Experience Golf By

ARNOLD PALMER

Choice Health & Fitness is 162,000 sqft of health & happiness for all ages. Whether you want to burn some calories, pump iron, splish n’ splash down a waterside or relax at the Spa, we’ve got it all.

GUEST DAY PASSES AVAILABLE!

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Book a tee time online today - KingsWalk.org

COURSE AMENITIES

● 18-Hole Golf Course
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Choice Health & Fitness and King’s Walk Golf Course are proudly owned and operated by:

gf

FITNESS LIKE

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Choice Health & Fitness is 162,000 sqft of health & happiness for all ages. Whether you want to burn some calories, pump iron, splish n’ splash down a waterside or relax at the Spa, we’ve got it all.

GUEST DAY PASSES AVAILABLE!

5301 South 11th Street • Grand Forks, ND • 701.746.2790 • ChoiceHF.com

COURSE AMENITIES

● 100+ Fitness Classes
● State-of-the-Art Fitness Equipment
● Weight Lifting & Extreme Fitness

● Rowing, Cycling & Yoga
● Basketball & Racquetball
● Indoor & Outdoor Tennis

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2018

Visitors

GUIDE

GRAND FORKS, ND | EAST GRAND FORKS, MN

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

3101 South 42nd Street
Grand Forks, ND 58201
Just off I-29, Exit 138 • 701-757-2200
www.countryinns.com

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

514 Gateway Drive
East Grand Forks, MN 56721
218-399-3030
www.marriott.com/gfkeg

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

2837 South 42nd Street
Grand Forks, ND 58201
701-757-4150
Toll-free: 1-877-467-5533
www.springhillsuites.com/gfksh
Style seekers will find chic boutiques, spacious malls, department stores and more. Shop for the latest trends, vintage finds and locally made specialties.
While the Greater Grand Forks Convention & Visitors Bureau makes every attempt to include complete and updated listings, our ever-changing cities are continually adding new businesses; therefore, we always recommend you go to www.visitgrandforks.com for the latest information.

1-800-866-4566 • visitgrandforks.com Please check all listings as stores may fall under multiple categories.

Shoe Carnival — 710-772-1589
Spencer’s Gifts — 710-772-1140
Trade Secret — 710-772-9181
Tradehome Shoes — 710-780-9661
Victoria’s Secret — 710-772-0294
Zumiez — 710-775-1007

RIVERWALK CENTRE
211 DeMars Ave., GF, 218-737-2371
Knick Knack Paddy Whack — 218-737-5616
River Walker Art Gallery — 218-399-0162
Sincerely Yours — 710-739-5927
T’s Outfitter — 218-737-8983
Two-Twenty Bling — 710-339-1099
Waves Float Center — 218-230-7233

FIGHTING SAWKS
110 N 3rd St., GF, 917-687-8245
This store will literally rock your socks off with every theme, design and color of lounge and dress socks imaginable... Including UND Fighting Hawks socks.

GLAMOROUS RERUNS
230 3rd St. NW, EGF, 218-399-0154
Located in downtown East Grand Forks, this consignment boutique specializes in brand name women’s and teens’ fashions.

JUNK WITH SPUNK
1823 S Washington St., GF, 218-737-0714
Discover hidden treasures at this cute store filled with collectibles, antiques and repurposed items. Open only select days each month; please call for hours.

KEY BLISS
3000 32nd Ave. S, GF, 710-757-1797
Key Bliss is a self-described trendy and affordable boutique for women of all ages.

KITTSONA
420 3rd St. NW, EGF, 218-399-0154
Featuring both one-of-a-kind and name brand clothing, accessories and shoes for women that will suit you to a T. Kittsona is also the place to go for cute uniquely ND and MN clothing.

KITTSONA LIFESTYLE
1503 11th Ave. N, GF, 218-779-7993
Discover a fantastic mix of home décor and accessories including exclusive local products for women, men, children and even pets.

MAINSTREAM BOUTIQUE
2712 Columbia Rd. S, GF, 710-757-2003
This multigenerational women’s clothing boutique offers unique fashions and accessories for a variety of tastes.

MARKET 180
1823 S Washington St., GF, 218-689-5491
This upscale home furnishing, décor, re-purposed, up-cycled and more types of home store specializes in doing a 180 on junk and customizing your one-stop shop.

SHOOPING CENTERS
COLUMBIA MALL
3800 S Columbia Rd., GF, 701-746-7883
www.shopcolumbiamount.com
American Eagle — 701-775-1178
Bath & Body Works — 701-746-9557
Bob’s Barn — 701-722-7875
The Buckle — 701-722-0757
Candy Corner — 701-775-4008
Cellairis — 701-775-2223
CenturyLink Cellular Communications — 701-738-8460
Chico’s — 701-722-0257
The Children’s Place — 701-775-1007
Christopher & Banks — 701-722-6637
Circuit City — 701-775-1061
Columbia — 701-722-6637
Dress Barn — 701-722-0304
Eddie Bauer — 701-772-8211
Famous Footwear — 701-775-4550
Famous Footwear — 701-775-4550
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Famous Footwear — 701-775-4550
Famous Footwear — 701-775-4550
Famous Footwear — 701-775-4550
COLUMBIA MALL
SHOPPING CENTERS
Columbia Mall — 701-722-7875
Target — 701-787-6177
Riddles — 701-772-1861
Kohls — 701-746-0191
Famous Footwear — 701-775-4550
Catherines Plus Size — 701-765-3223
Bed Bath & Beyond — 701-795-1033
Ashley Furniture Home Store — 701-780-8589
Bed Bath & Beyond — 701-795-1033
Cabela’s — 701-776-7500
Bath & Body Works — 701-746-9557
Columbus Mall — 701-787-7121
2126 S Washington St., GF, 701-787-8121
www.thecolumbiamount.com
Optical — 701-787-9368
Sears — 701-787-9300
Regis Hair Salon — 701-787-9300
Sears — 701-787-9300
Auto Center — 701-787-9328
Optical — 701-787-9368

JANE'S APRON
1823 S Washington St., GF, 701-775-0714
This multi-generational women’s clothing boutique offers unique fashions and accessories for a variety of tastes.

MARKET 180
1823 S Washington St., GF, 701-775-0714
Discover hidden treasures at this cute store filled with collectibles, antiques and re-purposed items. Open only select days each month; please call for hours.

PLAIN & FANCY ANTIQUE MALL
1726 S Washington St., GF, 701-775-0714
This consignment boutique specializes in brand name women’s and teens’ fashions.

SHELL WITH SPUNK
Always recommend you go to www.visitgrandforks.com for the latest information.

