



GRAND FORKS, ND • EAST GRAND FORKS, MN

Simply Grand



2007 OFFICIAL VISITORS GUIDE



Get away...to the Red River Valley where the great outdoors meets the friendly towns of Grand Forks, North Dakota, and East Grand Forks, Minnesota. Your two-state adventure spans both banks of the Red River as you enjoy Simply Grand dining and shopping, majestic big-sky vistas, cultural delights, and exciting events and festivals—all wrapped up with small-town Midwestern hospitality.

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

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A Warm Welcome

Greater Grand Forks is a lively, bustling community surrounded by the rich, quilted landscape of Upper Midwest farm country.

We invite you to take advantage of all that our Grand Cities have to offer—abundant shopping and dining experiences, spacious parks, great fishing, exciting sports, arts, theatre and other events, along with excellent accommodations. Relax and have fun without the hassle of long lines or traffic jams.

And be sure to take home some warm memories of your time with us in the Grand Cities.

Facts and Figures

Location

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

Population

Grand Forks Metro Area.....97,478 *
 Grand Forks.....53,230 *
 East Grand Forks.....8,355 *
 Grand Forks Air Force Base.....3,550 *
 UND Enrollment.....12,834 *
 *Figures provided by Grand Forks City Planners Office, Grand Forks Air Force Base and The University of North Dakota.

Climate

Average High Temperatures

Spring (March-May).....51.0°F
 Summer (June-August).....79.9°F
 Autumn (Sept.-November).....54.0°F
 Winter (Dec.-February).....17.2°F

Important Numbers

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

Medical Assistance

Altru Hospital (24-hour info) ..701-780-5000
 After Hours Emergency.....701-795-2200
 MeritCare Clinic.....218-773-5800

Currency Exchange Rate

Call the Greater Grand Forks Convention and Visitors Bureau at: 800-866-4566 ext. 23 or 701-746-0444 ext. 23.

Area Information Services

Greater Grand Forks Convention and Visitors Bureau
 Local.....701-746-0444
 Toll Free.....800-866-4566
 Fax.....701-746-0775
 Web site.....www.visitgrandforks.com

Chamber of Commerce.....701-772-7271
 Web site.....www.gochamber.org

Grand Forks Airport.....701-795-6981
 Web site.....www.gfkairport.com

Job Service ND.....701-795-3700
 Web site.....www.jobsnd.com

Grand Forks Public Information Center.....701-746-2736
 Web site.....www.grandforksgov.com

Road Report
 Minnesota.....800-542-0220
 North Dakota.....866-696-3511

North Dakota Tourism.....800-435-5663
 Web site.....www.ndtourism.com

Minnesota Tourism.....888-TOURISM
 Web site.....www.exploreminnesota.com

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.



Table of Contents

Welcome	2-5
Attractions and Entertainment	6-11
Arts and Culture	12
Itineraries	13
Downtown	14-15
History	16-17
Dining	18-21
Recreation	22-27
Calendar of Events	28-29
Map	30-31
Accommodations	32-33
Shopping	34
Advertisements	35-43, 50-51
Resources	44-45
Memberships and Services	46-48
Higher Education	49

Simply Grand

Visitor Center and Gift Shop

Call us—we're here to help. Open seven days a week, the Visitor Center is a friendly stopping point for information on area and statewide attractions, shops, restaurants and accommodations. Our professional travel counselors are ready to help, whether you're planning a family vacation, a business meeting or a major convention.

You'll find us conveniently located at the junction of Interstate 29 (Exit 141) and US Highway 2. Check out these helpful services and let us know if there's anything else we can do for you:

- **Free Visitor Bargain Brochure** (great savings at area businesses)
- **Regional gift shop**
- **Free brochures, maps, calendars and guides**
- **After-Hours Box** (outside our 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, baby-changing tables**
- **Flood of 1997 Video** (12-minute video chronicling the devastation caused by the flood of the century)



For help or more information, contact:

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

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Check out the area's interactive master calendar at www.visitgrandforks.com



According to The New York Times...

Winters in Greater Grand Forks can get cold and snowy, but there's still plenty to do—indoors and out—according to an article published in The New York Times Feb. 10, 2006. The writer, Neal Karlen, highlighted a number of noteworthy activities:

- *Relaxing with a Bloody Mary, Midwest-style, complete with a pickle.*
- *Taking in a show at a refurbished movie palace, the latest exhibit at the North Dakota Museum of Art, or a concert by the local symphony.*
- *Hockey night at The Ralph, perhaps the most beautiful college hockey rink in the world.*
- *Sampling a variety of good eats, from a fine dining menu that includes everything from Sander's famous Swiss Eiger steak to North Dakota's take on Mexican cuisine, which includes a kind of Midwestern homemade gravy, to a hearty Trucker Special breakfast at a 24-hour restaurant.*
- *Gambling at a variety of blackjack and bingo casinos.*
- *Cross-country skiing and snowshoeing on miles of groomed trails or the frozen Red River.*
- *Touring the local air base.*



Celebrate the seasons

We've got them all—cool, crisp autumn days that turn the prairie grass orange gold and the maples fiery red; springs that seem to arrive overnight with sudden bursts of color; warm, pleasant summers not too hot and not too humid and beautiful winters with lots of sun and dazzling crystal snowfalls.



Simply Grand

Attractions and Entertainment

You'll find a variety of activities all over the Grand Cities. Our entertainment facilities are second to none. Hockey fans see the action in the luxurious world-class Engelstad Arena and today's hottest acts are on stage at the Alerus Center.

Browse through our quaint downtown riverfront shops and boutiques where the person who stands behind the register probably owns the store. Or visit the art galleries and discover works by local, regional and national artists. Explore the region's colorful past or natural wonders at area museums, or take in an evening of music, dance or theatre. Do a lot or do a little—whatever suits you.



Alerus Center
1200 42nd St., Grand Forks
Event Line: 701-792-1420
www.aleruscenter.com

A state-of-the-art facility that can host conventions, exhibitions, concerts, meetings and banquets, the Alerus Center also houses a regulation NCAA football and soccer field. The arena seats 13,400 for football or soccer and 22,000 for entertainment events. The center also features a basketball court, 17 luxury suites, eight concessions stands, two vending sites, 14 ticket windows and four merchandise stands. With 145,000 square feet of exhibit space, it is the largest event center between Seattle and the Twin Cities. For upcoming events call the Alerus Center event line.

Red River International Bike Tour

Join in the first-ever Red River International Bike Tour (RRIBT) set for June 18-22. This 5-day, 300 plus-mile bike tour in the heart of the Red River Valley begins in the Greenway in Grand Forks ND, and ends in East Grand Forks, MN. The route angles west and north on the North Dakota side and then up to Canada before circling back through Minnesota. Enjoy the rolling valley terrain and the beautiful hills of the Pembina Gorge, stopping in communities along the way for refreshment, entertainment and encouragement, followed by peaceful evenings in our well-maintained parks.

Anyone wishing to do a Century Loop can ride an extra 26 miles on Day 2. On Day 3, riders will have the option of crossing the border into Canada or staying in the United States.

Visit www.rribt.com for more details or to register.

