fav Forks spots to shop, Kittsona features locally inspired items that will help everyone tap into their inner uff da! Along with the latest fashions from a variety of designers, you will find uniquely cute ND/MN sweatshirts, tees and gift items.

### **Klaudia & Co. | The Bridal Boutique /**

10 S 3rd St., GF, 701-317-2046

### **RH Standard /**

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

RH will assist both male and female clientele with personal styling consultation and tailoring. They also have exclusive rights to Antique logo wear, an iconic Eastside nightclub. Whether looking to purchase a glittery gown for the gala or stylish sweatshirt for casual Friday, RH can meet all your clothing needs.

### **River City Jewelers /**

16 S 3rd St., GF, 701-746-9716

### **Sadie's Couture Floral & Event Styling /**

899 2nd Ave. N, GF, 701-317-3255

### **See Dick Run /**

28 S 3rd St., GF, 701-775-1115

### **The Silo Boutique /**

12 S 3rd St., GF, 701-740-8412

When it comes time to get all dressed up, make this trendy, chic Downtown boutique your first shopping stop. Featuring a variety of fabulous fashions and accessories in an array of sizes, Silo truly is a store for every woman.

### **Waterfront Kitchen & Bath /**

2 S 3rd St., GF, 701-775-5021

### **Widman's Candy Shop /**

106 S 3rd St., GF, 701-775-3480

Since 1949, this family owned shop has been covering all sorts of tasty things in their delectable homemade chocolate: rippled potato chips (Chippers), toffee, marshmallows, caramel, blueberries, bacon, even jalapenos and pickles!

## EASTSIDE UNIQUE OR BOUTIQUE

### **Cabela's /**

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

Along with being known as the World's Foremost Outfitter, this popular outdoor megastore offers up a 10,000-gallon aquarium filled with indigenous fish, a trout stream and numerous wild game mounts.

### **Hollywood Heroes /**

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

Located in Riverwalk Centre right next to River Cinema, this cool shop specializes in old and new comics plus pop culture t-shirts, mugs and more.

### **Knick Knack PaddyWhacks Cards & Gifts /**

211 DeMers Ave., EGF, 218-773-5616

Looking to find some distinctively grand treasures for gifting others or yourself? Knick Knack PaddyWhacks is your one stop shop for everything from cute clothing and crafts to cool coasters and stickers! They also offer a variety of merry and bright holiday décor.

### **Quilter's JEM /**

1525 Central Ave. NW, EGF, 218-399-0159

For those who enjoy using a needle and thread as a means to create beautiful things, this quilt shop will set you up with a pattern for success. In addition to providing the latest fabric and notions, they also offer books and classes.

### **Simply /**

223 DeMers Ave., EGF, 218-399-0206

Simply is an Eastside boutique that brings a big city shopping experience to our charming Downtown by offering a wide range of on-trend women's clothing, shoes, accessories, baby gifts, home décor and more.

### **T'n'T Outfitters /**

211 DeMers Ave. #2, EGF, 218-773-8683

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## NORTHSIDE/UND UNIQUE OR BOUTIQUE

### **Flippin' Happy Home Decor & More /**

418 N Washington St., GF, 612-581-2279

### **Grand Cities Games /**

120 N Washington St. GF, 701-775-8602

### **Home of Economy /**

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

Locally owned since 1940, Home of Economy has expanded greatly but their goal never changed: provide customers high quality, reasonably priced products and services – everything from automotive supplies to Amish furniture, bakeware to outerwear, tires to toys and much more.

### **Muddy Waters Clay Center /**

2014 13th Ave. N, GF, 701-775-1168

This unique, nonprofit endeavor was formed to promote the creation, education and enjoyment of ceramic arts by providing a studio, classroom, firing space and gallery for both professional artists and artist wannabes.

### **North Dakota Museum of Art Gift Shop /**

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

Housed within the acclaimed North Dakota Museum of Art, this quaint shop features works from regional artists, handmade jewelry, children's items, kitchen goods and various whimsical pieces.

### **Ojata Records /**

305 N Washington St. GF, 701-757-4002

### **Sioux Shop at Ralph Engelstad Arena /**

1 Ralph Engelstad Arena Dr., GF, 701-777-6636

Situated inside the world-class Ralph Engelstad Arena, the Sioux Shop sells a variety of clothing, home/office décor and novelty items branded to University of North Dakota sports teams. Store profits are reinvested back into the athletics enterprise and help support the development of UND's sports programs and student-athletes.

### **University Book Store /**

775 Hamline St., GF, 701-777-2746



## SOUTHSIDE **UNIQUE OR BOUTIQUE**

### **All Seasons Garden Center /**

5101 S Washington St., GF, 701-746-7777

Our cities' largest floral shop, All Seasons specializes in gorgeous arrangements and plants, as well as beautiful home décor and festive holiday decorations.

### **Balloons by Misti /**

701-490-2370

### **Billie's Soap and Spa Products /**

1551 28th Ave. S Ste J, GF, 701-885-4380

### **Bleu Goods Boutique /**

1909 S Washington St., GF, 701-740-6961

### **Broken Sentry Games /**

Columbia Mall:

2800 S Columbia Rd., GF, 701-757-0528

### **Budget Music /**

714 S Washington St., GF, 701-775-5172

### **CURIOUS & CURIOUS Kids /**

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

Independently owned and operated, CURIOUS features cute and quirky jewelry, artwork, kitchen accessories, home décor, greeting cards, baby and kids' products, clothing and more.

### **Discontent /**

1429 S Washington St., GF, 701-775-5675

### **Ferguson Books & More /**

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

Ferguson not only offers all the NY Times Bestsellers but also DVDs, CDs, toys and games. While there, make sure to sample one of the delicious creations from French Taste creperie, which is located in-store.

### **Forks Frame Up /**

1901 Demers Ave., GF, 701-746-7248

### **Gerrells Sports Center /**

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

### **The Golf Center /**

3001 S Columbia Rd., GF, 701-757-1552

### **Key Bliss Boutique /**

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

### **L & M Meats, Inc /**

2801 S Washington St., GF, 701-775-2009

### **The Lighting Gallery /**

3622 S Washington St., GF, 701-772-2402

### **Loveheart Boutique /**

Columbia Mall:

2800 S Columbia Rd., GF, 701-331-2323





## SOUTHSIDE **UNIQUE OR BOUTIQUE**

### **Luscious /**

Columbia Mall:

2800 S Columbia Rd., GF, 701-331-2323

### **Mainstream Boutique /**

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

### **Midtown Marketplace /**

1900 S Washington St, GF, 307-752-3001

This collaborative locally based small business market is the place to go for grand gifts galore! You'll discover a variety of everchanging vendors offering up distinctive décor, clothing, jewelry, delicious treats and so much more.

### **Nature's Country Store /**

Grand Cities Mall:

1832 S Washington St., GF, 701-772-8086

3001 S Columbia Rd., GF, 701-746-4499

### **Northern Roots Boutique /**

2550 S Columbia Rd., GF, 701-757-4277

One of Southside's most popular shopping spots, this trendy yet affordable boutique offers some of the hottest fashions around ranging in sizes from

petite to plus. They are also the official destination for the Liverpool brand.

### **O' for Heaven's Cakes & More /**

1726 S Washington St., GF, 701-757-2253

### **The Olive Barrel /**

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

Along with selling the finest in organic, conventional and fused whole fruit citrus olive oils, The Olive Barrel offers premium balsamic vinegars, pasta sauces, flavored salts and much more. They also carry several Pride of Dakota products.

### **Picks /**

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

Make this vintage wonderland your go-to for beautifully repurposed furniture and décor perfect for any home. Please check their Facebook page before stopping by, as Picks is only open select days each month.

### **Plain & Fancy Antique Mall /**

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





## SOUTHSIDE UNIQUE OR BOUTIQUE

### Play it Again Sports /

1826 S Washington St., GF, 701-795-1424

### Pretty b /

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

### Revolutions Power Sports /

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

### Scan Design /

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

### Scheels /

2800 S Columbia Rd., GF, 701-780-9424

Unlike a typical department store, Scheels is a collection of entertainment and food venues, in addition to offering premier sports equipment and brand name casual wear for the whole family. Special attractions include a five-sports simulator, nostalgic shooting gallery, bowling lane and Ginna's Café, which serves up tasty sandwiches, soups, baked goods and several varieties of fudge.