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RH STANDARD
8 S 3rd St., GF, 701-757-4220
RH offers knowledgeable staff who will assist both male and female clientele with style consulting and tailoring. Exclusive local retailer of Antique logo wear and other popular lines.

SCAN DESIGN
2100 S Columbia Rd., GF, 701-757-1617
The place to go for sleek, modern furniture and home décor with a focus on simplicity and detailed craftsmanship.

THE OLIVE BARREL
2100 S Columbia Rd., GF, 701-757-1617
The Olive Barrel offers a variety of top quality gourmet olive oils and perfectly aged balsamic vinegars from around the world. Stop by the showroom to taste and sample for yourself before buying. They also carry several Pride of Dakota food products.

ANDY'S HARLEY DAVIDSON
2756 N Washington St., GF, 701-775-6098
Grand Forks' only Harley dealership. Motorcycle enthusiasts come from miles around to pick out their "dream bike" plus clothing, parts and all the gear to go with it.

THE OLIVE BARREL
2100 S Columbia Rd., GF, 701-757-1617
Dubbed the world’s foremost outfitter, Cabela’s provides outdoor enthusiasts a shopping experience like no other.

FERGUSON BOOKS & MORE
1720 Washington St. S, GF, 701-738-8025
Ferguson Books & More is the premier book shop for book lovers. Founded in 2010, the uniquely locally owned store has been offering free used books with purchases of any new book. Whether it's new or used books, media or children's toys, Ferguson's is an experience second-to-none! "Come to their door!"

GERRELLS SPORTS CENTER & HOCKEY WORLD
1004 S Washington St., GF, 701-775-0553
Gerrells carries the area's largest selection of hockey equipment, figure skates and accessories from leading manufacturers like Bauer, CCM, Reebok, Sherwood, Vaughn and many more. Along with a huge selection of high quality equipment, Hockey World also provides service after the sale: skate sharpening, blades and holder replacement and skate boot stretching, plus the area's only Bauer 3-D Scanner fit system.

HOME OF ECONOMY
1908 N Washington St., GF, 701-772-6611
Locally owned and operated since 1940, Home of Economy has expanded greatly but its goal has never changed: provide every customer with the products and services they need – from automotive supplies, Amish furniture, bakeware and outerwear to tires, toys and much more at reasonable prices.

OUTDOORS AND MORE
1965 7th Ave. N, GF, 701-748-6481
Acme offers a full-line selection of hand tools, power tools, woodworking machinery, and lawn and garden equipment and accessories.

REVOLUTIONS POWER SPORTS
4225 38th Ave. S, GF, 701-746-4957
Leading motorcycle, ATV, snowmobile and outdoor equipment dealer with one of the area's best selections of parts, apparel and accessories.

SHEELS SPORTS
Columbia Mall, GF, 701-780-9424
Unlike a typical sporting goods or department store, Scheels is a collection of entertainment and food venues, as well as offering top quality sports equipment and casual wear for the whole family. Brand-name concept shops by Nike, Adidas, Under Armour, Columbia and North Face will keep you active in any season. Special attractions include a nostalgic shooting gallery, Big Buck Hunter simulator, two-lane bowling alley and five-sport simulators (basketball, soccer, hockey, baseball and football) where customers can test their skills. After shopping, enjoy a Starbucks coffee, bowl of gelato, made-to-order sandwich and more in Scheels cafe.

SEE DICK RUN
3750 32nd Ave. S, GF, 701-775-1115
This specialty running store provides shoes, clothing and other gear to help both novice and veteran runners take it one step at a time.

SKI & BIKE SHOP
1711 S Washington St., GF, 701-772-5567
Make Ski & Bike Shop your go-to for top name brand bicycles, cross-country skis and poles for sale or rent. They also carry a large selection of clothing, accessories and equipment from Patagonia, Burton and more.

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

Please check all listings as stores may fall under multiple categories.
Eat, drink and gather merrily. Dine at one of our diverse eateries, some with picture perfect patios, while you enjoy comfort food, seasonal menus and fare inspired by local ingredients.
in either the restaurant or sports bar. The hot buttery popcorn you can eat served pasta, wraps, salads, appetizers and all.

Enjoy tasty burgers, chicken, steak, ribs, ground round grill & bar

Breakfast buffet with dinner off the menu.

701-775-6000

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

Great American Grill

Enjoy authentic Thai and Japanese cuisine

701-775-6000

Family-run ristorante specializing in authentic Italian dishes like chicken vodka panne, shrimp fra diavolo and veal marsala, along with a variety of flavorful sangrias.

Gramma Butterwick’s Family Restaurant

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

Hardee’s

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

Townhouse Hotel, MUDDY RIVERS BAR & GRILL

701-792-1960

Butterwick’s Original Mexican Restaurant

Specializing in noodle soups, banh mi sandwiches, and appetizers. Seasonal outdoor seating.

A festive atmosphere.

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

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

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

This family-friendly eatery offers a large buffet with several varieties of pizza and fondue.

PLAYMAKER’S ALL-AMERICAN LOUNGE & CASINO

Canad Inns, 1000 S 42nd St., GF, 701-775-3653

Breaks between the triplicates table and pool is a food menu that includes burgers, pup food and lavish.

Popolono’s PIZZA

2600 DeMers Ave., GF, 701-746-7877

Qdoba Mexican Grill

2602 32nd Ave. S, GF, 701-772-8322

Red Lobster

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

Featuring a “fresh catch of the day” menu, including crab, shrimp, scallops and more.

The Red Pepper

1991 University Ave., GF, 701-775-3671

GF, 701-772-8226

Home of the legendary "Grinder" sandwich and several Mexican specialties.

Red Pepper East

1504 Central Ave. NE, GF, 701-738-6344

Serving sub sandwiches and Mexican food.

Red River Grill & Market

Grand Forks International Airport, GF, 701-738-6430

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

Rhombus Guys

217 3rd St. S, GF, 701-781-3717

This funky, three-level downtown cafe specializes in gourmet pizzas plus wraps, sandwiches, salads and seasonal outdoor seating on the rooftop.

Rhombus Guys Brewhouse

116 S 3rd St., GF, 701-736-0588

Featuring dozens of made-in-house draft beers, a uniquely delicious menu items like shrimp and grits, croque madame, gourmet burgers and Scotch eggs. Sunday, March serves 11 a.m. to 2 p.m.

Enjoy fresh made-to-order pizzas, salads, sandwiches, burgers, hot turkey sandwiches, meatloaf and more.

Olives Garden

2310 2nd Ave. S, GF, 701-748-2038

This internationally popular restaurant serves a large buffet with several varieties of pizza and fondue.

Pizzeria Ranch

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

Featuring classic fresh food, this popular eatery offers a large buffet with several varieties of pizza and fondue.