2007 RRIBT Route

Day 1 Grand Forks to Turtle River State Park - 60 miles.
Overnight at Turtle River State Park

Day 2 TRSP to Icelandic State Park - 74.1 miles. Overnight at Icelandic State Park

Day 3 Icelandic State Park to Pembina - 63 miles.
Overnight at Pembina

Day 4 Pembina to Old Mill State Park - 71 miles. Overnight at Old Mill State Park

Day 5 Old Mill State Park to East Grand Forks - 48 miles

Total miles for the week:
316/342



Simply Grand

A bit of hockey history

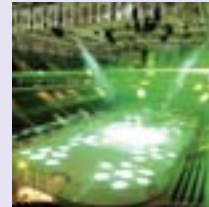
Ice is big in the Grand Cities. It has been ever since the nationally-recognized Division I Fighting Sioux team got its humble start in the unheated "barn" back in 1936. In the 1950s, the team played on artificial ice for the first time, thanks to Al Purpur's homemade icing machine (a large barrel of water on a long horizontal pole). Today, figure skaters and hockey players flock to our many indoor and outdoor rinks. Now our University of North Dakota Fighting Sioux play in much more luxurious surroundings.



Ralph Engelstad Arena
UND Campus, Grand Forks
1-877-91-SIOUX or 701-777-4167
www.ralphengelstadarena.com

Considered to be one of the finest hockey facilities in the world, the \$100+ million Ralph Engelstad Arena is home to the Division I University of North Dakota hockey team. The 400,000-square-foot, five-story arena seats 11,700 people and hosts family shows, ice events, concerts and basketball as well as Fighting Sioux hockey. The main lobby area has ticket sales, a pro shop and a complete "Sioux Tradition" museum. Tours available Monday-Friday at 1:30 p.m.; call 701-777-6636.

Grand Forks will once again be on the world stage when it hosts the 2008 Men's World Curling Championship. The tournament will be held at the Ralph Engelstad Arena April 5-13, 2008, with twelve countries competing for the prestigious world title. This is the first time the Greater Grand Forks community has hosted this historic tournament, but it is no stranger to international events. Recently, the IIHF World Junior Hockey Championship was held in Grand Forks and boasted the second highest attendance in the history of the event.





Betty Engelstad Sioux Center

A 50,000-square-foot expansion to the Ralph Engelstad Arena, “The Betty” is home to four regulation-size practice volleyball and basketball courts that can be easily converted to one main game court. The arena, which houses the UND men’s and women’s basketball teams along with women’s volleyball, also includes team, locker, training and equipment rooms. Seating capacity is 3,300.



www.theralph.com

TOUR THE RALPH

Tours available Monday-Friday at 1:30 pm. For reservations call 701.777.6636.





Things to See and Do

Butterfly Garden
1827 Byglund Rd.
East Grand Forks
218-773-9271

www.egf.k12.mn.us

A 25,000-square-foot butterfly garden on a 30-acre site restored to native prairie. Developed by EGF Central Middle School seventh-grade science teacher, Jerry Wenzel, with help from Vince Ames, the garden attracts all types of butterflies, while the native prairie site features a variety of different grasses and wild flowers and is great for bird watching. The public is invited to visit. Call to make arrangements for a tour.

Cabela's

210 DeMers Ave., East Grand Forks
218-773-0282

Check out their 10,000 gallon aquarium where you can see native fish from our area including: catfish, walleye, northern pike, bass, perch and several more. Contact Cabela's for the fish feeding schedule. There are several trophy game animals and other educational displays as well.

Energy and Environmental Research Center

15 N 23rd St., Grand Forks
701-777-5000

www.undeerc.org

This facility specializes in creating innovative technologies to improve the environment. The EERC is currently working on the development of new types of alternative vehicles and energy efficient fuels. Call for more information or to schedule a tour.

Grand Forks Air Force Base
16 miles west of Grand Forks
701-747-5023

www.public.grandforks.amc.af.mil

Home to the 319th Air Refueling Wing. Restored aircraft on display at the front gate includes a renovated B-52, KC-135, Minute Man 3, F-101 and a B-25. Tours are available for groups of six or more with two weeks' notice. Call for information or to schedule a tour.

UND Aerospace

University Ave. and Tulane Dr.
UND Campus, Grand Forks
701-777-2791

www.aero.und.edu

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

USDA-ARS Grand Forks Human Nutrition Research Center

2420 2nd Ave. N, Grand Forks
701-795-8353

www.ars.usda.gov

The center has been a world leader in mineral nutrition research for more than 30 years. Scientists conduct basic and applied research to expound the role of diet in supporting good health. In the process, the center generates more knowledge about healthful foods and diets, which helps to serve the health needs of all Americans. Tours are available for groups of six or more with three weeks' notice. Call for information or to schedule a tour.

Museums

Heritage Village
Highway 220 N and 20th St. NE
East Grand Forks
Teri Hammarback, 218-773-3190
www.egfheritage.com

This village preserves the history of the Northern Red River Valley. Heritage Days, held the third week of every August, features steam engine threshing machines, museum displays, demonstrations and more. Facilities are available for class and family reunions and special group tours are welcome. Weekend tours are available. Call to make arrangements.

Myra Museum and Campbell House
2405 Belmont Rd., Grand Forks
701-775-2216

Our colorful past comes alive in this historic complex that includes a museum, the Campbell House built in 1879, a one-room school house, the original Grand Forks log post office, a carriage house and pavilion. Open daily 1 p.m. to 5 p.m. Call for more information.

Northern Lights Model Railroad Association and Railroad Museum
219 20th St. NE,
East Grand Forks, 218-773-6668
www.caseyholtjunction.org

A collection of Lionel HO scale model trains is housed in a building that resembles a train depot. Watch members operate a staged workday from 10 a.m. to 4 p.m. on Saturdays, or arrange for a tour.

Galleries

For more information about the arts, visit the North Valley Arts Council's Web site at www.novac.org

The ARTSplace
1110 2nd Ave. N, Grand Forks
701-746-6479

This fine arts gallery and studio features local, regional and national artwork ranging from original prints, paintings and photographs to computer images and digital photos. Open Monday-Saturday, 10 a.m. to 5 p.m. and by appointment. Call for information.

Badman Design
18 3rd St. S, Grand Forks
701-746-7300

www.badman.com

Badman Design is synonymous with quality metals, jewelry, home decor, liturgical art and more. Stop by and enjoy the showroom and design studio.

Browning Arts
23 S 4th St., Grand Forks
701-746-5090

Fine arts gallery includes works in every medium by more than 50 area artists, including ceramics, painting, drawing, printmaking, photography, computer art, sculpture, jewelry and fiber arts. Open 9 a.m. to 5:30 p.m. Monday-Friday. Call for more information.

Colonel Eugene E. Myers Gallery
Hughes Fine Arts Center
UND Campus, Grand Forks
701-777-2257

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

North Dakota Museum of Art
UND Campus, Grand Forks
701-777-4195
www.ndmoa.com

Three galleries house exhibitions of regional, national and international art. Includes a gift shop and coffee shop. Free admission and guest parking. Open 9 a.m. to 5 p.m. weekdays, 11 a.m. to 5 p.m. Saturday and Sunday, closed major holidays.

Sundog Glass Design
202 W 5th St. Lower Level,
Park River, ND, 701-284-6621

Artist A. Jason Lindell uses stained, fused and slumped glass to produce beautiful gifts, jewelry and home décor items. Call for information or to schedule a tour.

Third Street Gallery
28 3rd St. S, Grand Forks
701-775-5055

www.thethirdstreetgallery.com
Third Street Gallery is a non-profit art gallery created by artists to provide exhibits and opportunities for regional and local artists and to revitalize charity through the arts.

Sports Events
River Cities Speedway
2300 Gateway Dr., Grand Forks
701-780-0999 (seasonal)
www.rivercityspeedway.com
One of the best 1/3-mile dirt tracks in the nation. Enjoy Outlaw sprints, late models and superstocks. Open April through September. Races every Friday night.