### Ski & Bike Shop /

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

### Signature Jewelers /

4491 S Washington St., GF, 701-757-4848

### Sterling Carpet One Floor & Home /

2030 32nd Ave. S, GF, 701-203-3898

### Timber & Ash Designs

2915 S Washington St., GF, 701-739-6862

North Dakota's #1 hardwood retailer and custom furniture designer, Timber & Ash features an assortment of top quality, one-of-a-kind items ranging from live edge tables to charcuterie boards.

### Treat Play Love /

1905 S Washington St., GF, 701-772-0556

Treat Play Love is a pet supply store that carries everything your furry friend could need including food, treats, toys, beds, dishes, leashes, collars, harnesses and more.

### Victorian Rose Antiques /

1903 S Washington St., GF, 701-740-9295



**SHOPPING** // Scan here to find the full list of shopping locations.





# THINGS TO DO

// 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. When skies are gray, enjoy all of Forks' great indoor recreational spaces.

 The Greenway / Southside



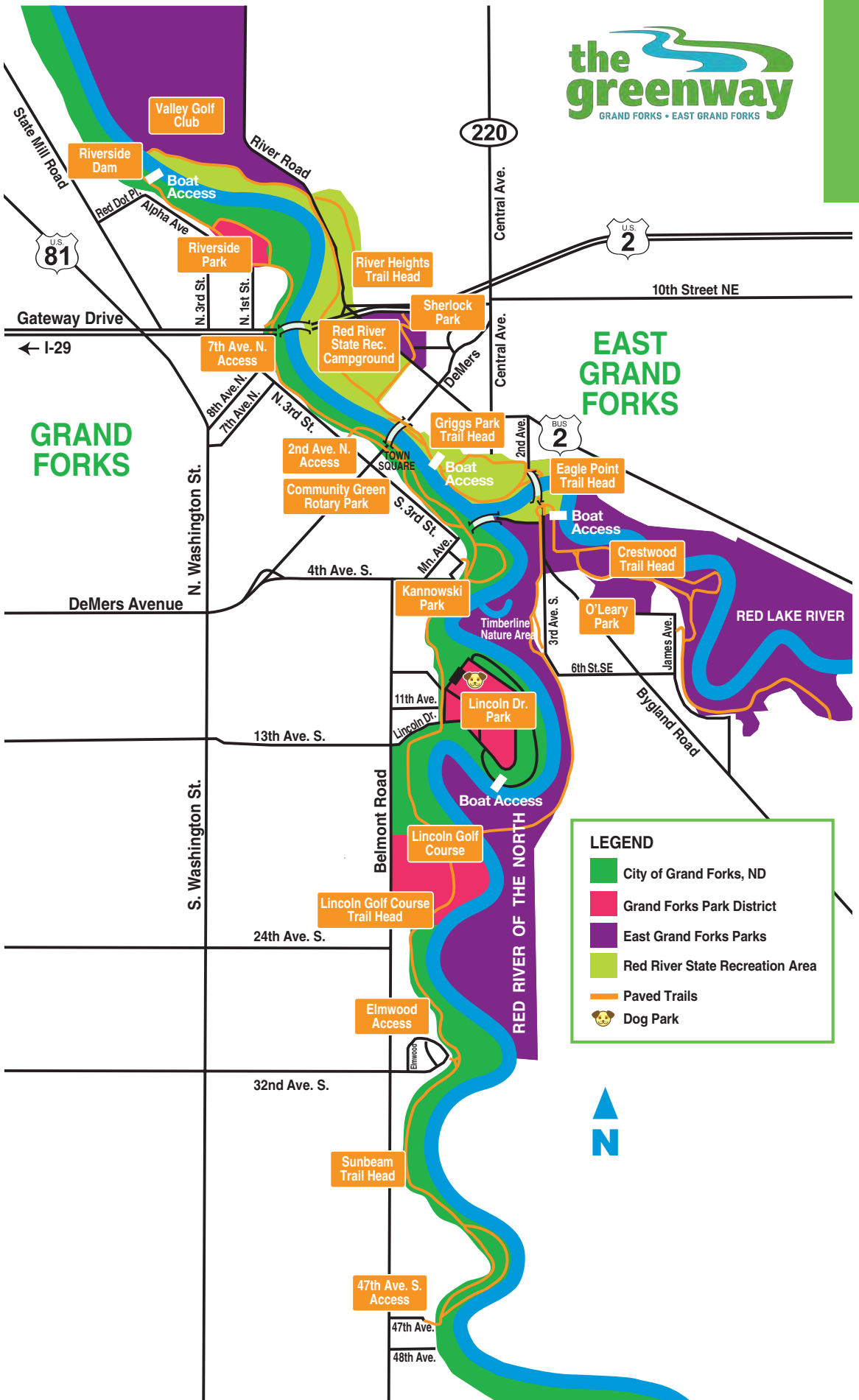
THINGS TO DO // Scan here to find the full list of things to do.



// **Grand Rides** is a bike sharing program, for use in the Greater Grand Forks Area, provided by the Downtown Development Association and the support of their community partners. The program is simple to use through a smartphone application, which can be downloaded from all major app stores. Rides may be purchased one at a time or through additional long-term options.

> Learn more at [downtownforks.com/grandrides](http://downtownforks.com/grandrides)









**EVERYTHING UNDER THE SUN** // Around here, every day is a walk in the park. Lincoln Drive, University and Riverside offer paths lined with beautiful flowers, foliage and trees, while Sertoma boasts a picturesque Japanese Garden and great birdwatching opportunities. Strap on the inline skates or just use plain old sneakers to make your way through the 2,200-acre scenic Greenway Trail System. In colder months, we find ice skates, skis and snowshoes work best. Flowing waters or frozen solid, our two rivers provide opportunities for some of the best fishing, boating and snowmobiling around. Oar up with one stop at Boathouse on the Red! Open during summer months, this little blue shack gives you access to canoes, kayaks and SUPs.





## DOWNTOWN PARKS

### Boathouse on the Red

Riverboat Rd. & DeMers Ave., GF  
(north of Sorlie Bridge)

### Kannowski Park & Rydell Skatepark

701 S 4th St., GF

### Memorial Park / Flood Obelisk

DeMers Ave. & N 3rd St., GF  
(east of Town Square)

### Town Square

DeMers Ave. & N 3rd St., GF

## EASTSIDE PARKS

### O'Leary Park

711 3rd St. SE, EGF

### Red River State Recreation Area

515 2nd St. NW, EGF

### River Heights Park

River Rd. & 12th St. NW, EGF

### Sherlock Park, Playground & Pool

4th St. NW & 5th Ave. NW, EGF

### Zavoral Park

3rd Ave. SE & 1st St. SE, EGF

## NORTHSIDE PARKS

### Richards West Park

4700 6th Ave. N, GF

### Riverside Park & Pool

1811 N 1st St., GF

### University Park

320 N 25th St., GF

## SOUTHSIDE PARKS

### Ben Franklin Park

211 Westward Dr., GF

### Elks Park & Pool

1002 13th Ave. S, GF

### Independence Park

1000 5th Ave. S, GF

### Lincoln Drive Park & Lincoln Dog Park

120 Euclid Ave., GF

### Optimist Park

4600 Cherry St., GF

### Ryan Park & Ryan Lake

2001 47th Ave. S, GF

### Sertoma Park / Japanese Garden

3300 11th Ave. S, GF

### Veterans Memorial Park

2357 S 34th St., GF

# PLAY AROUND

// Family and friends who play together stay together. In our two Forks, we invite everyone to come have one grand time. Jump for joy on a jumbo trampoline at Northern Air Action Park or hit the bullseye at Downtown Axe. Swing away in Sherlock Forest Playground or knock out a homerun at the PlayIT batting cages. Get bowled over with a game at Red Ray Lanes or give the Scheels multi-sports simulator your best shot. Attempt to pull off a big heist at the Grand Forks Escape Room or catch a flick while relaxing in a comfy heated recliner at River Cinema. Take a slide and dip into Splasher's Water Park or cool off and get all wet at Elks Pool Spray Park. People of all ages will surely fall in love with autumn around these parts and oh my gourd, are there bushels of fun to be found at Nelson's Pumpkin Patch, Valley Corn Maize and Patch on the Point! Outdoors and in, we have lots of ways for the whole fam bam to jam.