Panda Express

701-787-0808

Pizza Hut

701-772-7800

Dine in, delivery or carry out.

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

Delivery or carry out only.
SEASON’S FAMILY RESTAURANT
300 3rd Ave. NE, EGF, 218-773-4165
This locally owned eatery serves up affordable hearty fare like strawberry banana French toast, chocolate chip pancakes, biscuits ‘n’ gravy, pot roast and a variety of fresh-baked pies.

SHANG YI
108 N 3rd St., GF, 701-772-0151
Serving authentic Chinese noodle and rice dishes, plus made-to-order sushi, in the heart of downtown.

SNOTT '''S GULLY LANDING
301 3rd Ave. NE, EGF, 218-389-2006
Offering a variety of award-winning, uniquely delicious burgers – some even served on doughnut buns or topped with tater tot hotdish – sandwiches, salads, appetizers, hand-scopped malts/shakes and brews in fun surroundings. Seasonal outdoor seating.

SKY’s
3200 DeMers Ave., S, GF, 701-746-8970
Known as one of the finest restaurants in the region, Sky’s menu includes such dishes as spice-roasted wild Alaskan salmon, braised short ribs, filet mignon, Maryland crab cakes and some fabulous nightly specials. Sunday Brunch served 11 a.m. to 3 p.m.

SLAPSHOOT PIZZA
2215 Gateway Dr., GF, 701-746-4771
Busting downtown bar that also serves pizza, burgers and appetizers.

SMILING MOOSE
ROCKY MOUNTAIN DELI
623 S Washington St., GF, 701-775-3354
Offering a variety of unique, freshly made sandwiches and some of the best fresh baked cookies around.

SONIC DRIVE-IN
1800 S Washington St., GF, 701-775-3278

SOUTHGATE BAR & GRILL
2626 S Washington St., GF, 701-772-8849
Family owned and operated since 1988. Specialties include high-quality, reasonably priced steaks, prime rib, seafood, chicken, barbecue ribs and burgers. Seasonal outdoor seating.

SPICY PIE
3000 32nd Ave. S, GF, 701-775-4747
Get your New York-style pizza by the slice or in full 18-inch pie form with choice of toppings. Also serving tacos and a variety of gyros.

STEERS
1111 S Washington St., GF, 701-772-9550
Known for top quality, always fresh coffee, donuts, baked goods and homestyle lunches.

TARDY TRUCK
3000 32nd Ave. S, GF, 701-775-4747
This modern downtown dessert café specializes in bubble tea, crepes and Thai stir-fried ice cream.

TUSKIES
2525 S Washington St., GF, 701-775-7941
Char-grilled burgers, steaks, ribs, chicken and seafood served country-western style with hearty side dishes like stuffed potatoes and baked beans.

TUM TIM HORTONS
811 2nd St. NW, EGF, 701-775-4440
Bustling downtown bar that also serves pizza, burgers and appetizers. Some of the best fresh baked cookies around.

TAVEN UNITED
Canad Inns, 1000 42nd St. S, GF, 701-777-1988
World sports pub for all ages with specialties that include beer battered halibut, smash burgers, several varieties of wings and the famous Hat Trick Flapper appetizer. Seasonal outdoor seating.

TEA & CREPE CAFÉ
307 DeMers Ave., GF, 701-775-1040
This modern downtown dessert café specializes in bubble tea, crepes and Thai stir-fried ice cream.

TEXAS ROADHOUSE
3200 32nd Ave. S, GF, 701-776-4747
Seasonal outdoor seating.

TICKET TACO
3241 2nd St. S, GF, 701-775-5950
Taco Tuesday at Ticket Taco, every Tuesday night.

T-Level
2601 24th Ave. S, GF, 701-775-3668
Enjoy good eats, great coffee and a great coffeehouse experience made up of the best local coffee roaster.

TIME TRAVELER
1599 3rd St. S, GF, 701-777-0438
This unique downtown eatery serves creative dishes like orange chicken, basil shrimp, black bean and garlic, Thai stir-fried ice cream. This modern downtown dessert café specializes in bubble tea, crepes and Thai stir-fried ice cream.

TICKET TACO
3241 2nd St. S, GF, 701-775-5950
Taco Tuesday at Ticket Taco, every Tuesday night.
Rest easy in hotel rooms offering all the comforts of home and then some. Stay at places with indoor water parks, gaming, adjacent restaurants and other for-fun amenities.
# PLACES TO STAY

All properties have credit card service, outdoor power outlets, copy/fax service, cable, cribs and non-smoking rooms.

- Dot indicates services available.