UND Athletics
UND Ticket Office, Grand Forks
701-777-4689
www.fightingsioux.com
Cheer on the champion Fighting Sioux. Events include football, hockey, swimming, basketball, volleyball and more.

Casinos
Greater Grand Forks Convention and Visitors Bureau
1-800-866-4566
www.visitgrandforks.com

There's no better place to play than Greater Grand Forks. Call for a complete listing or pick up one at your hotel. Check out all the options just minutes away—blackjack, bingo and pulltabs.

Music, Theatre and Dance
Burtness Theatre
Centennial Dr., Grand Forks
Box Office: 701-777-2587
www.und.edu/dept/dtheater/burtness.html
Productions by UND students throughout the academic year. Call the Box Office for information.

Chester Fritz Auditorium
Yale and University Ave.
UND Campus, Grand Forks
Box Office: 701-777-4090
www.cfa.und.edu
Offers an array of national entertainment including country music, Broadway theatre, children's and special performances.

COMPAC
1420 4th Ave. NW,
East Grand Forks
218-773-2405, ext. 273
The Community Performing Arts Center is used for many school shows and performances as well as a variety of other entertainment.

Crimson Creek Collegiate Players
701-777-0857
www.culturepulse.org
Experienced performers recreate the most popular musicals of our time.

Empire Arts Center
415 DeMers Ave., Grand Forks
701-746-5500
www.empireartscenter.com
Built in 1919, this recently restored theatre hosts performances, movies and other events and houses a visual arts gallery with exhibits open during performances. Call for more information.

CASINOS

Holiday Inn Sugars Casino
1210 North 43rd Street • 701.746.6998

Ramada Inn Lounge & Casino
1205 North 43rd Street • 701.775.3951

Charlie Brown's Casino
414 Gateway Drive • 701.772.7620

Big Daddy's Casino
1405 DeMers Avenue • 701.335.2500

Minto Harvey Avenue Saloon

www.visitgrandforks.com

- Blackjack
- Pull Tabs
- Bingo

GREATER GRAND FORKS
CONVENTION & VISITORS BUREAU

Fire Hall Theatre
412 2nd Ave. N, Grand Forks
701-746-0847
A season of plays in a small, intimate setting showcasing everything from musicals and dramas to classics and comedies. Call for more information.

Grand Cities Children's Choir
701-795-8935
melanie.popejoy@gfschools.org
Grand Forks Master Chorale
701-777-3376

Grand Forks City Band
701-795-0132
Greater Grand Forks Symphony and Youth Symphony
701-777-3359
www.grandforkssymphony.org
North Dakota Ballet Company
701-746-6044

Summer Performing Arts Company (SPA)
in June and July: 701-746-2411
www.spacompany.org
A summer arts program for students. SPA produces two musicals and a drama/comedy each summer with free evening performances in downtown Grand Forks. For performance dates, see the calendar of events at www.visitgrandforks.com.

UND Music Department
701-777-2644
www2.und.nodak.edu/undmusic
Group performances throughout the year. Call for details.

Simply Grand

Arts and Culture

Music, dance, theatre, art, literature—the citizens of Grand Forks take a lively interest in the arts. You'll find world-class traveling exhibitions at the North Dakota Museum of Art and other fine galleries featuring local, regional and national artists, Broadway productions at the Chester Fritz and live theatre at the Empire Arts Center and Fire Hall Theatre. The University of North Dakota campus also offers a variety of special events including the annual Writer's Conference, a Grand Forks tradition that has hosted many well-known authors. For more information, please log on to www.novac.org or www.culturepulse.org.



Great art, great food, great fun

A rousing success, the Grand Cities Art Fest is generating lots of buzz and excitement among regional artists and all those who love to see and buy their work. Grand Cities Art Fest is scheduled June 9-10, 2007, and will feature more than 150 high-end artisans and quality crafters, tantalizing food concessions, a free Rockin' the River party, a full day of live entertainment, a Kid's Corner and more. Watch live artist demonstrations as area artists spin, weave, carve, throw pottery, make quilts and blow glass. Visit www.downtowngrandcities.org.



Itinerary ideas...making the most of your stay

One-day visit

Explore Downtown

- View flood memorial.
- Visit the pocket parks and statues (brochures available).
- Check out Town Square.
- Shop downtown Grand Forks specialty stores.
- Enjoy lunch at Dakota Harvest Bakers, where regional ingredients are used to create freshly made breads, sandwiches, soups and desserts.
- Shop downtown East Grand Forks, beginning with Cabela's and ending with Riverwalk Centre.
- Drive by Campbell Library, Sherlock Forest Playground, Veteran's Memorial and City Hall.
- Back to hotel for quick swim and relaxation.
- Have dinner at historic Whitey's Cafe, on the Boardwalk, in downtown East Grand Forks.
- Off to an evening at the Fire Hall Theatre.

Half-day visit

History and Arts Tour

- Tour the Myra Museum and Campbell House.
- Visit ND Museum of Art at UND; enjoy a cappuccino in the museum cafe.
- Take a historic drive or walking tour.
- Tour Ralph Engelstad Arena, a \$100-million hockey facility.
- Enjoy a delicious meal at the Blue Moose in East Grand Forks, one of the area's best-known eating spots. The Moose is noted for its eclectic log interior and spacious outdoor deck overlooking the Red River.

Do you like art?

- Start with a tour and shopping at Badman Design in downtown Grand Forks. You'll be amazed at the unique jewelry, wine racks, picture frames, tables, mirrors and so much more—all created right in the shop. Or check out one of our many art galleries.
- Stroll through the downtown pocket parks (brochures available). Established after the flood of 97, they are home to symbolic one-of-a-kind sculptures and other artwork that tell the story of this devastating disaster.
- Check out the specialty shops in downtown Grand Forks and East Grand Forks.
- On Saturday mornings in the summer and fall, walk through our Town Square Farmers Market, filled with vendors displaying homemade food items, crafts, flowers, produce and more.
- Browse through the North Dakota Museum of Art on the University campus. Be sure to stop in for a treat at the cafe and visit the unique gift shop.
- Choose an evening of entertainment at one of our performance venues.

Did you say golf?

- Spend the morning at the 18-hole Valley Golf Course along the river in East Grand Forks or at 9-hole Ray Richards in Grand Forks.
- Spend the afternoon at the premier King's Walk Arnold Palmer Signature Golf Course; dine at Eagle's Crest Grill in the clubhouse.
- Or consider a several-day golf itinerary playing courses throughout the region.



Do you like sports?

- Start with a quick stop at the Convention and Visitors Bureau at the intersection of Highway 2 and Interstate 29. Pick up complimentary Visitors Guide and Bargain Brochure.
- Cabela's, known as the "World's Foremost Outfitter," is a must for the outdoorsman and woman.
- If you want more adventure, try out our rock-climbing facility at the Grand Cities Mall.
- Gather at the Ground Round for lunch and catch a game on their big screen.
- Travel to the Ralph Engelstad Arena and tour one of the nation's finest hockey facilities and home of the Fighting Sioux championship team.
- Enjoy our beautiful, well-maintained Greenway paths where you can inline skate, bike, jog, walk or cross-country ski.
- Attend a UND football game at the Alerus Center, a women's or men's hockey game at the Ralph Engelstad Arena, or a women's or men's basketball game at the Betty Engelstad Sioux Center.
- After the game, Suite 49 is open for late night dining and entertainment.