## **AMC Classic 10 /**

2306 32nd Ave S, GF, 701-772-8404

## **Cabela's /**

210 DeMers Ave, EGF, 218-773-0282

## **Canad Inns Destination Centre /**

## **Splasher's Water Park /**

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

## **Choice Fitness & Choice Spray Park /**

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

## **Downtown Axe (21+) /**

8 S 3rd St., GF, 701-757-1113

## **Elks Pool & Spray Park /**

1002 13th Ave S, GF, 701-746-2780

## **Grand Forks Escape Room /**

200 1st Ave N, GF, 701-388-1905

Time to make a Grand escape...to Forks' awesome Escape Room! This unique physical adventure game makes players use elements of the room to solve a series of puzzles and get out within a set time limit. If you'd like to book a spot and try tackling one of their current themes, which have included "Oz Has Alice", "Trapped in the 80s" and "The Haunting", make a reservation now at <https://gfescaperoom.com>.

## **Grand Forks YMCA /**

215 N 7th St, GF, 701-775-2586

## **Larimore Dam Recreation Area /**

3586 18th Ave NE, Larimore, 701-343-2078

## **Muddy Waters Clay Center /**

2014 13th Ave N, GF, 701-775-1168

## **Nelson's Pumpkin Patch & Corn Maze /**

2448 20th Ave NE, Emerado, 701-610-6511

## **Northern Air Action Park /**

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

Spend a fun day in Forks jumping around at Northern Air Action Park! The whole family will love their 10,000 sq. ft. trampoline park complete with two dodgeball courts, foam pit and dunk station to complement the open jump zone. Northern Air also offers a 30+ game arcade, laser tag, lots of inflatables, a cool Hologate Virtual Reality game and go-karts. Those 21+ can enjoy the axe-throwing area complete with adult beverages and snacks.

## **Patch on the Point & Point Paradise Stables /**

20753 440th Ave SW, EGF, 218-779-9399

## **PlayIT Multi-Sport Complex /**

2767 32nd Ave S, GF, 701-581-1068

## **Red Ray Lanes /**

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

## **River Cinema 15 /**

211 DeMers Ave, EGF, 218-399-9000

## **Riverside Pool /**

1810 N 1st St, GF, 701-740-1497

## **Scheels /**

Columbia Mall:

2800 S Columbia Rd, GF, 701-780-9424

## **Sherlock Forest Playground & Sherlock Pool /**

919 5th Ave NW, EGF, 218-773-9231

## **Turtle River State Park /**

3084 Park Ave, Arvilla, 701-795-3180

## **University Spray Park /**

320 N 25th St, GF, 701-746-2750

## **Valley Corn Maize /**

160th St SW, EGF, 701-215-6886





© Northern Air Action Park / Southside



**PLAY A ROUND** // In this part of the country, warmer weather means it's time to grab those clubs, don your golf shoes and hit the greens! Whether you are a novice looking for a leisurely 9-holes or an advanced player wanting a challenge, our cities can supply the perfect course of/for action. No need to fear when winter is here, we have two great indoor golf spots where you can play legendary courses the virtual way.

**King's Walk Golf Course** / 5301 S Columbia Rd, GF, 701-787-5464

This premier 18-hole Arnold Palmer Signature PGA Golf Course opened in the spring of 2002 to rave reviews. It stretches over 7,200 yards, with four sets of tees to accommodate golfers of all abilities. The clubhouse includes a pro shop and Eagle's Crest Grill, one of Southside's most popular places to grab dinner and drinks.

**Grand Forks Country Club** / 794 County Rd 6, GF, 701-772-4831

While the beautifully groomed 18-hole Robert Bruce Harris design will test the skill set of even the finest golfer, beginners can expect to enjoy a great game, as well. There is also an on-site club house and five-star restaurant.

**Lincoln Golf Course** / 250 Elks Drive, GF, 701-746-2788

First established in 1909, this legendary 9-hole course is one of North Dakota's oldest golf facilities. Running along the Red River, its numerous Elm trees, bent grass greens and closely manicured fairways are sure to provide a superb golfing experience for every player. Lincoln is also home to the Mullally Little Links, which is a short-distance, 9-hole course free for all kids accompanied by a parent or guardian. It was designed with the goal of encouraging children to try the game of golf. Complimentary clubs are available for use at the clubhouse. This course is perfect for golfers from four to ten years of age.





**Ray Richards Golf Course** / 3501 DeMers Ave, GF, 701-777-4340

When spending the day at Ray Richards, you will find nine holes to test your abilities, a driving range and complete pro shop all owned and operated by the University of North Dakota. It's perfect for those working on their game.

**Valley Golf Course** / 2407 River Rd NW, EGF, 218-773-1207

Overlooking the Red River on the Minnesota side, Valley Golf is an 18-hole course featuring rolling terrain and beautiful fairways that pose a challenge to all levels. The clubhouse offers a pro shop, with full bar and banquet facilities available.

**Albatross Indoor Golf Club** / Columbia Mall: 2800 S Columbia Rd, GF, 701-757-3220

Raise those clubs if you want to tee off in Forks without braving the elements! Thanks to Albatross Indoor Golf Club, you can take a swing at some of the world's most famous courses and never leave our grand cities. Albatross features six aboutGolf simulators, including an amazing three screen SimSurround that may be reserved. Beverages (alcoholic and non-alcoholic options) plus multiple food options are also available.

**The Golf Center** / 3001 S Columbia Rd, GF, 701-775-0019


One of the region's largest full-service golf stores, Golf Center carries all the major brands and specializes in club fitting. They also feature an onsite launch monitor and golf simulator, along with providing expert advice that will help clients improve their game.

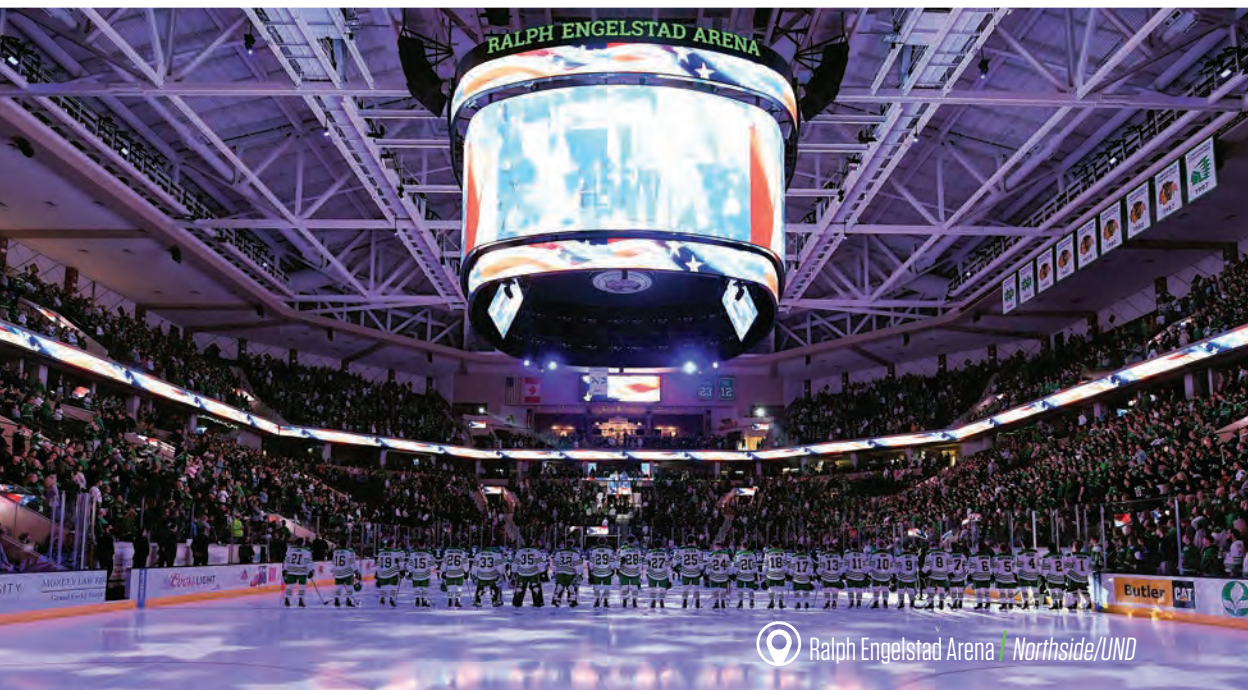
**Frisbee/Disc Golf Courses**

- Lincoln Drive Park / 120 Euclid Ave, GF
- Northland Tech College / 2022 Central Ave NE, EGF
- Riverside Park / 1811 N 1st St, GF
- Zavoral Park / 3rd Ave SE & 1st St SE, EGF





 Empire Arts Center / Downtown



 Ralph Engelstad Arena / Northside/UND



 Alerus Center / Southside



# LET US ENTERTAIN YOU

// Let us make you smile with an abundance of standing ovation worthy events, awe-inspiring artwork, historical treasures and some of the country's finest facilities in which to hold them all.