<table>
<thead>
<tr>
<th>Number of Rooms</th>
<th>Meeting Room</th>
<th>Occupancy</th>
<th>Continental Breakfast</th>
<th>In-Room Coffee</th>
<th>Restaurant, Lounge &amp; Casino</th>
<th>Room Service</th>
<th>Laundry</th>
<th>Pool</th>
<th>Water Park</th>
<th>Whirlpool/Hot Tub/Sauna</th>
<th>Whirlpool Suite</th>
<th>Video Games</th>
<th>Microwave</th>
<th>Refrigerator</th>
<th>Exercise Room</th>
<th>Handicap Rooms</th>
<th>Pets Allowed</th>
<th>High Speed Internet</th>
<th>Wireless Internet</th>
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</thead>
<tbody>
<tr>
<td>Americas Best Value Inn</td>
<td>1000 N 42nd St.</td>
<td>701-775-0655</td>
<td>1-888-375-0550</td>
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<td>AmericInn</td>
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<td>Baymont Inn &amp; Suites</td>
<td>391 S 42nd St.</td>
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<td>Canad Inns Destination Center</td>
<td>1000 S 42nd St.</td>
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<td>Days Inn</td>
<td>3101 S 34th St.</td>
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<td>East Grand Inn</td>
<td>606 Gateway Dr., EGF</td>
<td>218-773-9822</td>
<td>1-888-904-8840</td>
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<td>Econo Lodge</td>
<td>900 N 43rd St.</td>
<td>701-746-6666</td>
<td>1-800-553-2866</td>
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<td>Expressway Suites</td>
<td>4040 11th Ave. S</td>
<td>701-757-7000</td>
<td>888-530-0190</td>
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<td>Fairfield Inn by Marriott</td>
<td>3051 S 34th St.</td>
<td>701-775-7910</td>
<td>1-800-228-2800</td>
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<td>Fairfield Inn &amp; Suites by Marriott</td>
<td>514 Gateway Dr., EGF</td>
<td>218-389-3030</td>
<td>888-238-3427</td>
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<td>Hampton Inn &amp; Suites</td>
<td>3985 42nd St. S</td>
<td>701-751-0235</td>
<td>1-888-HAMPTON</td>
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<td>Hilton Garden Inn</td>
<td>4301 James Ray Dr.</td>
<td>701-775-6000</td>
<td>1-877-STAY-HGI</td>
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<td>Holiday Inn Express Hotel &amp; Suites</td>
<td>4051 32nd Ave. S</td>
<td>701-772-7700</td>
<td>1-866-HOLIDAY</td>
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<td>Ideal Inn</td>
<td>2201 Gateway Dr.</td>
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<td>Knights Inn &amp; Suites</td>
<td>1211 N 47th St.</td>
<td>701-757-4041</td>
<td>855-896-3206</td>
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<td>La Quinta Inns &amp; Suites</td>
<td>4051 Garden View Dr.</td>
<td>701-757-3620</td>
<td>800-753-7375</td>
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<td>My Place</td>
<td>1315 S 42nd St.</td>
<td>701-757-1717</td>
<td>855-200-5685</td>
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<td>218-773-1179</td>
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<td>Quality Inn</td>
<td>3251 30th Ave. S</td>
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<td>Ramada</td>
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<td>Sleep Inn &amp; Suites</td>
<td>1350 S 42nd St.</td>
<td>701-757-2900</td>
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<td>SpringHill Suites by Marriott</td>
<td>2837 S 42nd St.</td>
<td>701-757-4150</td>
<td>1-877-467-5533</td>
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<td>Staybridge Suites</td>
<td>1175 42nd St.</td>
<td>701-772-9000</td>
<td>877-238-8889</td>
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<td>Super 8 Motel</td>
<td>1122 S 43rd St.</td>
<td>701-775-8135</td>
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<td>Townhouse Hotel</td>
<td>710 1st Ave. N</td>
<td>701-746-5411</td>
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<td>Travelodge</td>
<td>2100 S Washington St.</td>
<td>701-772-8151</td>
<td>1-800-578-7676</td>
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<td>AmericInn</td>
<td>1820 S Columbia Rd.</td>
<td>701-780-9355</td>
<td>1-800-434-3444</td>
<td>701.780.9355 • 1-800-434-3444 • <a href="http://www.americinn.com">www.americinn.com</a></td>
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Treating guests like neighbors.
- NEW lounge with food and beverage, and weekly food/beverage specials
- NEW fitness center with impressive equipment
- Hot continental breakfast contains eggs, sausage/bacon, waffles, danishes, donuts, yogurt and much more
- Coffee, tea, hot chocolate, apple cider and fresh fruit 24/7
- Guest laundry and outstanding customer service
- Newly remodeled rooms, pool, lobby and public areas

Come visit our newly remodeled motel and suites. Relax, renew and recharge from your long shopping day or maybe before a big game in our lovely remodeled motel. We welcome all the shoppers from up north to come see our impeccables changes. We hope to see you all very soon.

1520 Columbia Rd • Grand Forks, ND 58201
1-800-866-4566 • visitgrandfords.com
Experience live theatre, Broadway-quality shows, Art & Wine Walks, Blues on the Red and other styles of live outdoor music, museums, galleries and a thriving night scene.
DOWNTOWN DEVELOPMENT ASSOCIATION
23 3rd St., GF, 701-767-4051
downtowngrandforks.org

Situated on a 30-acre site recently restored
1827 Bygland Rd., EGF, 218-773-3190

GRAND FORKS BASEBALL ACADEMY
1605 Central Ave. NW, EGF, 218-389-0188
www.facebook.com/NVBaseball/

This premier baseball academy features top
pitch notation facilities, training camps and
classes. Call or visit their Facebook page
for more information on classes,

AEROSPACE
University Ave. and Tulane Dr., UND Campus, GF, 701-777-2791

Situated on 100 acres of the former
8 a.m. to 4:30 p.m. Email katie.sagstuen@
dakota.edu for more information or to schedule a tour.

NORTH VALLEY
201 Old Grand Forks Rd., Grand Forks, 701-777-5000
www.northvalley.com

Taylor's Acres is home to the University of North
Dakota Agricultural Research and Extension Center. The 1,000-acre North Dakota Agricultural Research and Development Center is dedicated to the creation, education and enjoyment of the arts. Nonprofit organization formed to promote the creation, education and appreciation of the arts by providing a studio, classroom, ﬁring space and gallery.

MUSEUMS
HERITAGE VILLAGE
Hwy. 220 and 20th St. NE, GF, 218-773-1726 or 701-777-6668
www.nhtrcmo.org

This museum is afﬁliated with the University of
North Dakota and the North Dakota Heritage Center. It is dedicated to the preservation of the heritage of the Northern Great Plains region. The museum features exhibits on the history of the region, including Native American culture, early pioneers, andmore. Call for tour times.

GALLERY
BROWNING ARTS
23 4th St. NW, GF, 701-746-5090
www.browningarts.com

This gallery and gift shop featuring works
from talented artists is open Tuesday to
8 a.m. and Sunday; closed on major holidays.

WORLD’S SMALLEST GALLERY
Urban Staged 324 Jackson St., GF, 701-746-9351

This is the smallest gallery housed inside Urban Staged, a popular coffee shop located in our trendy Downtown East Grand Forks area. The gallery features art from different mediums; shows change monthly.

YOU ARE HERE
201 Old Grand Forks Rd., GF, 701-746-6093

Exhibition area and studio features works,
ﬁnished and ongoing, by a variety of artists.
Open Friday from 8 a.m. to 7 p.m.; Saturday—
Sunday or by chance appointment.
MUSIC, THEATRE & DANCE

BURTNESS THEATRE
Centennial Dr. UND Campus, GF, 701-777-2987
www.und.edu/dept/theatre/burtness.html
A variety of productions staged by talented University of North Dakota students. Call the Box Office for more information.

CHESTER FRITZ AUDITORIUM
Yale and University Ave., UND Campus, GF, Box Office: 701-777-4980, www.cfa.und.edu
Watch the curtain go up on an array of national entertainment including concerts, Broadway theatre, children’s shows and special performances.

COMPAC
415 DeMers Ave., GF, 701-746-5500
www.empireartscenter.com
Built in 1919, this restored theatre hosts performances, movies and other events and houses a visual arts gallery with exhibits open during performances.

EXPERIENCE 420th Ave. NW, EGF, 701-777-4090, www.arts-sciences.und.edu/music
A variety of productions staged by talented University of North Dakota students. Call the Box Office for information.

SPORTS EVENTS

FORKS KARTING TRACK
2300 Gateway Dr., GF, 701-732-0014
Races on this 1/8-mile clay oval track take place Wednesdays mid-May through early October.

