

Did you know?

A few quick facts about the Grand Forks Region

- Grand Forks was founded at the confluence of the Red Lake River and the Red River by traders and trappers who used “les grand fourches” to congregate and set up a trading post. Legend has it the city was settled when the crew of steamboat captain Alexander Griggs retrieved a lost keg and came to shore with it on the banks of the modern downtown.
- Today, Greater Grand Forks is an impressively cosmopolitan area, with a regional population of about 100,000 residents spanning two communities and two states.
- Although it's difficult to tell now, in 1997 Grand Forks and East Grand Forks were devastated by the Flood of the Century and a subsequent fire that destroyed 11 downtown buildings. The peak flow of the Red River measured in Grand Forks during the flood was 137,000 cubic feet—more than 1 million gallons—per second.
- The Grand Forks shopping scene includes shopping centers with big retail names and one-of-a-kind boutiques and stores. You'll find unique shops in our restored Downtown along with a Farmers Market every Saturday during the summer.
- The Greater Grand Forks Region is home to four institutions of higher education, including North Dakota's only schools of law, medicine and aerospace, as well as technology-driven campuses that offer students training for technical and skill-based careers. The University of North Dakota, the state's oldest and largest institution of higher learning, is in Grand Forks. Northland Community & Technical College has a campus in East Grand Forks. Located outside the Grand Cities are the University of Minnesota-Crookston and Mayville State University.
- The Red River Valley is one of the most productive agricultural regions in the world. Major crops include wheat, durum wheat, sugar beets, potatoes, beans, sunflower seeds, corn and oats. Plenty of these crops stay right here in the Valley, finding their way to local restaurants, bakeries and grocery stores.
- Greater Grand Forks is home to the Grand Forks Air Force Base and the North Dakota National Guard.
- By the late 1930s, there were so many flashing neon lights on DeMers Avenue “Ripley's Believe it or Not” credited East Grand Forks with the highest three-block concentration of neon lights in the world. We no longer make that claim, but the Boardwalk is still a pretty lively place with plenty of restaurants and shopping.
- You may hear the term “coulee” on your visit to Grand Forks. Webster's defines it as a deep gulch or ravine, but we use it to refer to a picturesque, meandering stream that winds its way throughout the city.
- What do you get when you let children help design a playground? Sherlock Forest Playground in East Grand Forks. It's not quite like anything you've seen before, and it gets rave reviews from kids.



Need more information?
Find it in our Guide.



Grand Cities at a glance

Population

Grand Forks
Metro Area: 97,279
Grand Forks: 55,136
East Grand Forks: 8,690
Grand Forks
Air Force Base: 2,500
UND Enrollment: 13,172

Transportation

Highways: Interstate 29 and
U.S. Highway 2
Airlines: Delta/Mesaba/
Pinnacle Airlines
Passenger Rail Service: Amtrak
Bus Lines: Triangle,
Dietrich, Jefferson

Transportation

Grand Forks International Airport

Grand Forks Flight Support
701-772-5504

Airport Authority
701-795-6981

U.S. Customs
701-772-3301

Airport Parking
701-772-0090

Airlines

Delta/Mesaba/Pinnacle Airlines
Grand Forks International Airport
800-225-2525

Charter Information
Grand Forks Flight Support
2467 Air Cargo Drive
Grand Forks, ND 58203
701-772-5504

Allegiant Air
Grand Forks International Airport
702-505-8888

Railway Service

Amtrak
5555 DeMers Avenue
701-775-0484 (local terminal)
800-872-7245 (info & reservations)

Taxi Service

Nodak Radio Cab
1101 5th Street S
701-772-3456

Dial-A-Ride Nodak Cab
701-772-3456
(available for people with disabilities)

Dial-A-Ride Grand Forks Taxi
701-775-8294

Grand Forks Taxi
105 5th Street N
701-780-8890

Red, White and Blue Taxi & Shuttle
1811 20th Street S
701-610-3369
888-746-5008

S&S Taxi
218-773-4142

Bus Lines

Triangle Transportation
1724 Gateway Drive
701-775-4781 (local terminal)
or 218-773-2631 (office)

Grand Forks City Bus
701-746-2600
(routes & fare info)

Dietrich Bus Service
1115 55th Street N
701-772-0601
800-772-0601

Jefferson Lines
1724 Gateway Drive
701-775-4781 (local terminal)
800-451-5333
(info and schedule)

Rental Car Agencies

Avis Rent-A-Car
Grand Forks International Airport
701-775-0688 (local)
800-831-2847

Enterprise Rent-A-Car
2650 32nd Avenue S
701-775-3977 (local)
800-325-8007

Hertz Car Rental
Grand Forks International Airport
701-746-6426 (local)
800-654-3131

National Car Rental
Grand Forks International Airport
701-746-1375 (local)
800-227-7368

Price King Rent-A-Car
910 S Washington Street
701-775-2509 (local)
800-570-3754

Touring Around...