**Alerus Center** / 1200 S 42nd St, GF, 701-792-1200

In addition to giving our University of North Dakota Fighting Hawks Football team home field advantage, Alerus Center is a 160,000 square foot premier facility that boasts a variety of conventions, banquets, football and basketball championships, expos and sold-out concerts featuring legendary artists like Luke Combs, Carrie Underwood, Chris Stapleton and Metallica.

**The Beacon** / Downtown Grand Forks - *Opening Fall 2023*

This distinctive district located near Downtown is home to an amazing 40,000 sq. ft. outdoor plaza and event space. It can host events such as markets, concerts, art, live theater, movie nights, kids' events, hockey, broomball, basketball and more.

**Chester Fritz Auditorium** / 3475 University Ave, GF, 701-777-4090

While at the iconic Chester Fritz, watch the curtain go up on an array of national and international entertainment including concerts, ballet, Broadway theatre, children's shows and special performances. During intermission, you may want to browse the hallways featuring framed, autographed photos of past performers who have graced the Fritz stage.

**Empire Arts Center** / 415 DeMers Ave, GF, 701-746-5500

Built in 1919, the beautifully restored Empire Arts Center hosts live theater, musical performances, movies and other events. The lobby area houses a visual arts gallery with featured works by Dali, Warhol and many more.

**Fire Hall Theatre** / 412 2nd Ave N, GF, 701-746-0847

The Greater Grand Forks Community Theatre is a non-profit organization, established in 1947, to provide the opportunity for everyone to experience and participate in live theatrical entertainment. In 1982, the Number One Fire Hall was purchased from the City of Grand Forks and renovated into a quaint one-hundred-seat performance venue appropriately named Fire Hall Theatre. It is currently listed as one of the ten oldest community theatres in the nation.

**Myra Museum & Grand Forks Historical Society Grounds** / 2405 Belmont Rd, GF, 701-775-2216

Our colorful past comes alive in this legendary complex that includes the Myra Museum, 1879 Campbell House, 1950s prefab steel Lustron House, 1917 one-room schoolhouse, Grand Forks' original log post office, a carriage house with various historic modes of transportation and an outdoor pavilion which hosts band concerts throughout the summer.

**North Dakota Museum of Art** / 261 Centennial Dr, GF, 701-777-4195

NDMOA 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 exhibits 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. It also offers visitors a first-class café and gift shop filled with eclectic items.

**Ralph Engelstad Arena** / 1 Ralph Engelstad Arena Dr, GF, 701-777-4167

Regarded as one of the finest hockey facilities in the world, the magnificent \$100+ million Ralph Engelstad Arena is best known as the home of championship University of North Dakota Hockey but it also plays host to several topnotch concerts and on-ice performances throughout the year. The 400,000 square foot, five-story arena seats 11,700 and features the largest center-hung videoboard in college hockey. Stop by the Sioux Shop on weekdays, at 1:30 PM, if you'd like to take a guided tour and perhaps pick out some cool UND logo wear.

# 8 fun things to do in Greater Grand Forks

photos & opinion by: Katie & Ben / Two Wandering Soles

As Minnesota natives, we have driven through North Dakota several times. But it was always on our way to get somewhere else...and usually in a hurry! So it wasn't until our most recent visit that we actually truly took the time to explore Grand Forks, North Dakota and East Grand Forks, Minnesota aka Greater Grand Forks. And I've got to say, we had a wonderful time exploring these Midwest towns.

With a lively university campus, parks and green space to enjoy, and an array of fun spots to dig into the local food (and beer!) scene, we spent a couple of days exploring the best Greater Grand Forks has to offer. Whether you're a Midwesterner looking for a getaway close to home or you're passing through North Dakota/Minnesota and want a fun place to stop off and explore, we're going to share some of the best things to do in Greater Grand Forks.



## 1. Jumpstart your day with a coffee in a funky atmosphere

We're borderline coffee snobs...but, like, in a down-to-earth way (or so we'd like to think!). Let's just say we love a solid coffee shop, and finding the best in each town we visit is kind of a hobby of ours. Well, we only made it into one coffee shop in Grand Forks, but we'd like to think we found the best!

With eclectic decor and hip tunes on speaker, Urban Stampede is oozing with cool kid vibes. The space appears to have been a bar in a past life, but with lots of natural light and colorful art, the space is inviting and begs you to stay a while.

> **What to order:** In addition to a funky and welcoming atmosphere, their drink menu is robust and interesting. Of course you'll find the typical suspects – cortado, americano, cappuccino. But the menu expands to include a variety of herbal tea concoctions, fresh smoothies, and intriguing coffee specialties, like a Thai-inspired coffee made with cardamom and condensed milk.

We went pretty standard – a cortado and a green smoothie – but both were great. It was the best coffee we had in all of North Dakota, and the smoothie was light and refreshing (especially on a hot day!). If you need a little sustenance to go with your liquid order, choose from a breakfast bagel and artisan waffles.





## 2. Explore downtown Grand Forks

With axe throwing, an escape room, cafes, and a handful of cute boutiques, there's a little something for everyone in downtown Grand Forks. It's easy to find (free!) parking downtown and everything is very walkable, so go for a stroll and see what catches your eye!

## 3. Try the best pizza in the state on the Rhombus Guys Rooftop

Voted the best pizza in North Dakota by Business Insider, this town staple has a cult following. We had heard great things about Rhombus Guys from family and friends even before getting to Grand Forks, so we had high expectations. And we've got to say, it is pretty great pizza.

> **What to order:** One of their most raved about pizzas is the "T-Rex", but it's essentially just an all-meat pizza. Not really our thing, but if it's yours, go for it! Or choose the Midwesterner, which is the T-Rex, plus green peppers and onions and a side of ranch.

With so many more unique options (like pizza with tater tots or pickles), we had a tough time choosing. We landed on the Amalfi Coast (a Greek-style pizza that was okay), and the Happy Pig (pulled pork, honey BBQ, pineapple, pepperoncini, red peppers), which was great!

If you're visiting on a nice day, grab a seat on their intimate rooftop for dinner with a bit of a view. The only bummer about the rooftop is that they don't have their beer on tap here (just in cans). We've gotta say, the beer from Rhombus Guys Brewing Company is pretty darn good. We are IPA fans, and we both loved the Greenway IPA. But they have a variety of styles to choose from.



## 4. Taste Grand Forks' famous Chippers

Widman's Candy Shop is a Grand Forks icon. The Widman family has been in the candy-making business for 4 generations – since 1885. And the thing they're known for is chocolate. Their most popular confection is chocolate-covered potato chips, known lovingly as "chippers". If sweet milk chocolate is your jam, you'll love these thickly coated chips that have a bit of a salty crunch!



## 5. Bike (or walk) the Greenway

Calling all active travelers!

The Greenway hugs the Red River, which runs right through town and marks the state line between North Dakota and Minnesota. After this river flooded in 1997, the Greenway Trail was established as a recreation space that could be enjoyed year round.