RED RIVER BMX TRACK
6900 Gateway Dr., GF, 701-610-1642
www.facebook.com/redriver.bmx
RRBMX has been in operation for almost 20 years and continues to provide a safe, fun outlet for riders of all ages and skill levels to continue the exhilarating sport of Bicycle Motocross (BMX). Races take place on Tuesday nights, late May through August, switching to Saturdays in September.

RIVER CITIES SPEEDWAY
2300 Gateway Dr., GF, 701-732-0999 (seasonal)
www.rivercitiesspeedway.com
Outlaw Sprints, Late Models, Midwest Modifieds and Street Stocks. Racing every Friday night, late April – mid September.

MUSIC, THEATRE & DANCE

NORTH DAKOTA BALLET COMPANY
701-746-6044, www.northdakotaballet.org

NORTHERN VALLEY YOUTH ORCHESTRA
701-757-3209, www.nvoyo.org
Offering young musicians aged 9-20 the opportunity to perform challenging, high quality orchestral and chamber music literature.

SUMMER PERFORMING ARTS COMPANY (SPA)
701-746-2411, www.spacompny.com
Theatre and music program for students currently enrolled in grades K-11. Each summer the high school program produces three musicals with performances held throughout July. For more information, please call the SPA office or go to their website.

UND MUSIC DEPARTMENT
701-777-2644
www.arts-sciences.und.edu/music
Group and individual performances are held throughout the year. Call for details.

TRI CITY NORTH STARS
Cushman Field, GF, 701-740-9847
www.gomornorthstars.com
This semi-pro football team, representing the cities of Grand Forks, East Grand Forks and Crookston, plays during summer months only. The league is made up of former college players from around the region.

UNIVERSITY OF NORTH DAKOTA ATHLETICS
UND Ticket Office, GF, 701-777-4689
www.undsports.com
Cheer on all of the Fighting Hawks’ Division I teams! Events include football, hockey, basketball, volleyball and more.

ENTERTAINMENT VENUES

ALERUS CENTER
1200 42nd St. S, GF, Event Line: 701-782-1420
www.aleruscenter.com
State-of-the-art facility that can host conventions, exhibitions, concerts, meetings and banquets, the Alerus Center also boasts a regulation NCAA football and soccer field. The arena seats 13,400 for football or soccer and 22,000 for entertainment events. The center can also house two basketball courts and features 14 suites and a club area, eight concessions stands, two vending sites, 14 ticket windows and four merchandise stands. With 150,000 square feet of exhibit space, it is the largest event center between Seattle and the Twin Cities. Tours available by calling 701-792-1200.

RALPH ENGELSTAD ARENA
UND Campus, GF, 877-917-4689 or 701-777-4167
www.ralphengelstadarena.com
Considered one of the finest hockey facilities in the world, the $100+ million Ralph Engelstad Arena is home to the championship University of North Dakota men’s hockey team. The 400,000 square foot, five-story arena seats 11,700 people and hosts family shows, ice events, concerts and basketball. The main lobby area has ticket sales, a pro shop and complete “Sioux Tradition” museum. Tours available Monday-Friday at 1:30 p.m. Call 701-777-6836.

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www.aleruscenter.com
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Play at your pace, with miles of trails and waterways. Lace up to run (in color or mud), bike and inline skate as part of fun or competitive events. Area parks offer picnic and play areas, sledding hills, ice rinks and other seasonal flavors.
SHERLOCK FOREST PLAYGROUND
Sherlock Park, EGF
Sherlock Forest is a unique play area that was designed with the help of junior architects from local schools and built by community members.

TURTLE RIVER STATE PARK
This 784-acre wooded park was named for the mud and snapper turtles once found in abundance in the streams. Today, the entire park is a natural sanctuary, located just 22 miles west of Grand Forks. Turtle River State Park has 125 modern and primitive campsites, a woodland lodge and group cabins, a mountain bike trail, self-guided nature trails, fishing for rainbow trout and special programs in an outdoor amphitheater. Winter activities include cross country skiing, sledding and more. Call 701-594-4445. For reservations call 800-807-4723.

SPECIALTY PARKS & FACILITIES
For a more detailed list of park locations and facilities, contact the Grand Forks Park District at 701-748-2760 or visit www.gfparks.org, or East Grand Forks Parks and Rec at 218-773-8000.

Basketball: Riverside, Wilmar, Richard’s West, Prime Steel, Optimist, Jaycee’s, Bringewatt, Lincoln, Midtown, Abbott and Lake Agassiz

Cross Country Skiing: Lincoln Drive Fishing: Ryan Park/Lake Friesbe Golf: Lincoln Drive, Zavoral, Northland Tech College

Gardens: Sertoma (Japanese), University (floral), Lincoln Drive (wildflowers), Independence (floral), Wilmar, Nash, Shanlee

Hockey and Indoor Skating: Eagles/Blue Line Club Arenas, Purpel/Gambucci Arenas, EGF Civic Center, VFW Arena, EGF Blue Line Club Arena, ICOM Sports Center with open skating times

Hockey and Outdoor Skating: Eleven supervised warming houses and lighted hockey/pleasure outdoor rinks plus a public ice rink in downtown Town Square and a new Freezeaway – a free-form skating area stretching up and down The Greenway in Franklin, Cox, Dike, Elks, Griggs, Hamley, Jaycees, Kelly, Lincoln Drive, Nash, F. O. Leary, Optimist, Prime Steel, Riverside, Ryan, Sertoma, Sherlock, Stastny, University

Sand Volleyball: Bringewatt, Lincoln Drive, Riverside Skate Park: Royale LaGrave Sledding: Lincoln Drive, Riverside Soccer: Bringewatt, Nash, Southern Estates, SFV Arena

Softball/Baseball: Apollo Field, EGF Central Middle School, Kraft Field, Uland, Optimist, Lake Agassiz, Kelly, Jaycee’s, Ben Franklin, Nash, Stastny Splash Pools: Elks, University Tennis: Abbott, Optimist, O’Leary, Riverside, Snooks Register, Sumington, University

BIRDING
Home to more than 300 species, this is an ideal base for a birding trip through the Red River Valley. Nearby prairies offer chances to see native grassland species, including the greater prairie chicken, gray prairie chicken and short-eared owl. Winter birding offers the snowy owl, snow buntings, common redpoll and more. Birding sites include the Grand Forks/East Grand Forks Greenway, Turtle River State Park, Kelly’s Slough National Wildlife Refuge, Prairie Chicken Management Area, Wetland Pines and Prairie Audubon Sanctuary.

For more information, call 800-866-4566 or stop in to the Convention & Visitors Bureau to pick up a field checklist.

BICYCLE ROUTES
Hop on more than 67 miles of bicycle trails, with new additions every year. Asphalt trails are also found in the Grand Forks/East Grand Forks Greenway along the Red and Red Lake Rivers. The North Star Trail in Turtle River State Park is a 10-mile scenic loop of rolling hills, flatlands and stream crossings.