Itinerary ideas to help you make the most of your stay.

Shop Until You Drop Tour (weekend)

Day 1

Start your day at the Farmers Market in the Town Square. This outdoor market features a variety of vendors selling produce, crafts and various foods. (Hours are Saturdays 9 a.m. - 2 p.m., mid-June through mid-September.)

Check out the boutiques and shops in the downtown area. As you go from shop to shop, stop and look at the pocket parks located throughout downtown.

Stop at Badman Design to see many handcrafted items including jewelry, wine racks, picture frames, ornaments, tables, mirrors and much more.

A must stop is Widman's Candy Shop—a chocolate lover's heaven! Try their world famous "Chippers," which are actually chocolate-covered potato chips. They also offer other unique items such as chocolate-covered dill pickles, olives and jalapenos, along with more conventional favorites.

Enjoy lunch at one of many downtown local restaurants in Grand Forks or along the boardwalk of restaurants in East Grand Forks.

Cabela's, the world's foremost outfitter, is located on DeMers Avenue in downtown East Grand Forks. A 60,000-square-foot store, it features hunting and fishing equipment and outdoor gear—along with a waterfall, aquarium and several game mounts situated throughout.

The Riverwalk Centre is located just across the street from Cabela's. It houses specialty shops, a 15-screen movie theater and other new developments are underway.

Pay a visit to the Grand Cities Mall and check out the variety of stores and bingo hall.

Treat your group to a wine tasting followed by a delicious dinner.

Attend a concert at the Alerus Center, performance at the Chester Fritz Auditorium or a production at one of our other theater venues (subject to scheduling).

Day 2

Have breakfast out at any one of our local restaurants or relax and have a continental breakfast in your hotel.

Head to the Columbia Mall to check out the 70 stores including Macy's, Sears, JCPenney and more.

Enjoy a nice lunch in one of the mall area restaurants.

Next stop is the Marketplace, located across from the Columbia Mall. There are several well known retailers such as Super Target, Old Navy, Best Buy, Bed Bath and Beyond, Michaels Crafts, Kohl's, Gordmans, Famous Footwear and many others. You will easily be able to spend the majority of the afternoon checking out all the stores.

Have a delicious dinner, followed by a quiet evening at one of the many hotels, sitting by the pool or relaxing in the hot tub!

Touring Around...

You Should See Us Now Tour

A video is available for viewing enroute to Greater Grand Forks. This video chronicles the Red River Valley's flood history and features footage of the historical '97 flood and fires that devastated our communities. Presented by our "step-on" guide, the '97 flood recovery tours through the community, showing the water damage, new developments and the flood protection now in place. (approx. 1 hour)

Stops can easily be added along the way to check out some of the many impressive developments that have taken place since 1997.

Tour the \$100 million state-of-the-art Ralph Engelstad Hockey Arena, one of the finest in the world. You can check out the marble floors, leather seats, over 300 televisions and more. The new addition of the Betty Engelstad Sioux Center, UND's basketball and volleyball facility, is also included in the tour. (approx. 1 hour 15 minutes – Tours at 1:30 p.m. Monday - Friday)

Tour Cabela's, a 60,000-square-foot store featuring a 35-foot-high mountain with wild game mounts and a gigantic aquarium featuring fish of the Red River Valley area. Public display fish feeding at Cabela's is scheduled on even calendar days.

Explore the Riverwalk Centre with its specialty shops.

Enjoy a delicious stop at Widman's Candy Shop – a chocolate lover's heaven! Try their world famous "Chippers," which are actually chocolate-covered potato chips. They also offer other unique items such as chocolate-covered dill pickles, olives and jalapenos, along with more conventional favorites.

The Marketplace features several popular retail stores including Super Target, Best Buy, Old Navy, Michaels Craft Store, Gordmans, Kohl's, Bed Bath and Beyond, Lowe's and more.

Aviation Today

Your group will enjoy touring Grand Forks Air Force Base. There are a variety of tours for you to choose from including: KC-135 Stratotanker, military working dog demonstration, control tour/radar approach control, Heritage Park, Cold War Memorial Park, sports and fitness center and more. (approx. 4 hours – Base tours are given Friday mornings, March - October, 3-week advance notice needed)

After a morning of learning about our Air Force, your group will see the latest in technology at the John D. Odegard Aerospace Science Center – one of the top pilot training centers in the nation. The tour includes: high altitude chamber, flight simulators, air traffic control and air traffic control tower simulators, weather analysis, super computer and more. (approx. 1 hour 15 minutes – tours normally available Monday - Friday with advance notice needed) Your group can also go out to the airport to see the planes, hangars, etc. (this adds approx. 1½ hours and you will need to transport the group to the airport)

Touring Around...