Comprised of roughly 2,2000 acres, this is a perfect spot to start your day with a little light exercise, or ya know, work off that pizza and beer from Rhombus Guys as the sun sets. You can choose to explore the Greenway on foot or on two wheels, as there are a few bike share stations that have rentals available. The best part is bike rentals are free for the first 6 hours of use!

> **Insider tip:** Be sure to stop at the Flood Memorial Marker, which is right next to the river. It is pretty startling to see just how high the river has risen in the past.



## 6. Indulge in Midwest classics at Darcy's Cafe

There's nothing that screams Americana quite like grabbing breakfast at a diner. And Darcy's serves up some of the best in town in an unpretentious atmosphere.

The walls are covered with university paraphernalia, vintage posters and coloring book pages signed by little patrons (many of which say "to Darcy" on their corners). Like we said, classic diner. The service is a little hurried (this place gets busy!), and the coffee is, well, what you'd expect from a bottomless mug at a diner. (For actually great coffee, see #1 on this list.)

And this pocket-sized cafe isn't much to look at, but once you see your plate piled high with perfectly crispy hashbrowns, an expertly-folded omelet or fluffy, just-off-the-griddle pancakes, you'll understand what the hype is about. Come hungry, because the portions are large and the food is hearty!



> **What to order:** We liked the Kasper Special, which is hash browns topped with corn beef hash, sausage, ham, bacon, peppers, onions, cheese, and eggs cooked to order.

You can upgrade your side of pancakes to be their famed "Cinnamon Roll Pancakes" for just a small upcharge.

> **Insider tip:** If you like things spicy, be sure to try their (many!) hot sauces. We particularly liked the chipotle and the garlic (mixed).





## 7. Catch outdoor music at "Concerts in the Garden"

Outdoor concerts are one of our very favorite things to do. Ever.

Pair that with a local beer, and boom – we are two very happy people. (It doesn't take much!) If you happen to be in Grand Forks during one of their annual summer concert series shows, don't miss out!

Hosted by the North Dakota Museum of Art (located on the university campus), shows are Tuesday evenings during July and August (see their website for dates). Artists from around the country perform on a stage in the museum's sculpture garden, while concert goers enjoy the tunes, local beer and burgers or brats hot off the grill.

The shows are casual and family-friendly, and tickets cost \$15. Bring a blanket and lawn chairs and enjoy a fun evening of outdoor music.

## 8. Fish at Turtle River State Park

Whether you're an avid angler, a complete newbie, or somewhere in between (like us!), Turtle River State Park is a fun place to cast a line and try your luck.

This tranquil river snakes its way through a forested ravine and makes a nice place to spend the morning or afternoon in nature. While we didn't personally have luck catching anything, a big something tugged on my line real hard, then proceeded to bite off my sinker and hook. Yikes! So there are some big boys in the river for sure. Fingers crossed you have more luck reeling them in than we did!



**Read MORE!** Read this post in its entirety and learn more about Katie & Ben by checking out their blog: <https://www.twowanderingsoles.com/blog/things-to-do-in-grand-forks-north-dakota>

Wander with them @twowanderingsoles







# COME HERE EVERY YEAR //

Our Forks offer tons of fun events. Here are 14 annual happenings to fill up your calendar.



- 1 **JANUARY : Happy Harry's Pork & Brew** / Dubbed one of the region's best food festivals, this tasty event brings together a variety of delicious bacon dishes prepared by talented Grand Forks chefs with samples of more than 100 different craft beers from local and regional breweries.
- 2 **FEBRUARY : Greenway Snow Day** / Don your snuggliest sweater, snow pants, jacket and hat... then head out to Lincoln Drive Park for some skiing, sledding, ice skating, sleigh riding and more! This free event is sponsored by the Grand Forks Park District.
- 3 **APRIL : Time Out Wacipi Powwow** / The University of North Dakota Wacipi is a celebration of life highlighting cultural traditions, values and contributions that Indigenous people bring to our community and the region. It features dancing and singing, along with great food, local art and craft vendors.
- 4 **APRIL - SEPTEMBER : Friday Night Races** / River Cities Speedway is considered by many to be the best 1/3-mile dirt and clay track in the nation. Race classes include Outlaw Sprints, Late Models, Midwest Modifieds and Street Stocks.
- 5 **JUNE : Art Fest** / This Grand Cities outdoor festival features high-end artisans and quality crafters, tantalizing food vendors, live entertainment, concerts, kids' activities and more.
- 6 **JUNE - SEPTEMBER : Town Square Farmers Market** / Head to the heart of Downtown, every Saturday during the summer, to find all kinds of just-picked produce, home baked pies like grandma used to make, spicy salsa, sweet honey, jewelry, crafts, live music, food trucks and lots more.
- 7 **JULY : Sertoma July 4th Festival & Fireworks** / Spend your Independence Day in our Grand Forks with 12 hours of live music, food and beverages, games, giveaways and an amazing firework display to culminate it all.
- 8 **JULY - AUGUST: Concerts in the Garden** / The North Dakota Museum of Art summer Concerts in the Garden series lets you enjoy grand music, as performed by talented musicians from around the country, in the great outdoors! Food, beer and wine will also be available for purchase.
- 9 **AUGUST : Heritage Days** / Learn about our community's legendary past when attending this annual East Grand Forks Heritage Village event. Some of the happenings include a parade, classic car show, community dinner, live music and historical re-enactments.
- 10 **AUGUST : Happy Harry's Hot Valley Nights** / This grand get-together features a craft beer showcase, games, food vendors and live music courtesy of acclaimed local, regional and national musicians.
- 11 **AUGUST : Downtown Street Fair** / Dozens of vendors will offer up blocks of unique finds to buy and tasty treats to eat. There will also be several stages scattered about Downtown offering up great live tunes.
- 12 **SEPTEMBER : Potato Bowl USA** / Celebrate the Red River Valley's staple crop with a variety of events that include a fun run, parade, University of North Dakota football game and tailgate party, potato pancake breakfast, contests and the World's Largest French Fry Feed.
- 13 **NOVEMBER : HollyDazzle Festival of Lights** / Kick off the holiday season at this family friendly event held the Sunday prior to Thanksgiving. Festivities include a lights parade, cookie decorating, ornament making, live entertainment, carriage rides and fireworks.
- 14 **NOVEMBER - DECEMBER : Christmas in the Park** / From Thanksgiving through New Year's Eve, take a drive through scenic Lincoln Park to enjoy festive displays of holiday lights sponsored by local businesses and organizations.



**FORKS: FIVE IN FIVE** Want to learn more about what makes our Forks uniquely grand? Check out these in-house produced, brief but informative, always entertaining videos. Each features a five-question interview of a local attraction or business owner and lasts approximately five minutes. View videos by scanning the code to get to <https://www.visitgrandforks.com/media/video-gallery/>



Grand Forks Park District Santa Village



**Forks Favs** Looking for a few cool to-dos while you are here? Take it from us – the Visit Greater Grand Forks staff – our two towns feature lots of hot spots that are not to be missed. These are some of our favorites!