BILLIARD HALLS
The Loft 206 DeMers Ave. GF, 701-757-2030 TJS SPORTS BAR 1210 S Washington St., GF, 701-757-2030

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

The Greenway is 2,200 acres of natural space lying the Red River and Red Lake Rivers as they flow through Greater Grand Forks. This picturesque urban space offers countless recreational, cultural, historical and natural experiences.
BOWLING
EAST GRAND LANES
1500 5th Ave. NE, EGF, 218-773-3477
RED RAY LANES
2105 S Washington St., GF, 701-775-0663

CAMPGROUNDS
GRAND FORKS CAMPGROUND
701-772-6108
Grand Forks Campground & RV Park features full service 50 amp pull through sites. Offers daily, weekly and monthly rates.

RED RIVER STATE RECREATION AREA
218-773-4590
Red River State Recreation Area features 113 campsites, including 85 electric sites with full hookups plus shower and bathroom facilities.

TURTLE RIVER STATE PARK
701-594-4445
Located 22 miles west of Grand Forks, Turtle River State Park has a mix of 125 modern and primitive campsites, a woodland lodge and group cabins.

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

BOATHOUSE ON THE RED
101 Riverboat Rd., GF, 701-696-9005
www.boathouseonthered.org
The first boat rental operation on the banks of the Red River was begun by Ground Up Adventures, a local group with the goal of inspiring more people (especially kids) to take advantage of recreation activities on the river. Located on the Grand Forks side of the Greenway, just north of Sorlie Bridge, the boathouse offers seasonal kayak, canoe and stand-up paddleboard rentals.

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Scheels.com
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www.albatrossfgc.com
Tea is up on one of two PGA Tour-endorsed golf simulators and play such favorites as Pebble Beach and St. Andrews.

GOLF CENTER
3017 S Columbia Rd., GF, 701-775-0199
The Golf Center features an indoor simulator that uses actual footage from around the world, giving you the opportunity to play championship golf anytime.

GRAND FORKS COUNTRY CLUB
724 East County Rd. R, GF
L-formation and tee times: 701-772-4831
A true beauty, this 18-hole Robert Bruce Harris design tests the skills of the finest player, yet is ideally suited to beginning and average golfers. There is also a pro shop, snack bar, course and dining room.

KING’S WALK GOLF COURSE
5320 Columbia Rd., GF
Information and tee times: 701-787-5404
www.kingswalkgolf.com
Experience golf by Arnold Palmer at King’s Walk Golf Course. Golf one of North Dakota’s finest championship golf courses and enjoy the 18-hole links style golf course with all the amenities you want. Designed by Arnold Palmer and the Palmer Course Design Company, players of all abilities enjoy the pristine style course with beautifully sculptured bunkers, mounds and bent grass greens. The course is accessed by the great links of Scotland and Ireland. Practice your swing on our driving range, improve your swing with a lesson from a PGA Golf Pro, relax on the outdoor patio, or dine at Eagle’s Crest Bar & Grill.

LINCOLN GOLF COURSE
250 Elks Dr., GF
Information and tee times: 701-746-2788
www.lincolngolf.org
Established in 1909, Lincoln Golf Course is one of the oldest golf courses in the Midwest. There is a par 35 course, Lincoln Golf Course has everything needed for the beginning and average golfer. There is also a pro shop, with full bar, course and dining room.

DOG PARKS & REC
CIRCLE OF FRIENDS
4376 7th Avenue Dr., GF
This off-lease dog park is open daily from dawn until dusk. Dogs using the park must have collars with current rabies vaccination tags attached and be on a leash when they enter and exit the play area. For more information log on to www.glfpets.com.

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

RUFFING IT
This day-care offers your furry friend a place to get groomed and have a doggone good time. For more information call 701-780-0700 or log on to www.rufflingitd.com.

STAY & PLAY
There’s a reason Stay & Play is called a “Pet resort.” Its pampered guests enjoy a large indoor gym, wooded outdoor play area, cozy beds, heated floors, air conditioning, piped-in music and even window seats for bird and squirrel watching, all in a safe setting just outside the city limits. For more information call 701-775-7020 or log on to www.stayandplayresort.com.

WAG-N-TRAIN
Conveniently located in Grand Forks close to I-29, they offer a variety of pet care services including boarding, day care, training and grooming. Surrounded by fresh air and quiet countryside, your pet’s stay includes all the comforts and care of home at an affordable price. For more information, call 701-746-9331 or log on to www.wagtrain.net.

FAMILY FUN & FITNESS
CANAD INNS DESTINATION CENTER
1000 S 42nd St., GF, 701-772-8404
The region’s largest indoor water park, Splasher of the South Seas features a bowl ride, body slides, lazy river, activity pool, interactive water play structure with dump bucket and whirlpool spa. Although it’s located in the Canad Inns hotel complex, day passes are available to guests and non-guests alike.

TRAVEL HEALTH & FITNESS
4430 S 11th St., GF, 701-746-2750
www.choicecfnt.com
Choice Health & Fitness is 162,000 square feet of state-of-the-art health and fitness center that offers the finest equipment, weight lifting and extreme fitness; indoor walk/run track, kids water park with two water slides; lap pool and lazy river; tennis courts; and more. Whether you want to burn some calories, pump iron, splash ‘n’ splash down the waterslide or relax at the spa, they’ve got it all. Just some of their amenities include: 100+ fitness classes; state-of-the-art fitness equipment, weight lifting and extreme fitness; indoor walk/run track; kids water park with two waterslides; lap pool and lazy river; tennis courts; and so much more. It’s a perfect place for the whole family to hang out for the day. Day passes are available.

NORTHERN AIRE FAMILY FUN CENTER
1600 S 32nd Ave., GF, 701-772-4386
www.northernair.com
This large recreation center offers fun for all ages. It features North Dakota’s only indoor trampoline park, plus huge inflatables and laser tag. Soon-to-come additions include batting cages, electric go-karts and mini golf.

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

HUNTING
North Dakota and Minnesota rank among the greatest hunting areas for white-tailed deer, waterfowl, moose or coyote, and most are just a short drive. For information, contact ND Game and Fish Dept. at 701-328-6330 or MN DNR at 250-657-8888 or MN MNR when calling from Minnesota.

UP & AWAY
FLIGHT SUPPORT
2403 Air Cargo Dr., GF, 701-772-5504
www.flight34.com
Offering flight instruction, a Discovery Flight for those interested in finding out if aviation is something they are interested in and scenic flights over Greater Grand Forks.