Sports Tour (one day)

Start your day with golf at King's Walk, our 18-hole Arnold Palmer PGA signature course. (4 hours)

Enjoy lunch at the Eagle's Crest Grill located in the King's Walk Club House.

Following lunch, make a stop at Cabela's, the world's foremost outfitter, located on DeMers Avenue in downtown East Grand Forks. A 60,000-square-foot store, it features hunting and fishing equipment and outdoor gear. Check out the waterfall, aquarium and several game mounts located throughout.

At the Grand Cities Mall, you can test your climbing skills at the Northern Heights Rock Gym.

Tour the fabulous Ralph Engelstad Arena. A \$100 million hockey facility, it is one of the finest in the world. Be sure to check out the marble floors, leather seats and more. You can also see the new Betty Engelstad Sioux Center addition—the home of the UND basketball and volleyball teams. Don't forget to make a stop in the pro shop to pick up UND Fighting Sioux souvenirs. (Monday - Friday tours at 1:30 p.m.; approx. 1 hour 15 minutes)

Head back to the hotel and get ready for dinner at one of many local restaurants.

Attend an evening sporting event—perhaps a hockey or football game or the races at the River Cities Speedway.

Agricultural Tour (one day)

Agriculture is the leading industry in the Red River Valley. Greater Grand Forks is located in the heart of the valley and has some of the richest farmland in the nation. Our major crops include sugar beets, wheat, potatoes, soybeans, corn and sunflowers. Tours can be arranged to observe a working farm, harvest, the various types of crops grown, farm equipment or perhaps a farm with several types of antique tractors. Your options will vary depending on the time of year you visit.

Drive through the countryside to see the various types of crops grown in the valley. If the timing is right, you may be able to watch the harvest.

Stop at the East Grand Forks Heritage Center, where you can enjoy a Buffalo Burger BBQ lunch and check out the antique farm equipment that was once used in the Red River Valley. In addition, you can tour the pioneer home, church, general store and other buildings. There is also a Model Railroad Museum on the grounds. The layout is all DCC or computer controlled and it has the capacity to allow 99 engineers to operate at one time. (1½ hours for lunch and RR Museum)

Arrive at a local farm to learn about the farming business and see some of the equipment used to operate the farm. Learn more about the crops raised in the valley.

Touring Around...

Art History Tour (one day)

Stop at Badman Design and meet David Badman, creator of such handcrafted items as jewelry, wine racks, picture frames, tables, mirrors and much more. (1/2 hour)

Widman's Candy Shop, a chocolate lover's heaven, is a delicious stop for any tour. Try the world famous "Chippers" (chocolate-covered potato chips) or one of many other creations including chocolate-covered dill pickles, olives, pistachios and corn nuts. (1/2 hour depending on size of group and purchases)

Endearingly coined "a jewel in the heart of Greater Grand Forks," the Empire Arts Center is a non-profit, multi-purpose arts facility located in downtown Grand Forks, ND. Renovated in 1998, the Empire is a circa 1919 movie house renovated into a multi-use theater and gallery facility. The Empire hosts a variety of theater productions, performing arts, films, concerts, speakers, community events, and meetings throughout the year. The University of North Dakota (UND) Art Collection Gallery is also located inside the Empire Arts Center. The Gallery inside the Empire showcases only a small portion of the arts collection owned by UND. The Gallery program preserves the works owned by the University and the UND Foundation and tells their stories. The UND Art Collection includes works by well-known artists, such as Salvador Dali, Andy Warhol, Audrey Flack, and many others, as well as historical pieces extending back in time to ancient Egypt. The extensive collections contain: paintings, sculptures, ceramics, Native American art, textiles and more." (1/2 - 1 hour)

Visit one of our many art galleries, including: Browning Arts, Arts Place, Third Street Gallery, Urban Stampede, River City Jewelers and Dakota Harvest Bakers. Our unique downtown galleries feature artwork by local and regional artists. As you stroll downtown, also be sure to check out the many statues and pocket parks.

Lunch at one of the many downtown restaurants.

Visit the ND Museum of Art and see the current exhibit, as well as the permanent collection of art. (45 minutes) Take a coffee break in the lower level of the museum and enjoy a great cup of coffee and one of their delicious desserts. Make a stop at the museum gift shop before leaving and check out the unique gifts available from around the world.

Return to the hotel, relax, and get ready for dinner.

Treat your group to a wine tasting before they dine at one of our many local-flavor restaurants.

Enjoy an evening out and catch a performance at one of our many venues: Chester Fritz Auditorium, Firehall Theatre, Empire Theater or the Alerus Center. (subject to scheduling)

Return to the hotel and relax by the pool or enjoy a soak in the hot tub before calling it an evening!