**Julie Rygg, Executive Director /**

UND Hockey at Ralph Engelstad Arena

Dinner at Harry's Steakhouse

**Biking on The Greenway**

Lunch on The Blue Moose deck

Productions at the Empire Arts Center



**Alicia Van Eps, Marketing Coordinator /**

Shopping at The Silo Boutique

Coffee & Breakfast at Bully Brew Coffee

Pizza/Buffer & Games at Happy Joe's

Happy Harry's Hot Valley Nights

**Northern Air Action Park**



**Shelley Wagendorf, Communications Coordinator /**

**Concerts at the Alerus Center**

Beer at Half Brothers Brewing Company

Shooting hoops at PlayIT Multi-Sport Complex

Dining at HELIX

North Dakota Museum of Art



**Stephanie Bernstrom, Director of Sports & Events /**

**Breakfast at Darcy's Cafe**

Shopping at L&M Meats, Inc

Movies at River Cinema

Shopping for gifts at CURIOUS

Farmer's Market in Town Square



**Nicole Blair, Director of Visitor Services /**

The Spud Jr. for delicious food & fun

Lincoln FREE Kid's Golf Course

**Coffee & Frozen Lemonade at Wired Bean**

Shopping at Luscious Boutique

Drinks at Boardwalk & on the River Deck



**Jodee Muus, Visitor Services Coordinator /**

Breakfast at Bernie's

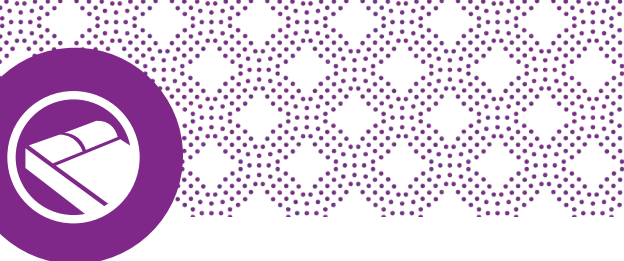
**Shopping at Scheels**

Dining at Sky's

Productions at Chester Fritz Auditorium

Ice Skating in Town Square

**#** Share your favorite Greater Grand Forks spots with us via **#GrandForks** or **#EastGrandForks**



# WHERE TO STAY //

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

			Number of Rooms	Meeting Room Occupancy	Continental Breakfast	Restaurant/Lounge/Casino	Room Service	Pool	Water Park	Whirlpool/Hot Tub/Sauna	Video Games	Exercise Room	Pets Allowed
1	<b>Americas Best Value Inn</b> 1000 N 42nd St. / 701-775-0555 / 888-275-0550	118		●								●	
2	<b>AmericInn by Wyndham</b> 1820 S Columbia Rd. / 701-780-9925 / 800-634-3444	56		●	●	●	●		●				
3	<b>AmeriVu Inn &amp; Suites</b> 3051 S 34th St. / 701-775-7910	61		●			●					●	
4	<b>Baymont Inn &amp; Suites</b> 951 S 42nd St. / 701-757-2345 / 800-337-0550	91		●			●		●	●	●	●	
5	<b>Best Western Harvest Inn &amp; Suites</b> 3350 32nd Ave. S / 701-775-5000 / 800-780-7234	85	15	●			●		●		●	●	
6	<b>Canad Inns Destination Centre</b> 1000 S 42nd St. / 701-772-8404 / 888-332-2623	201	200		●	●	●	●	●	●	●		
7	<b>C'mon Inn</b> 3051 32nd Ave. S / 701-775-3320 / 800-255-2323	80	50	●			●		●	●	●		
8	<b>Country Inn &amp; Suites</b> 3101 S 42nd St. / 701-757-2200 / 800-596-2375	100	40	●			●		●		●		
9	<b>Days Inn</b> 3101 S 34th St. / 701-775-0060 / 800-325-2525	52		●			●		●				●
10	<b>East Grand Inn</b> 606 Gateway Dr., EGF / 218-773-9822 / 888-904-8840	60	15	●									●
11	<b>Econo Lodge</b> 900 N 43rd St. / 701-746-6666 / 800-553-2666	45		●								●	●
12	<b>Expressway Suites by Choice</b> 4040 11th Ave. S / 701-757-7000 / 888-530-0190	71		●			●		●	●	●		
13	<b>Fairfield Inn &amp; Suites by Marriott</b> 514 Gateway Dr. NE, EGF / 218-399-3030 / 888-236-2427	67	45	●			●					●	
14	<b>Hampton Inn &amp; Suites</b> 2985 42nd St. S / 701-757-2255 / 800-HAMPTON	97	110	●			●		●		●		
15	<b>Hilton Garden Inn</b> 4301 James Ray Dr. / 701-775-6000 / 877-STAY-HGI	100	200		●	●	●		●		●		
16	<b>Holiday Inn Express Hotel &amp; Suites</b> 4051 32nd Ave. S / 701-772-7700 / 866-HLDYINN	81	15	●			●		●		●		





			Number of Rooms	Meeting Room Occupancy	Continental Breakfast	Restaurant/Lounge/Casino	Room Service	Pool	Water Park	Whirlpool/Hot Tub/ Sauna	Video Games	Exercise Room	Pets Allowed
17	<b>Knights Inn &amp; Suites</b> 1211 N 47th St. / 701-757-4041 / 855-896-3206		89		●			●					●
18	<b>La Quinta Inn &amp; Suites</b> 4051 Garden View Dr. / 701-757-3600 / 800-753-3757		83	40	●			●		●		●	●
19	<b>My Place</b> 1315 S 42nd St. / 701-757-1717 / 855-200-5685		64										●
20	<b>The Olive Ann Hotel // Opening Fall 2023</b> 14 N 4th St. / info@theoliveannhotel.com		79		●	●						●	
21	<b>Plaza Motel</b> 309 DeMers Ave., EGF / 218-773-1179 / 800-773-1127		24							●			
22	<b>Quality Inn</b> 3251 30th Ave. S / 701-775-7503 / 800-228-5150		65		●			●					
23	<b>Ramada</b> 1205 N 43rd St. / 701-775-3951 / 800-570-3951		100	500	●	●	●		●	●		●	●
24	<b>Rodeway Inn</b> 3300 30th Ave. S / 701-746-1391 / 800-707-1391		85	15	●			●		●			●
25	<b>Sleep Inn &amp; Suites – Alerus Center</b> 1350 S 42nd St. / 701-757-2900 / 877-424-6423		82		●			●		●		●	
26	<b>SpringHill Suites by Marriott</b> 2837 S 42nd St. / 701-757-4150 / 877-467-5533		93	10	●			●		●		●	
27	<b>Staybridge Suites</b> 1175 42nd St. S / 701-772-9000 / 877-238-8889		97	40	●			●		●		●	●

● Dot indicates services available.



## CAMPGROUNDS

**Grand Forks Campground /**  
4796 S 42nd S, GF, 701-772-6108

**Red River State Recreation Area /**  
515 2nd St NW, EGF, 218-773-4950

**Turtle River State Park /**  
3084 Park Ave NE, Arvilla, 701-795-3180



**LODGING //** Scan here  
to find more info on  
lodging options.



**Oh Canada** We are so thrilled you chose to make the trip from your home and native land to ours. Please let us know if there is any way we can assist in making your visit to Forks the most Grand time ever!

**SCAN CODE** // To find helpful documents and useful links on border crossings, exchange rates, sales tax refunds, road conditions and more!  
<https://www.visitgrandforks.com/travel-tools/canadian-visitors/>





**Travel Tools** // You will find getting to and around our towns is both quick and convenient. Let the following transportation resources be your guide to one grand time!

## AIRPORT

**Grand Forks International Airport** /

[www.gfkairport.com](http://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](http://www.allegiant.com)

**Delta Air Lines** /

Grand Forks International Airport

800-221-1212, [www.delta.com](http://www.delta.com)

## TAXI SERVICE

**City Cab** / 701-757-1667

**Dial-A-Ride** / 701-787-9120

**Grand Forks Taxi** / 701-775-8294

(available for people with disabilities)

**Grand Forks Taxi** / 701-780-8890

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

**Green Taxi** / 701-317-6771

**Lyft** / [www.lyft.com/cities/grand-forks-nd](http://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](http://www.sstaxis.com)

**Uber** / [www.uber.com/cities/grand-forks-nd](http://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

**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

## AREA INFORMATION SERVICES

**Visit Greater Grand Forks** /

701-746-0444, 800-866-4566

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

**Chamber of Commerce** /

701-772-7271, [www.gochamber.org](http://www.gochamber.org)

**City of Grand Forks Public Information Center** /

701-746-4636, [www.grandforksgov.com](http://www.grandforksgov.com)

**North Dakota Tourism** /

800-435-5663, [www.ndtourism.com](http://www.ndtourism.com)

**Explore Minnesota** /

888-847-4866, [www.exploreminnesota.com](http://www.exploreminnesota.com)

## ROAD REPORT

**Minnesota** /

800-542-0220, [511mn.org](http://511mn.org)

**North Dakota** /

866-696-3511, [travel.dot.nd.gov](http://travel.dot.nd.gov)

## MOVING TO THE AREA?

**Greater Grand Forks:**

**Way Cooler Than You Think** /

[grandforksiscooler.com](http://grandforksiscooler.com)



## HOT RODS & REELS ITINERARY IDEAS

### **The Moose knows walleye** / *Estimated time: 1 hour*

Surrounded by knotty pine and neon, The Blue Moose Bar & Grill is a cozy meets eclectic eatery with a vibe perfect for all occasions and ages. In addition to The Moose's signature fried Minnesota Walleye, other menu favorites include the Mac & Cheese Attack, Chicken Meisner and spicylicious Outlaw Burger topped with pepperjack, chipotle barbeque sauce, bacon and an onion ring. They also have a large tapas menu with an array of tasty small plates, all of which pair perfectly with their legendary Long Island teas.