MOVIE THEATERS
AMC CLASSIC 10
2306 32nd Ave. S, GF, 701-772-3514
www.amctheatres.com

SNOWMOBLING
Numerous trail systems stretch across eastern North Dakota and western Minnesota. Pick up local trail maps at the Convention and Visitors Bureau. For trail conditions, call 1-800-HELLO-ND or visit www.snowmobilenb.com

SNOWSHOEING AND CROSS COUNTRY SKIING
Explore more than eight miles of groomed ski trails along the Red River at Lincoln Park. Turtle River State Park offers groomed classical and skate skiing styles. Trail passes and ski rentals are available at:

4376 7th Avenue Dr., GF
www.choicecfnt.com
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What’s up is downtown. Discover uniquely grand outdoor public art. Dine and rewind while taking stock of all your one-of-a-kind finds. Then soak up the nightlife at some of our local hot spots.
**Pepper** also serves delish Mexican fare off a menu so popular of their dishes: homemade pretzels with beer cheese dip, pub-inspired hand-crafted beers and food. A few noteworthy concoctions are the Bully Brew Brown Ale, Chokecherry Gose, New England IPA, Green Tea Pale Ale and their rotating Smashed Brisket Sandwiches. Some of the signature menu offerings include a 13-ounce meatball with marinara, smoked chicken wings, 12-ounce pork chop, apple, arugula and Gorgonzola French cheese sandwich so intoxicating, it will leave you feeling like imbibing, featured on-tap beers include brews from Surly, New Belgium and Guinness.

**Rhombus Guys Brewing Company**

Located in the historic Metropolitan Opera House, Rhombus Guys Brewery Company, along with its owners Matt and Arron, offers a romantic atmosphere similar to that of traditional Italian ristorantes. Just some of the lovingly prepared plates include shrimp pesto primavera, balsamic chicken linguine, five cheese ravioli, lasagna bolognese and house-made meatballs covered in their slow-simmered marinara sauce. And Giuseppe’s after dinner sweetie pie is to die for! They’ll have you exclaiming: “Holy cannoli!”

**THE FABULOUS KEGS DRIVE-IN**

The Fabulous Kegs Drive-In may be open only a few months during the year but it’s well worth the wait. Roll down the road to the Past and enjoy summer breezes and tunes on the radio till your drive home. The area’s hottest chefs offer up cool culinary concoctions. The Toasted Frog – a 21+ trendy yet inviting restaurant and lounge – boasts extensive martini and wine lists to accompany fabulous gourmet food. The area’s hottest chefs offer up cool culinary creations that are an homage to their famous fried poutine, pulled pork and beer cheese that’ll really rock your taste buds! Rhombus now offers a romantic atmosphere similar to that of traditional Italian ristorantes. Just some of the lovingly prepared plates include

**SKY’S THE LIMIT**

Enjoy five-star cuisine up high at Sky’s. An evening here comes complete with a second-story view of downtown, full bar service, an excellent wine cellar and exquisite cuisine like herb-crusted lamb, braised beef short rib, honey-glazed pigeon with a sage and pan seared duck breast. Their Cloud 9 Lounge offers a more casual dining experience and less formal menu that includes abundant appetizers, lasagna and sandwiches. Sky’s has also added a fabulous Sunday brunch, from 11 a.m. to 3 p.m. with everything from crème brûlée French toast to Mediterranean frittatas and one of the best mimosas around.

**UP NORTH FARE WITH FLAIR**

Italians may be the inventors but Minnesotans are the ones who perfected it. And when it comes to pie with pizza, the Up North Pizza Pub in East Grand Forks really takes the cake! Yes, the sandwiches, salads and appetizers are tasty, too, but it’s their hand-tossed, fresh-from-the-oven, cheesy New York-style pizza that is quick to your ever-increasing line. Some of Up North’s most popular pizzas are the Drunken Rooster (pepperoni sausage, white sauce, pimento cheese and blackened chicken), Gnarly Charlie (pepperoni, diced pepperoni, pheasant sausage, whiskey glazed apples, pistachios and apple slaw) and Up North’s Original (ribs, chicken, bacon, red onion and barbecue sauce). If you feel like imbibing, featured on-tap beers include brews from

**UP NORTH PIZZA PUB**

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**THE HUB PUB**

701-746-7433, 205 3rd St. N, GF

**JOE BLACK’S**

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

**KELLY’S BAR**

701-772-8605, 309 3rd St. N, GF

**LEVEL 1 MARTINI LOUNGE**

701-772-3434, 10 3rd St. N, GF

**THE LOFT**

701-757-2020, 309 3rd St. N, GF

**MIKE’S PIZZA & PUB**

712-238-1919, 309 3rd St. N, GF

**RHOMBUS GUYS BREWING COMPANY**

701-757-0598, 115 S 2nd St, GF

**RIVER DECK BAR**

218-399-2005, 415 2nd St. N, GF

**SICKIES**

218-389-2006, 121 DeMers Ave., EGF

**SKY’S CLOUD 9**

218-399-0200, 314 4th St. NW, EGF

**THE TOASTED FROG**

701-772-3764, 124 3rd St. N, GF

**UP NORTH PIZZA PUB**

701-775-0050, 214 4th St. NW, GF

**VFW LOUNGE**

701-773-2481, 312 DeMers Ave., EGF
If you’re looking for delicious, innovative food served in a unique setting, the Blue Moose Bar & Grill is just the place. Surrounded by knotty pine and neon, the cozy yet eclectic atmosphere is perfect for all occasions. Just some of the Moose’s signature dishes include pan-fried fresh walleye, sweet ‘n’ sassy Norwegian barbecue ribs, decadent PBEB (peanut butter, fried egg and bacon) burger and the famous Mac & Cheese Attack: penne noodles tossed in a four-cheese sauce, then topped with cojack before baking. And don’t forget to pay a visit to the Back 40 Bar – as in 40 tap beers – where you can relax and let loose your inner Moose.

Chocolate covered potato chips, better known as Chippers, Widman’s most popular item, are regularly shipped all over the world. But the legendary candy makers here have been dipping all kinds of things in chocolate — including toffee, blueberries, marshmallows, sunflower seeds, bacon and even olives — since 1949.

This fun, casual hamburger joint takes an American classic to a whole new level. Their ginormous all-beef patties (turkey, chicken, bratwurst and veggie, too) get sandwiched between alternative buns like pretzels and even doughnuts! When it comes to the fresh toppings, Sickies doesn’t scrimp there either. Just some of the super charged burger offerings include the Tater Tot Hot Dish, Jameson Whiskey BBQ, Jalapeno Popper and aforementioned Glazed Doughnut, which is adorned with cheese and peppered bacon. Along with the 50 burgers comes an assortment of 50 beers on tap.