More things to do in Greater Grand Forks

- Visit the Convention and Visitors Bureau; we'll get you started.
- Have lunch at the Red Pepper, a Grand Forks landmark and longtime local favorite. Enjoy the Pepper's famous "grinder" sandwiches or Mexican specialties.
- Check out the gigantic aquarium and wildlife mountain at Cabela's in East Grand Forks.
- While you're on the East side, walk through Riverwalk Centre to find unique toys and gifts.
- Satisfy your sweet tooth with a visit to Widman's Candy Shop, where you'll find treats in every flavor, shape, color and combination imaginable.
- If you like shopping centers, stop at Columbia Mall, the Grand Cities Mall or the Grand Forks Marketplace.
- Check out a show at the Alerus Center, the Ralph Engelstad Arena or the Chester Fritz Auditorium.



Downtown

The Grand Cities are alive and well with specialty shops, unique dining, entertainment, arts and city parks.

To find out more about downtown Grand Cities, visit the Downtown Leadership Group Web site at www.downtowngrandcities.org or contact the Greater Grand Forks Convention and Visitors Bureau.

You never know what you'll find at the Grand Cities Town Square

Anchored by a stainless steel paddlewheel sculpture that evokes our riverboat heritage, Town Square is a gathering place for all kinds of community events.

It's home to a bustling Farmers Market every Saturday during the summer from 9 a.m. to 2 p.m., and occasionally on Thursday evenings. You'll find local growers and craftspeople displaying all kinds of wares, including baked goods like grandma used to make, home-canned and prepared foods, fresh garden produce, colorful floral bouquets and handcrafted items. Just keep in mind, if you want Juneberry pie, you have to get there early. There's also a place for kids to play and usually concessions and entertainment on hand. Don't forget about the annual Grand Cities Art Fest in June. This two-day event is fun for the entire family.

Town Square is also a popular venue for outdoor concerts and performances by a variety of professional and amateur groups.

Simply Grand

Homegrown goodness

Plenty of the crops grown in the Red River Valley stay right here, helping to create deliciously distinctive fare at area restaurants, bakeries and candy stores. A prime example is the potato. Our farmers grow some 26 billion pounds of spuds each year and many of them find their way to local restaurants, cafes and supper clubs. Oh, and candy shops: our famous chocolate-covered potato chips (known as chippers) are regularly shipped to customers around the world. Stop in at Widman's Candy Shop and check out their many chocolate-covered items, such as locally-grown sunflower seeds or toasted soybeans. You may even find chocolate-covered cranberries, olives, pickles or jalapeño peppers.



- Take a leisurely stroll through downtown Grand Forks and you'll find yourself in a living museum where the past and present meet. Historic buildings house 21st century businesses. Beautiful and arresting public art captures the city's history and natural surroundings in small "pocket" parks scattered about like tiny jewels.
- A wide variety of unique local merchants offer gifts for all ages, art, antiques, home decor, clothing, crafts, books, fine jewelry, fresh-baked bread, sporting goods and much more.
- Walk across the bridge to East Grand Forks, Minnesota, to a Rockwellian Main Street, complete with a boardwalk and a variety of shops and eateries, popular franchises and local favorites.
- After a day of shopping, enjoy more than 15 restaurants and lounges in the downtown area of our two cities. Then cap off your experience with a show at the Empire Arts Center or the Fire Hall Theatre.



Simply Grand

A little bit of history

Greater Grand Forks has traditionally been a meeting place. Located at the junction of the Red River of the North and the Red Lake River, the forks served as a camping and trading site for Native Americans for centuries. French, British and American fur traders peddled their wares in and around “les Grandes Fourches.”

In the 1820s to 1860s, furs and trade goods passed through the Forks on ox carts enroute to Winnipeg and St. Paul. The ungreased wheels squeaked as the carts passed near the river.

Steamboats replaced the ox carts in 1859, operating in less than three feet of water as they navigated the Red River from Fargo to Winnipeg. Alexander Griggs, an experienced Mississippi River steamboat captain, established the townsite of Grand Forks in 1870. He teamed up with James J. Hill in the River Transportation Line of steamboats in the 1870s.

The city really began to grow after Hill’s Great Northern railroad came to town in 1880 and the Northern Pacific built tracks here in 1887. Business boomed.

Wheat farming was the basis of Valley prosperity. In 1893, Thomas Amidon, chief miller at the Diamond Mills in Grand Forks, invented Cream of Wheat—and the city became part of a national breakfast legend.



From the 1880s to 1910, pine logs were floated down the Red or brought in by rail to sawmills. Many Grand Forks houses were built of majestic white pine from the vast forests of Minnesota.

By 1900, Grand Forks had a population of almost 10,000. The wealth from lumber, wheat and railroads enabled the community to take its place as a leading city of the Great Northwest.

The University of North Dakota, founded in 1883, became the premier liberal arts institution in the state and the city grew from the river toward the college campus to the west.

Grand Forks grew as a regional trade center early in the 20th century, with businesses like the Grand Forks Woolen Mill and North Dakota State Mill and Elevator spurring the growth.

The flood of 1997 put Greater Grand Forks on the front page of newspapers everywhere, while live images of flood and fire were beamed by satellite around the globe.

Afterward, many local landmarks were wiped away, replaced with new business districts and new neighborhoods.

Today, Greater Grand Forks is an impressively cosmopolitan area, with a regional population of roughly 100,000 residents spanning two communities and two states.



Splendor in the grass...and the sky

No mountains, no oceans, but our part of the country has an incredible beauty all its own. This is a place where sky meets land with spectacular sunsets...where the Aurora Borealis (Northern Lights) can light up the evenings...and where startling blue skies frame green prairies and fields of color that stretch as far as the eye can see.

Flood of the Century

On Friday, April 18, 1997, the Red River of the North broke through temporary dikes to inundate the Lincoln Drive neighborhood of Grand Forks. By the end of the next day, floodwaters swallowed up both cities and downtown Grand Forks was on fire. The flood forced the evacuation of nearly 60,000 people, almost the entire population of the two cities.

Today—ten years after this historic battle with nature—a renaissance of both bricks and mortar and community spirit runs through Grand Forks and East Grand Forks.

Hundreds of millions of dollars of construction projects have been completed, including new schools, city and county buildings, hotels, an events center, library and hockey arena. In the rebuilt downtowns of both cities, there are restaurants, shops, offices, apartments and upscale condos where there was once a swath of muddy river water. New businesses have created hundreds of jobs and the population is growing. New homes and neighborhoods have been built and older homes repaired. Parks and recreation areas have sprung up along the riverfront on both sides of the border, and the communities have invested millions in dikes to protect against future flooding.

The story of this disaster and our remarkable recovery has been told many times by local, regional and national media, but you can learn more about it by viewing a 12-minute video available at the Convention and Visitors Bureau. You can also visit the flood memorial at the corner of Third Street and First Avenue North in downtown Grand Forks. The site marks the spot of the former Security Building, the first of twelve structures lost to the Flood of 1997. Twelve bronze-framed plaques explain events leading up to the flood and fire, along with a copper statue memorializing the event entitled “Flood Rescue.”



History in the heart of the city

As part of the city’s recovery from the devastating flood and fire of 1997, people got together to develop several pocket parks in the heart of the now-rejuvenated downtown. A tribute to the city’s heritage, its worst disaster and remarkable recovery, they feature public art, monuments, colorful symbolic gardens and a bit of urban respite.



“Flood Rescue” depicts a rescue worker arriving to evacuate people from the remaining fragment of a swept-away house.



Graceful arching branches growing together serve as a metaphor for the Grand Cities community and a symbol of hope rising from the ruins.



The stainless steel “Dance of the Loon” depicts the spirit of the invincible bird dancing gracefully across the water, evoking the image of a phoenix rising from the ashes.