### **Get geared up at Cabela's** / *Estimated time: 1 hour*

Along with being known as the World's Foremost Outfitter, this outdoor megastore offers up a 10,000-gallon aquarium filled with indigenous fish, a trout stream and numerous wild game mounts. It's also a great place to shop for new fishing and hunting equipment, camping supplies, hiking boots, clothing and much more.

### **Park it for Turtle time** / *Estimated time: 2-3 hours*

Our two Forks offer plenty of awesome outdoor spots for both adults and kids to enjoy; however, less than a half hour away there's another great place to play! While at Turtle River State Park, try your hand at fishing, then use those feet to bike or take a hike. Turtle River is also known for its great birding opportunities, guided tour options and educational opportunities.

### **Make a pit stop at Speedway 805 Grill & Bar** / *Estimated time: 1 hour*

In addition to all the scrumptious steak, chicken and burger creations, chefs here are known for smokin' up the best ribs in Forks. Other featured menu items include prime rib, smothered chicken and a jalapeno popper burger that's topped with their famous Speedway Sauce. For those who enjoy adult beverages, the fishbowl cocktails here really pack a flavorful punch.

### **Race over to River Cities** / *Estimated time: 3 hours*

River Cities Speedway is considered by many to be the top 1/3-mile dirt and clay track in the nation. Every Friday night, May through September, enjoy edge-of-your-seat action and excitement as Outlaw Sprints, Late Models, Midwest Modifieds and Street Stocks all vie for the checkered flag.

### **Dine, imbibe and jive at Half Brothers Brewing Company** / *Estimated time: 2 hours*

End your day reeling in one grand time Downtown. Located in their chill downstairs space, Half Brothers Underground offers up great live tunes to accompany an array of inhouse produced brews. Stop by on a Friday or Saturday to hear our region's top artists performing a variety of genres. Beforehand, make sure to grab a fresh from the tap beer, locally processed L&M Meats bratwurst or a slice of the most cheesylicious pizza in town.





## FUN ON & OFF THE ICE ITINERARY IDEAS

### Enjoy a b(r)unch of your favorites at The Spud Jr. / *Estimated time: 1 hour*

Thanks to this Eastside eatery, everyone can partake in our famously flavorful Red River Valley potatoes. But that's not all, they also serve up a variety of mouthwatering burgers and sandwiches to accompany their fabulous fries. When dining here on a Saturday or Sunday, The Spud's Weekend Brunch is a must try! Favorites include Chicken & Waffles, Cinnamon (French) Toast Crunch and Breakfast Poutine: Fresh-cut fries topped with two eggs, sausage country gravy, pepper blend, onion, shredded cheese and bacon.

### Stop by Sioux Shop to get your green on / *Estimated time: (with tour): 2 hours*

Situated inside the world-class Ralph Engelstad Arena, the Sioux Shop sells a variety of clothing, home/office décor and novelty items branded to University of North Dakota sports teams. If you're there at 1:30 PM on weekdays, you can sign up to take a guided tour of the facility before picking out some cool UND logo wear.

### Get pickled at The Frog / *Estimated time: 1 1/2 hours*

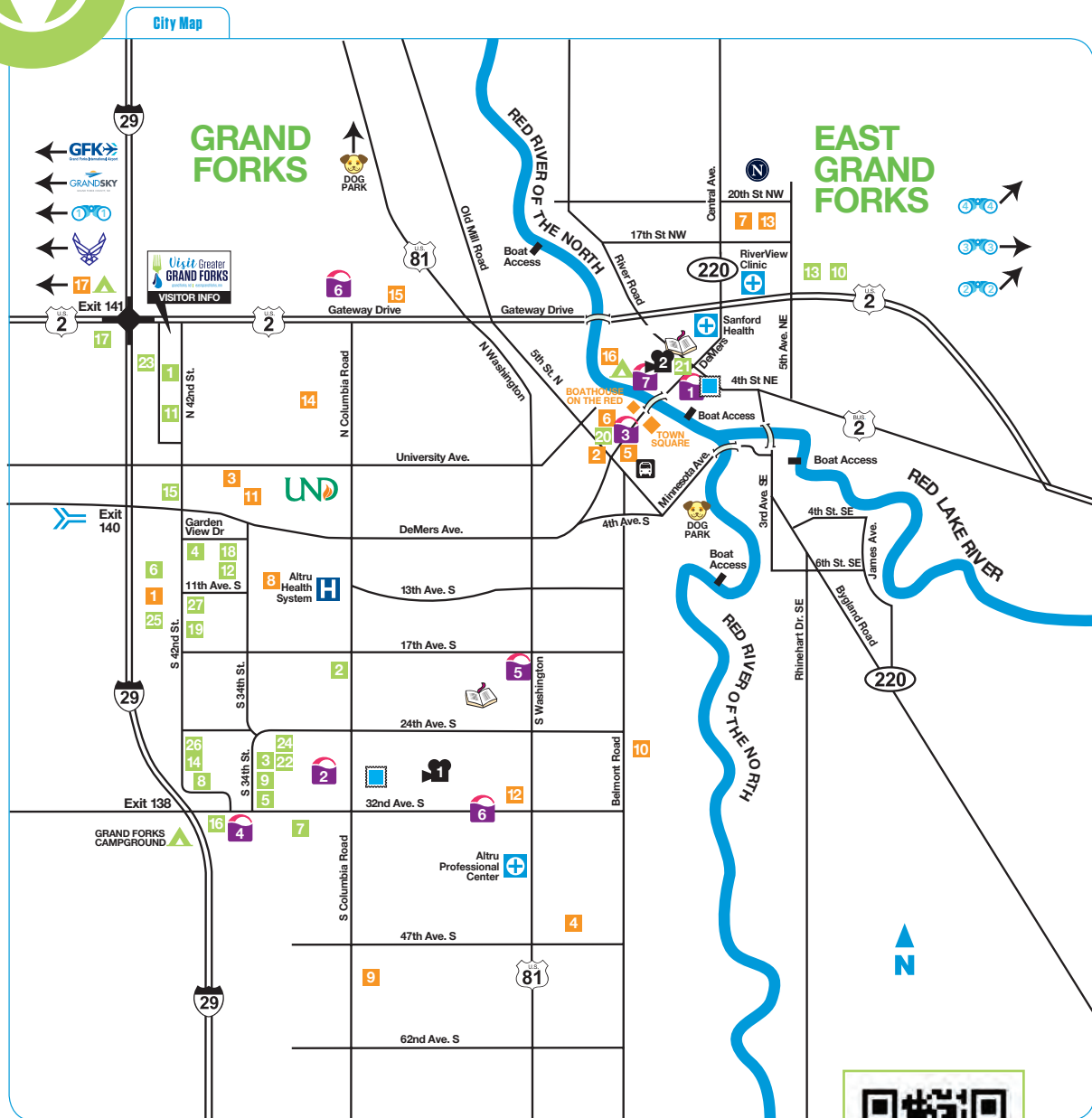
With its cool casual vibe, extensive cocktail menu and fabulous food prepared by the region's top chefs, The Toasted Frog is one hoppin' spot to kick off your weekend in Forks. This 21+ restaurant offers up such creative culinary creations as a grilled curry wasabi tuna steak sandwich, Jamaican jerk chicken wood-fired pizza and a game-changing elk burger. Of course, the Cooking Channel featured fried cheesy pickles are a must-order. When it comes time for dessert, there's always room for s'mores...with a white chocolate martini chaser.