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

Vine-ripened tomatoes, the world’s best sweet corn, home baked pies and doughnuts, handmade ice cream, assorted flavor of salsas, hot and spicy salsas, fresh breads, jewelry, crafts, live music, and always a few surprises await you every Saturday, during the summer, in Town Square.
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With an array of activities for every season, top-quality schools, and abundant career opportunities, you can be sure Greater Grand Forks is one of the coolest places to live!
Tour the Ralph.
Described by many as the finest facility of its kind in the world, Ralph Engelstad Arena serves as the home to UND hockey, basketball, and volleyball. This is a must see when you’re in Grand Forks.
Tours available Mon.-Fri. at 1:30 PM

Canad Inns Destination Center Grand Forks
1000 South 42nd Street, Grand Forks, ND 58201
Phone: (701) 772-8404
Call Toll-Free: 1-888-33-CANAD (22623)
or go online: canadinns.com

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• Arcade/Redemption Center
• Group events
• Private birthday party rooms

Northern Air Family Fun Center
1600 32nd Ave S • Grand Forks, ND 58201
701.757.4FUN • www.northernairffc.com • fun@northernairffc.com

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1600 32nd Ave S • Grand Forks, ND 58201
701.757.4FUN • www.northernairffc.com • fun@northernairffc.com

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Half mile north on Airport Drive.

Homemade food? Locally owned?
Yes, we are!
The Blue Moose has been a part of East Grand Forks for over 20 years. Our vast menu features burgers, sandwiches, steak, chicken, ribs, walleye, salads, soups, delicious desserts and much more.

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

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GFKAirport.com
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Half mile north on Airport Drive.
Running shoes, clothing, and gear is what we do. We cater from anyone who needs a good supportive pair of shoes just to live in to the finely tuned athlete looking to take their training to the next level.

Widman’s Candy Shop
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Friday night racing at the Action Track.
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Save $3.00 with advance tickets. Available at: El Roco, Gateway Cenex, Stamart, Home of Economy, Tesoro East and University Station

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

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

The food is great and the prices are super. Set in a tropical decor, the Parrot’s Cay is best known for its awesome wings and variety of beers. Come and enjoy our daily food specials: Monday – $4 Bowls of Jambalaya; Different Po’ Boy every Tuesday; Wednesday and Thursday – Pitcher of Domestic Beer and Wings $16; Weekends enjoy Drink Specials.

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• Indoor Pool Play Area
• Refrigerator
• Coffee Pot
• Video Library
• Free Wireless Internet
**ARRIVAL INFORMATION**

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

**LOCATION**

Grand Forks International Airport, 701-772-1014

**TAXI SERVICE**

Dial-A-Ride

City Cab, 701-757-1667

B&R Taxi, 701-213-6682

**AIRLINES**

Grand Forks International Airport, 702-505-8888. www.airgrandfors.com

Delta Air Lines

**UNIVERSITIES**

Grand Forks Public Schools

City of Grand Forks

Greater Grand Forks Convention & Visitors Bureau at 800-866-4566

**GRAND FORKS》

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, 701-772-7271

www.gocharmmer.org

City of Grand Forks

Greater Grand Forks Convention and Visitors Bureau.

Grand Forks, MN ––––– 267 miles

Winnipeg, Manitoba ––––– 145 miles

Fargo, ND –––––––––––––––––––––72 miles

Minneapolis, MN –––––––––––––311 miles

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

**CLIMATE**

Summer (June-August) ––––––––– 79.9ºF

Autumn (September-November) – 54.0ºF

Winter (December-February) ––––––17.2ºF

**ROAD REPORT**

Grand Forks, MN ––––– 250 miles

Sioux Falls, SD 328 miles

Minot, ND 210 miles

Minneapolis, MN 876 miles

Winnebago, Manitoba 145 miles

**POPULATION**

Grand Forks, Metro Area 98,888

Grand Forks 57,339

East Grand Forks 5,570

Grand Forks Air Force Base 2,367

UND Enrollment 14,648

**RIVERSIDE SERVICE**

Aa-Mint-A-Car: Grand Forks International Airport, 701-775-0688 or 800-831-2847

Enterprise Rent-A-Car: Grand Forks International Airport, 701-776-1375

**AIRLINES**

Delta Air Lines

Grand Forks International Airport, 701-775-6000 or 800-654-3131

1325 DeMers Ave., 701-778-7274

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East Grand Forks 5,570

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**CLIMATE**

Spring (March-May) 51.0°F

Summer (June-August) 89.3°F

Autumn (September-November) 54.0°F

Winter (December-February) –12.7°F

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

**SPORTS**

Hilton Garden Inn

800-775-6000

Meeting/Banquet Rooms: 3 Capacity: 250

Parking: 120 vehicles

Ramada: 701-775-3951

Meeting/Banquet Rooms: 7 Capacity: 700

Shuttle Service: Airport

TownHouse Hotel:

701-748-5411

Meeting/Banquet Rooms: 6 Deluxe hospitality suites Capacity: 300

Shuttle Service: Airport

Unique Meeting Venues: For a listing of lesser places to gather, please go to www.visitgrandfords.com/meeting/events/facilities.
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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 and www.ThinkNorthland.com.
MAKE THE VISITOR CENTER YOUR FIRST STOP

Stop in or call – we’re here to help! Open seven days a week, April through September, and Monday through Saturday the rest of the year, we’ll provide you with information on area and statewide events, attractions, shops, restaurants and accommodations.

WE OFFER
- Free visitor coupon book (great savings at area businesses)
- Free brochures, maps, calendars and guides
- After-hours box (outside the front door) so you can pick up local and state maps and information
- Display board of current events
- Picnic and pet exercise area, free coffee and kids’ treats
- Flood of 1997 video (12-minute video) chronicling the devastation caused by our area’s historic “Flood of the century”
- Free Wi-Fi, computers and charging station
- Regional gift shop
- Geo caching box

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

LOCAL FLAVORS
Shop for Dakota Maid pancake mix, chokecherry syrup, rhubarb jam, wild rice soup mix and other local/regional products in our Visitor Center gift shop. Bring home magnets, pens, key chains, maps, wine glasses, t-shirts, caps, GSP-scene notecards and postcards or other treasures. Pick up brochures on North Dakota, Minnesota and Winnipeg, along with maps for most other states.

4251 Gateway Dr.
GPS coordinates: N 47 55.966, W 097 05.450

FOR HELP OR MORE INFORMATION CONTACT:
Greater Grand Forks Convention and Visitors Bureau
4251 Gateway Drive, Grand Forks, ND 58203
701-746-0444 (phone) • 800-866-4566 (toll free)
701-746-0775 (fax)
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MEETINGS & CONVENTIONS
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