We've Got What You Like!™



A good time meeting place where family and friends can gather to enjoy great food and drinks in a comfortable, relaxed setting... at very affordable prices!

Great Food. Great People. Great Place.

Dine-In or Carry Out
Open daily at 11 am.

Conveniently located in the Columbia Mall parking lot.



2800 32nd Avenue South • 775-4846

Dining

In the Grand Cities, you'll find franchise favorites as well as many special dining experiences unique to our area. Experience homestyle goodness to uptown elegance, hearty fare to gourmet delicacies and everything in between.

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

Airport Cafe and Lounge
Grand Forks International Airport
701-746-7231
Daily breakfast, lunch and dinner specials.

Al's Grill and Catering
1206 Washington St. S, Grand Forks
701-795-5183
Menu items include lavosh, taco salad, Caribbean chicken wrap, Philly cheese steak sandwich, ribeye, walleye, hand-breaded onion rings and Al's famous beef tips and toast.

Amazing Grains
214 DeMers Ave., Grand Forks
701-775-4542
Offering a variety of organic foods including homemade soups, sandwiches, pastries and smoothies.

Applebee's Neighborhood Grill and Bar
2851 Columbia Rd. S, Grand Forks
701-795-5688

415 2nd St. NW, East Grand Forks
East Grand Forks Boardwalk
218-773-0990
Popular chain serving a wide variety of food including riblets, steak, chicken, sandwiches and salads. Healthy menu items available.

Arby's
1419 S Columbia Rd., Grand Forks
701-795-9913
3851 32nd Ave. S, Grand Forks
701-772-2056

Big Sioux Café
4401 32nd Ave. S, Grand Forks
701-738-0440
Specializing in hearty homestyle food such as burgers, hot turkey and beef sandwiches, steak, fresh pastries and large breakfast platters. Open 24 hours.

Blue Moose Bar and Grill
507 2nd St. NW, East Grand Forks
218-773-6516
Steaks, chicken, seafood, burgers, sandwiches, salads and appetizers in eclectic surroundings of knotty pine and neon. Breakfast served daily.

Bonzer's Sandwich Pub
420 DeMers Ave., Grand Forks
701-775-0365
Home of the 20-oz. Schooner, Bonzer's offers more than 40 varieties of sandwiches, along with appetizers, soups and locally-renowned chili. Several varieties of beer on tap.

Boston's Gourmet Pizza
3250 32nd Ave. S, Grand Forks
701-775-9000
Featuring a host of American and Italian favorites including baby-back ribs, chicken marsala, vegetable lasagna, spaghetti and several varieties of their famous pizza.

Bronze Boot Steakhouse and Lounge
1804 N Washington, Grand Forks
701-746-5433
Steaks, chops, chicken and seafood prepared over an open pit broiler. Noon chuckwagon buffet.

Buffalo Wild Wings Grill & Bar
2717 Columbia Rd. S, Grand Forks
701-775-9464
Sports bar atmosphere serving their famous wings along with sandwiches, wraps, salads, burgers, potato wedges and several varieties of beer on tap.

Burger King
3765 Gateway Dr., Grand Forks
701-772-0343

1416 S Washington St., Grand Forks
701-772-3025

3151 32nd Ave. S, Grand Forks,
701-787-2435

926 Central Ave. NE, East Grand Forks, 218-773-4121

Burger Time

2651 DeMers Ave., Grand Forks
701-775-2776

Campbell's Fresh Wood-Fired Burgers

3350 S Columbia Rd., Grand Forks
701-738-4710

Made-to-order burgers, chicken, sandwiches, fresh-cut fries, baked potatoes and more.

China Garden Restaurant

2550 32nd Ave. S, Grand Forks
701-772-0660

Several varieties of authentic Chinese food. Special dishes include shrimp in black bean sauce, moo shu pork, Mongolian beef, curry chicken and more. Dine in, take out or delivery.

Cold Stone Creamery

3551 32nd Ave. S, Grand Forks
701-738-2350

Culver's

3451 32nd Ave. S, Grand Forks
701-772-9199

Dairy Queen

Highway 220 N, East Grand Forks
218-773-7602

3600 S Columbia Rd., Grand Forks
701-738-8530

1205 S Washington St.,
Grand Forks 701-775-5422

Closed in winter.

1209 N 5th St., Grand Forks
701-772-3801 Closed in winter.

Dakota Deli

UND Memorial Union, Grand Forks
701-777-0438

Dakota Harvest Bakers

17 3rd St. N, Grand Forks
701-772-1200

Combines regional ingredients to create exceptional, freshly made artisan breads, pastries, desserts, sandwiches and soups, served along with press pot coffee.

Darcy's Cafe

1400 11th Ave. N, Grand Forks
701-775-4050

Specializing in large homestyle breakfasts and burgers.

Deek's Pizza

512 N Washington St., Grand Forks
701-772-3335

Del's Coffee Shop

Grand Cities Mall, Grand Forks
701-772-3311

Burgers, fries and blue plate specials.

Domino's Pizza

2215 Gateway Dr., Grand Forks
701-746-0311

2705 S Washington St.
Grand Forks, 701-746-6437

Eagle's Crest Grill

King's Walk Golf Course
5301 S Columbia Rd., Grand Forks
701-787-3491

Overlooking the beautiful King's Walk Golf Course. Serving lunch, dinner and a Sunday brunch. Menu includes sandwiches, pasta, steak, chicken and seafood. Open year round.

El Roco Grill and Bar

1730 13th Ave. N, Grand Forks
701-772-6942

Burgers, chicken and blue plate specials. Full bar service.

Emerald Grill

1200 47th St. N, Grand Forks
701-780-0888

Family-style restaurant serving breakfast, lunch and dinner. Made-from-scratch entrees such as hot beef sandwiches with mashed potatoes and gravy. Open 24 hours.

Fat Albert's

1909 Gateway Dr., Grand Forks
701-746-4771

Grand Cities Mall, Grand Forks
701-746-9529

Several varieties of sub sandwiches served with their own "secret sauce."

GF Goodribs Steakhouse and Lounge

4223 12th Ave. N, Grand Forks
701-746-7115

Steaks, ribs, chicken, seafood, Cajun selections and mud pie. Special kids' menu. Sunday brunch and full bar service.

Gramma Butterwick's Family Restaurant

1421 S Washington St., Grand Forks
701-772-4764

Home-cooked breakfast and lunch specials.

Grand Junction Grilled Steak Subs

2750 Gateway Dr., Grand Forks
701-795-2530

Grilled sandwiches made-to-order and fresh-cut french fries.

Great American Cookies

Dakota Café Food Court
Columbia Mall, Grand Forks
701-775-8387

Great American Grill

Hilton Garden Inn
4301 James Ray Dr., Grand Forks
701-775-6000

Serving a breakfast buffet only, with lunch and dinner off the menu. Items including Fighting Sioux club sandwich, Caesar salad, fiesta burger, Italian pizza, chicken Alfredo, New York strip steak and walleye. Beer, wine and cocktails.

Great Wall Buffet

3555 Gateway Dr., Grand Forks
701-772-1866

Serving a variety of made-to-order Chinese food, along with a large buffet and Mongolian grill.

Green Mill

1930 S Columbia Rd., Grand Forks
701-780-9000

Regionally-known chain offering pasta, chicken, seafood, sandwiches, wraps, salads and several varieties of their award-winning pizza and chicken wings. Beer, wine and cocktails.

Grizzly's Grill & Saloon

3000 32nd Ave. S, Grand Forks
701-335-2465

North woods setting featuring a menu with wide variety: burgers, wraps, fajitas, salads, chicken, steak and ribs. Full bar service. Seasonal outdoor seating available.