### Joe knows sports / *Estimated time: 1 hour*

Before and after the game, make a stop at Joe Black's for hot eats, cold drinks and a shuttle bus ride to and from The Ralph. This popular public house and Barstool Best Bar Final Four contender is one of Downtown Forks' top spots to catch a game, grab a bite and throw back a few.

### Score a grand time at The Ralph / *Estimated time: 2 1/2 hours*

Regarded as one of the finest hockey facilities in the world, the magnificent \$100+ million Ralph Engelstad Arena is widely known as the home of championship University of North Dakota Hockey. The 400,000 square foot, five-story arena seats 11,700 and features 48 full luxury suites, ginormous club rooms and the largest center-hung videoboard in college hockey. Taking in a game here is a never-forget experience, even for those who previously never considered themselves hockey fans. Between periods make sure to check out the concessions area, where you can fine dine on some of the best stadium food in the country.



**MAPS** // Scan to find links to online maps and additional travel tools you'll need to plan and explore!



**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).



ACCOMMODATIONS

- 1 Americas Best Value Inn
- 2 AmeriInn by Wyndham
- 3 AmeriVu Inn & Suites
- 4 Baymont Inn & Suites
- 5 Best Western Harvest Inn
- 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 & Suites
- 14 Hampton Inn & Suites
- 15 Hilton Garden Inn
- 16 Holiday Inn Express Hotel & Suites
- 17 Knights Inn & Suites
- 18 La Quinta Inn & Suites
- 19 My Place
- 20 The Olive Ann Hotel
- 21 Plaza Motel
- 22 Quality Inn
- 23 Ramada
- 24 Rodeway Inn
- 25 Sleep Inn & Suites – Alerus Center
- 26 SpringHill Suites by Marriot
- 27 Staybridge Suites
- ▲ Camping

AREA ATTRACTIONS

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

MOVIE THEATERS

- AMC Classic 10
- River Cinema 15

BIRDING SITES

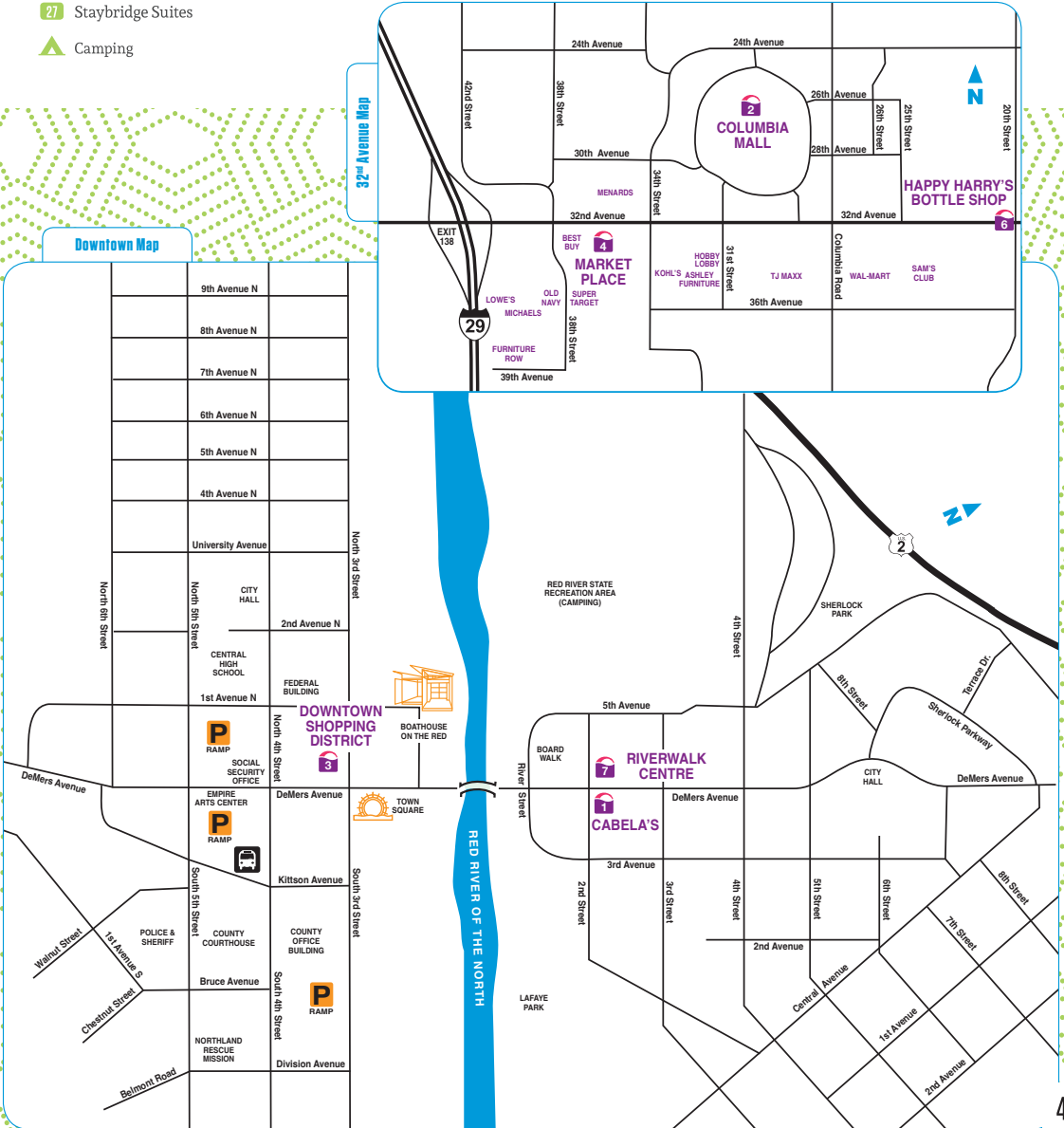
- 1 Kellys Slough National Wildlife Refuge 4 miles west
- 2 Agassiz Wildlife Refuge 57 miles northeast
- 3 Rydell Wildlife Refuge 48 miles east
- 4 Wetlands, Pines & Prairie Audubon Sanctuary 27 miles northeast

SHOPPING DESTINATIONS

- 1 Cabela's
- 2 Columbia Mall
- 3 Downtown Shopping District
- 4 Grand Forks Marketplace
- 5 Grand Cities Mall
- 6 Happy Harry's Bottle Shops
- 7 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 15 miles west
- Visit Greater Grand Forks
- Dog Parks: Lincoln Park and Circle of Friends - N Washington St.
- Northland Community and Technical College
- University of North Dakota





 Visit Greater Grand Forks Visitors Center  
Northside/UND




## GREATER GRAND FORKS INFO //

Stop by or call...we're here to help! Our knowledgeable staff is ready to answer any questions you may have. There are also information boxes located outside the building filled with complimentary coupon books, brochures and maps on Greater Grand Forks, as well as Minnesota and North Dakota state guides and maps. Other visitor amenities include free Wi-Fi, Greater Grand Forks gift shop, picnic and pet exercise areas, a Geocaching box and Little Free Garden.

### NEED HELP? **CONTACT US**

**Visit Greater Grand Forks** / 4251 Gateway Drive, Grand Forks, ND 58203  
701-746-0444 (phone) or 800-866-4566 (toll free)

 **EASY TO FIND:** Located at the junction of Interstate 29 (Exit 141) and U.S. Hwy. 2.

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## Attention Event Organizers

Greater Grand Forks...where you'll find a warm welcome and everything you need to make your special event a spectacular success. Impressive facilities rarely found in communities our size, comfortable, convenient and affordable lodging, great food, courteous service and abundant assistance from Visit Greater Grand Forks all await you!

# GO GRAND

## COMPLIMENTARY SERVICES

A few services include:

At Visit Greater Grand Forks, we know the venues, on-site contacts, vendors, technologies, sports sites and other details for smooth, memorable events. Our team provides expert assistance and an array of grand services at absolutely NO COST to you!



Inflatable Arch & Event Equipment



Housing Coordination



Banners/Signage



Registration Assistance



Name Badges/Bag Tags



VIP Gifts

**HAVE AN UPCOMING EVENT?**  
PLEASE CONTACT

Nicole Blair, Director of Visitor Services  
nicole@visitgrandforks.com - 701.746.0444

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