Ground Round Restaurant

2800 32nd Ave. S, Grand Forks
701-775-4646

Chicken, seafood, steak, sandwiches, pasta, salads and appetizers. Full bar service.

Happy Joe's Pizza and Ice Cream Parlor

2909 S Washington St., Grand Forks
701-772-6655

Pizza, oven-baked pasta dishes, sandwiches and ice cream specialties. Luncheon smorgasbord.

Hardee's

1750 S Columbia Rd.
Grand Forks, 701-772-8249

Italian Moon Pizza and Mexican Food

810 S Washington St., Grand Forks
701-772-7277

Pizza, Mexican, pasta, ribs, broasted chicken and a homemade soup and salad bar. Also healthy menu items. Beer and wine. Free delivery.

Jeannie's Restaurant

1106 S Washington St., Grand Forks
701-772-6966

Hearty breakfast, lunch and dinner entrees. Special senior and children's menus.

Jimmy John's

3551 32nd Ave. S, Grand Forks
701-772-6700

2855 10th Ave. N, Grand Forks
701-775-5400

Joe Black's

118 N 3rd St., Grand Forks
701-775-2017

A fun restaurant and sports bar serving a variety of food including appetizers, burgers, pizza and pasta.

The Kegs Drive-In

901 5th St. N, Grand Forks
701-787-5347

Drive-in specializing in homemade sloppy joes and onion rings. Open during summer months only.

Kentucky Fried Chicken

706 S Washington St., Grand Forks
701-772-3447

Kon nechi Wa's

3750 32nd Ave. S, Grand Forks
701-775-3421

Serving several Japanese dishes,
including sushi.

La Campana Paradiso**Mexican Restaurant**

905 S Washington St., Grand Forks
701-772-3000

Traditional Mexican food in a
festive atmosphere. Healthy menu
items, free birthday meal. Cocktails.

Little Caesars Pizza

2400 S Washington St., Grand Forks
701-402-0377

Magic Chopstix

Dakota Café Food Court
Columbia Mall, Grand Forks
701-772-3028

Coffeehouses

*There are also several coffee
kiosks located throughout Greater
Grand Forks. Call the Convention
and Visitors Bureau for locations.*

Barnes and Noble Tower Café

6th Ave. and Hamline St.,
Grand Forks, 701-777-2746

Starbucks coffee, specialty
coffee drinks along with bagels,
pastries, sandwiches and soup.

Caribou Coffee

2400 S Washington St.,
Grand Forks, 701-775-3668

Hot and cold coffee drinks plus
baked goodies.

Coffee Company

2100 S Columbia Rd.,
Grand Forks, 701-772-1995

Gourmet coffee roasted daily.
Also Italian sodas, bagels,
pastries, soup and sandwiches.

Java Journey, Valley Dairy

1125 42nd St. S,
Grand Forks, 701-746-1564

Offering a variety of sandwiches,
baked goods and ice cream,
along with gourmet coffee.

Mama Maria's

Italian Restaurant and Pizzeria
2017 Washington St. S, Grand Forks
701-738-8013

A wide variety of menu items
including lasagna, veal marsala,
fettucini Alfredo, pizza and subs.

McDonald's

2910 32nd Ave., Grand Forks
701-772-2410

Highway 2 and I-29 Junction
Grand Forks, 701-746-7980

1125 S Washington St.
Grand Forks, 701-772-0231

Highway 2 and 220 N
East Grand Forks, 218-773-3922

Mexican Village

1218 S Washington St., Grand Forks
701-775-3653

Grand Forks' first Mexican
restaurant. Special lunch menu.

Porpoura

Columbia Mall, Grand Forks
701-772-1507

Serving coffee and coffee drinks
along with pastry and dessert items.

Starbucks

Super Target, 32nd St. S,
Grand Forks, 701-787-6177

3551 32nd Ave.,
Grand Forks, 701-772-4292

1217 S Washington St.,
Grand Forks, 701-775-7996

Freshly-brewed coffee, coffee
drinks and pastries.

Stomping Grounds

UND Memorial Union,
Grand Forks, 701-777-3976

Gourmet coffee, specialty drinks,
soups and sandwiches.

Tabula

3012 University Ave.,
Grand Forks, 701-780-8717

Several types of coffee and coffee
drinks in a relaxing atmosphere.

Urban Stampede

324 Kittson Ave.,
Grand Forks, 701-746-9531

Gourmet coffee, coffee drinks,
bagels, sandwiches and pastries.

Mike's Pizza & Pub

411 2nd St. NW, East Grand Forks
East Grand Forks Boardwalk
218-773-2479

Specializing in thin crust and
New York style pan pizza. Also
offers ribs, chicken, shrimp, super
sandwiches and ice cream. Dine in,
take out or delivery.

Muddy Rivers Bar and Grill

Best Western Town House
710 1st Ave. N, Grand Forks
701-787-0733

Steaks, seafood, chicken, burgers,
sandwiches and pasta. Banquet
room available.

North Dakota Museum of Art Café

Centennial Dr., UND Campus
Grand Forks, 701-777-4195

Sandwiches, salads and soups
amid beautiful works of art. Open
Monday-Friday for lunch only.

Overtime Bar and Grill

425 42nd St., Grand Forks
701-772-8044

Burgers, sandwiches, pasta, pizza
and a wide assortment of appetizers.
Beer on tap, wine and cocktails
served. Seasonal outdoor seating
and sand volleyball court.

Panda Buffet

2451 Columbia Rd. S, Grand Forks
701-780-8800

Serving a wide variety of Chinese
food, including a large buffet and
Mongolian grill. Dine in or take out.

Papa John's Pizza

1515 S Washington St.
Grand Forks, 701-775-7272

Papa Murphy's Pizza

2750 Gateway Dr., Grand Forks
701-780-0900

2475 32nd Ave. S, Grand Forks
701-738-0370

Parrot's Cay Tavern & Grill

1149 36th Ave. S, Grand Forks
701-795-4053

Serving a variety of sandwiches,
appetizers and drinks in tropical
surroundings.

Peartree Restaurant

Holiday Inn
Junction I-29 and Hwy 2
Grand Forks, 701-772-7131

Omelets, waffles, sandwiches, salads,
pasta, seafood, chicken and prime rib.
Sunday brunch.

Perkins Family Restaurants

1305 Columbia Rd. S, Grand Forks
701-746-0493

1213 47th St. N, Grand Forks
701-775-0900

Omelets, pancakes, bread bowl
salads, burgers, melt sandwiches,
chicken, pasta and desserts.

Pita Pit

1113 S Washington St., Grand Forks
701-738-8008

Featuring a variety of healthy pita
sandwiches served fast and fresh.

Pizza Hut

2751 32nd Ave. S, Grand Forks
701-772-7800

1418 S Washington St., Grand Forks
701-772-6000
(delivery or carry out only)

Ponderosa Steak House

1800 S Washington St., Grand Forks
701-772-9521

Large hearty homestyle buffet, salad
and dessert bar.

Popolino's Pizza

2600 DeMers Ave., Grand Forks
701-746-7677

Quizno's Classic Subs

2650 32nd Ave. S, Grand Forks
701-746-6866

1020 S Washington St., Grand Forks
701-335-2161

Qdoba

3551 32nd Ave. S, Grand Forks
701-738-8222

Burritos, tacos, quesadillas, nachos,
salads and more; all made right in
front of you.

Simply Grand

Ramada Inn

B&B's Restaurant

Junction I-29 and Hwy 2 W
Grand Forks, 701-775-3951

American cuisine featuring steaks, seafood, ribs, chicken, sandwiches, homemade soups and desserts. Special children's menu. Cocktails.

Red Lobster

2675 32nd Ave. S, Grand Forks
701-772-8770

Featuring "catch of the day" along with lobster, crab, shrimp and steak. Daily lunch specials.

The Red Pepper

1011 University Ave., Grand Forks
701-775-9671

415 N 42nd St., Grand Forks
701-772-8226

Home of the Grand Cities' legendary "Grinder" sandwiches and Mexican food.

Red Pepper East

1504 Central Ave. NE
East Grand Forks, 218-773-6344

Featuring sub sandwiches and Mexican food.

Roadhouse Café

Hwy 2 and I-29 intersection
Simonson Travel Plaza, Grand Forks
701-772-1273

Hearty homestyle food, including burgers, hot turkey and beef sandwiches, steak, fresh pastries and large breakfast platters. Open 24 hours.

Royal Fork Buffet Restaurant

Columbia Mall, Grand Forks
701-746-0869

Hot buffet, salad and dessert bar. Menu items on a rotating basis.

Rumors Bar and Grill

1720 S Washington St., Grand Forks
Grand Cities Mall, 701-772-0125

Serving lunch and dinner, including burgers, sandwiches, sloppy joes, pizza, taco salad and appetizers.

Sander's 1907

22 S 3rd St., Grand Forks
701-746-8970

A Grand Cities fine dining tradition with a great menu, including Swiss Eiger prime rib, walleye, crab cakes, pork tenderloin, duck, pasta and nightly specials. Reservations are suggested.

Sbarro

UND Memorial Union,
Grand Forks, 701-777-0438

Season's Family Restaurant

300 3rd Ave. NE, East Grand Forks
218-773-1137

Homemade breakfast, lunch and dinner items. Weekday lunch specials.

Shangri-La Restaurant

4220 5th Ave. N, Grand Forks
701-775-5549

Mandarin, Cantonese and Peking dishes served daily. Daily luncheon specials and a weekend smorgasbord. Cocktail service. Dine in, take out or delivery.

Slapshot Pizza of Grand Forks

1909 Gateway Dr., Grand Forks
701-746-4771

Variety of pizza and appetizers along with fried chicken.

Sledster's

21 S 4th St., Grand Forks
701-775-0050

Everything from steak and walleye to pizza and sandwiches in a quaint little downtown space. Beer and wine available. Dine in, carry out and delivery.

Southgate Bar and Grill

2525 S Washington St.
Grand Forks, 701-775-7941

Steak, chicken, burgers, and their specialty tips and toast. Full bar service.

Speedway Restaurant

805 42nd St. N, Grand Forks
701-772-8548

Steaks, prime rib, seafood and chicken. Full bar service.

Subway

Gateway Dr. and N Washington St.
Grand Forks, 701-772-6357

2400 S Washington St.
Grand Forks, 701-772-9334

1850 Columbia Rd., Grand Forks
701-772-3526

32nd Ave. S Holiday Station Store
3450 32nd Ave. S, Grand Forks
701-772-9335

Highway 2 Holiday Station Store
East Grand Forks, 218-773-6637

4401 32nd Ave. S, Big Sioux Travel
Plaza, Grand Forks, 701-772-8624

Dakota Café Food Court
Columbia Mall, Grand Forks
701-775-8276

Wal-Mart Super Center
701-772-9639

Suite 49

2950 10th Ave. N, Grand Forks
701-746-8966

An upscale bar and grill with menu items such as burgers, steaks and pastas.

Taco Bell

2515 32nd Ave. S, Grand Forks
701-795-9001

1301 S Washington St., Grand Forks
701-772-6196

Taco John's

2522 Gateway Dr., Grand Forks
701-772-5712

1111 S Washington St., Grand Forks
701-772-9550

2651 24th Ave. S, Grand Forks
701-780-9800

TCBY

2400 S Washington St., Grand Forks
701-746-5004

Dakota Café Food Court
Columbia Mall, Grand Forks
701-775-8387

Third Street Café

108 3rd St. N, Grand Forks
701-775-7789

Specializing in home-cooked meals and delicious baked goods. Serving breakfast and lunch.

Toasted Frog

124 N 3rd St., Grand Forks
701-772-3764

Upscale bar and grill with a diverse menu featuring wood-fired pizza, lavosh, sandwiches, steak and seafood.

Village Inn Restaurant

3951 32nd Ave. S, Grand Forks
701-772-7241

Breakfast skillet, pancakes, country fried steak, chicken pot pie, pasta, sandwiches and fresh-baked pies. Also heart-healthy menu.

Wendy's

1503 S Washington St., Grand Forks
701-772-6536

3760 32nd Ave. S, Grand Forks
701-738-8187

Whitey's Cafe and Lounge

121 DeMers Ave., East Grand Forks
East Grand Forks Boardwalk
218-773-1831

A local East Grand Forks favorite with a long tradition and great homestyle cooking. Offers everything from steaks and seafood to sandwiches and appetizers. Full bar service.

World Market

UND Memorial Union
Grand Forks, 701-777-0438

Zazula's Café

Ray Richards Golf Course
3501 DeMers Ave., Grand Forks
701-777-4106 (summer only)

Coming soon

Golden Corral

Texas Roadhouse

Rhombus Pizza



Recreation

We know how to have fun all year long in the Grand Cities—on the links or rinks, riding bikes or snowmobiles, hiking or skiing, fishing or hunting, indoors and out. Check out the many recreational opportunities and join in the fun.



World Class Golf in the Grand Cities

King's Walk

5301 S Columbia Rd., Grand Forks
For information and tee times: (701) 787-5464
www.kingswalk.org

This 18-hole Arnold Palmer Signature Golf Course designed and developed by the Palmer Course Design Company is one of the area's premier courses. The prairie links style course, in a natural setting, creates the feel of the great links courses of Scotland and Ireland. Beautifully sculpted bunkers, mounds and collection areas frame large bent grass greens. Four sets of tees allow golfers of all abilities to enjoy this unique course. The clubhouse includes a golf shop, dining room, lounge and a patio.

Valley Golf

2407 River Rd. NW, East Grand Forks
For information and tee times: 218-773-1207
www.valleygolfefg.com

Overlooking the Red River, this 18-hole golf course features rolling terrain, undulating trees and beautiful fairways. Its unique tree-lined layout is challenging to all levels of golfers. Full bar and banquet facilities are also available.

Ray Richards Golf Course

3501 DeMers Ave., Grand Forks
For information and tee times: 701-777-4340

Nine challenging holes and a complete pro shop, owned and operated by UND. Perfect for those working on their game.

Grand Forks Country Club

East County Road #6, Grand Forks
For information and tee times: 701-772-4831

The beautifully groomed 18-hole Robert Bruce Harris design tests the skill of the finest player, yet is ideally suited to the beginning and average golfer.

Lincoln Golf Course

Elks Dr. and Belmont Rd., Grand Forks
For information and tee times: 701-746-2788

One of North Dakota's oldest 9-hole golf courses has been renovated due to the flood of 1997. An enjoyable experience for golfers of all abilities.

Golf Center

Golf Center in Columbia Mall, Grand Forks 701-775-0010

Simulated golf offered year round. The area's only indoor simulator that uses actual footage from courses around the world, giving you the opportunity to play championship golf anytime.

Climax Municipal Golf Course (9 holes)

30 miles from Greater Grand Forks in Climax, MN
Tee times: 218-857-3545

Fair Oaks Golf Course (9 holes)

45 miles northwest of Greater Grand Forks in Grafton, ND
Tee times: 701-352-3956

Hillsboro Golf Club (9 holes)

45 miles south of Greater Grand Forks in Hillsboro, ND
Tee times: 701-636-5556

Larimore Golf Club (9 holes)

30 miles west of Greater Grand Forks in Larimore, ND
Tee times: 701-343-2201

Manvel River's Edge Golf Course (9 holes)

12 miles north of Greater Grand Forks in Manvel, ND
Tee times: 701-696-8268

Mayville Golf Course (9 holes)

40 miles from Greater Grand Forks in Mayville, ND
Tee times: 701-788-3659

Minakwa Golf Club (9 holes)

20 miles from Greater Grand Forks in Crookston, MN
Tee times: 218-281-1773

Northwood Golf Club (9 holes)

40 miles from Greater Grand Forks in Northwood, ND
Tee times: 701-587-5373

Oak Knolls Golf Course (9 holes)

50 miles from Greater Grand Forks in Red Lake Falls, MN
Tee times: 218-253-4423

Sand Hill River Golf Course (9 holes)

45 miles from Greater Grand Forks in Fertile, MN
Tee times: 218-945-3535

Simply Grand

Recreational Activities

Billiard Halls

Lucky's Green Room
308 DeMers Ave.
701-772-3577

The Q

1210 Washington St. S
701-795-7080

Bowling

Red Ray Lanes
2105 Washington St. S
701-775-0663

Liberty Lanes

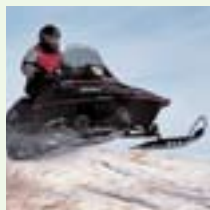
1500 5th Ave. NE
218-773-3477

Movie Theaters

Carmike Cinemas
2306 32nd Ave. S
701-772-4719

Columbia 4

3100 32nd Ave. S
701-746-5620



Birding

With more than 300 species, the Grand Cities are an ideal base for a birding trip through the Red River Valley. Birding can be enjoyed year round. Nearby prairies offer chances to see native grassland species, including the greater prairie chicken, the gray partridge and the short-eared owl. Winter birding offers its own charm with species that include the snowy owl, snow buntings and the common redpoll. Birding sites include the Grand Forks/East Grand Forks Greenway, Turtle River State Park, Kellys Slough National Wildlife Refuge, Prairie Chicken Management Area, Wetland Pines and Prairie Audubon Sanctuary and Oakville Prairie. For more information, call the Convention and Visitors Bureau at 800-866-4566 or stop in to pick up a field checklist.

Bicycle Routes

We offer more than 43 miles of bicycle trails, with new additions every year. The Rural Bicycle Loop is a 100-mile paved route beginning and ending in Grand Forks, including Highway 2 and the cities of Mekinock, Emerado and Mayville. Asphalt trails are also in the Grand Forks/East Grand Forks Greenway along the Red and Red Lake Rivers. The North Star Trail, planted in the thick woods of Turtle River State Park, is a 10-mile scenic loop that combines rolling hills, flatlands and stream crossings.

Canoeing

Canoeists on the Red River travel through the heart of the Valley. The 304-mile Red River passes through bountiful farmland checkered with bottomland forest and tall grass prairies. The Red Lake River, a tributary of the Red River, also provides both beginning and experienced canoeists with a pleasant excursion. Canoe and equipment rentals are available through the University of North Dakota Lifetime Sports Center at 701-777-3981. For more information, go to www.nature-northwest.org/redlakeriver.

Hunting

North Dakota and Minnesota rank among the greatest hunting areas in the country. Whether you're after white-tailed deer, waterfowl, moose, coyote or prairie dogs, a short drive from the Grand Cities will get you to prime hunting areas. For information, contact the ND Game and Fish Dept. at 701-328-6300 or MN DNR at 651-296-6157 or 888-MINN-DNR when calling from Minnesota.

Fishing

The Valley is internationally known for its trophy-sized channel catfish. The river and its tributaries possess a high-quality fishery in which research crews have documented more than 50 species, including channel catfish, northern pike, sauger, walleye, small mouth bass, lake sturgeon and carp. Nearby hot spots include the Red Lake River and Turtle River State Park. Contact the Convention and Visitors Bureau at 800-866-4566 for more information.

Rock Climbing

The Northern Heights Rock Gym offers routes up to 30 feet long, aretes, dihedrals, laybacks, cracks, faces and overhangs, bouldering and top rope climbs, a Rapid Fire wall and auto-belay walls. Call 701-795-5085. www.northernheightsrockgym.com

Snowshoeing and Cross-Country Skiing

With more than eight miles of groomed ski trails to explore, you can delight in our winter wonderland. Trails are located at Lincoln Park and run along the Red River. Turtle River State Park also offers a variety of groomed classical and skating style trails. Snowshoe and ski rentals are available at Gerrells 701-775-0553, Play It Again Sports 701-795-1424, Scheel's Sports Store 701-780-9424, the Ski and Bike Shop 701-772-5567 and the UND Lifetime Sports Center 701-777-3981.

Snowmobiling

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

Simply Grand



Parks and Recreation Areas

From lush, green shade trees to picturesque views of the rivers to the thick woods along the Turtle River Valley, Greater Grand Forks parks are wonderful places to relax and have fun.

Japanese Garden Sertoma Park, Grand Forks

A lovely and unique Japanese Garden graces the landscape of Sertoma Park. A gift from the residents of Grand Forks' sister city, Awano, Japan, the garden commemorates the recovery from the 1997 Red River Valley flood. It is designed to maintain a natural and simplistic look, featuring the beauty of rocks, water, hills, trees and plants, along with three granite Japanese-style rock lanterns.

Sherlock Forest Playground, Sherlock Park, East Grand Forks

Designed with the help of junior architects from local elementary schools, this playground stimulates the imagination. Wheelchair accessible activities and toddler area. Call the Convention and Visitors Bureau for more information.

Turtle River State Park

Turtle River State Park is just 22 miles west of Grand Forks and is situated along a heavily-wooded valley. This 784-acre park is a vivid contrast to the open farmland that dominates eastern North Dakota. The river was named for the mud and snapper turtles once found in abundance in the streams. Today, the entire park is a natural sanctuary harboring an abundance of plant and animal life. The wetland is a haven for birds and migratory waterfowl. The 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 presented in an outdoor amphitheater. Winter activities include cross-country skiing, sledding and more. Call 701-594-4445. For reservations, call 800-807-4723.

Larimore Dam Recreation Area, Campground, and Arboretum

The whole family will enjoy a day at Larimore Dam, just 30 miles west of the Grand Cities. The area offers fishing, nature trails, bike paths, 145 campsites, a sandy swimming beach, basketball and volleyball courts, a baseball diamond, horseshoes, an adjacent nine-hole golf course and winter sledding. The arboretum contains more than 500 different trees in a 26-acre area that is amazingly rich in color. For information call 701-343-2078.

What's a coulee?

Webster's defines it as a stream of molten lava or a deep gulch or ravine, usually dry in summer. Grand Cities residents use the term to refer to a picturesque, meandering stream that winds its way throughout the city, adding scenic beauty to bike paths, back yards, parks and the university campus.



10K/6.2 Mile Fitness Trail

The Fitness Trail is just one part of a city bike trail that wanders along the Greenway and throughout the city of Grand Forks. It's intended to give people of all ages the opportunity to exercise on a designated trail that is accurately marked for direction and distance. Walkers, runners, rollerbladers, skateboarders and bike riders are encouraged to enjoy the scenic trail as it leads through several Grand Cities neighborhoods and the University of North Dakota.