

MINNESOTA, USA

SLOGAN: NORTH STAR STATE
ABBREVIATION: MN



State Dialling Code (Tel/Fax): ++1 651

Minnesota Office of Tourism: 121 Seventh Place East, Suite 100, St. Paul, MN 55101 Tel: 296 5029 or 800 657 3700 (toll free) Fax: 296 2800 E-mail: explore@state.mn.us Website: www.exploreminnesota.com

Capital: St. Paul **Time:** GMT - 6

Background: Minnesota entered the Union on May 11, 1858, as the 32nd state. Minnesota's economy has long been dominated by the development of its varied natural resources. By the 1990s, although it remained a leading agricultural state, Minnesota had developed a diversified economy, dominated by services and manufacturing. The name of the state is taken from the Minnesota River and is a Sioux phrase meaning "cloudy water". Minnesota is known as the "North Star State". Its major cities are St Paul (the capital), Minneapolis, Bloomington, Duluth, and Rochester.

Population: According to the 1990 census, Minnesota had 4,375,099 inhabitants, an increase of 7.3 per cent over 1980. The population estimate for 1997 was 4,685,549. The average population density was 19 people per sq km (50 per sq mi). Whites made up 94.4 per cent of the population and blacks 2.2 per cent; additional population groups included 49,392 Native Americans, 11,576 people of Korean descent, 9,387 people of Vietnamese extraction, 8,980 people of Chinese descent, and 8,234 people of Asian Indian origin. Prominent among the state's Native American groups were the Sioux. Approximately 53,900 people were of Latino background. A large number of Minnesotans are descendants of immigrants from Denmark, Norway, Sweden, and other northern European countries. In rural areas, particularly, many of these ethnic groups have formed distinct communities.

Location: Minnesota, one of the Great Lakes states of the United States, bordered on the north by the Canadian provinces of Manitoba and Ontario; on the east by Lake Superior and Wisconsin; on the south by Iowa; and on the west by South Dakota and North Dakota. The Red River forms much of the western border, and the Mississippi River forms part of the south-eastern border.

Area: Minnesota has an area of 225,182 sq km (86,943 sq mi); 4.7 per cent of the land is owned by the federal government. The state's dimensions are 653 km (406 mi) from north to south and 576 km (358 mi) from east to west. The highest point is 701 m (2,300 ft) at Eagle Mountain in the north-eastern corner of the state; the lowest elevation is 183 m (602 ft) at the shore of Lake Superior. The approximate mean elevation is 366 m (1,200 ft). Minnesota's shoreline on Lake Superior is about 300 km (about 185 mi) long.

Industries: Minnesota contains some of the most extensive iron ore deposits in the United States. Other important minerals include sand and gravel, gold, clay, raw materials for cement, and building stone from the granite and quartzite outcrops in the south-west. Farming accounts for about 4 per cent of the annual gross state product. Milk production dominates, but beef cattle and pig marketing are also important. Minnesota is one of the leading US states in the production of oats, spring wheat, hay, and sunflower seeds. Other major crops are corn, soya beans, sugar beet, and barley. Despite the fact that the state's extensive forests have been cut since the 1840s, conservation procedures and tree farming have helped to restore the forest and maintain the timber industry. Trees include pine, fir, spruce, tamarack, birch, elm, maple, basswood, ash, and oak. Overall, more hardwood than softwood timber is produced. Commercial fishing is of minor importance. Freshwater catches include herring, smelt, and lake trout. Minor catches of pike, catfish, whitefish, carp, and others from rivers and lakes add to the industry.

Leading manufactured goods are industrial machinery and metal products. Food processing is dominated by dairy production, canning, flour milling, and sugar refining. Other important industries include printing and publishing, and the making of electronic

equipment, precision instruments, paper and allied products, timber, and other wood items, and rubber and plastic products.

Ports and Harbors: 9

Airports: 8

HOTEL / MOTEL / INNS

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CHASKA MINNESOTA

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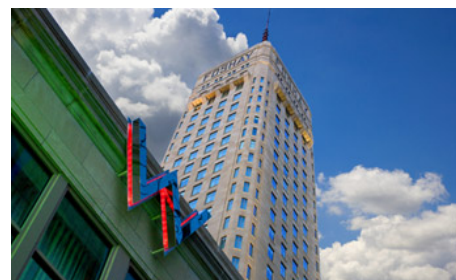
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BEMIDJI REGIONAL AIRPORT,3824 Moberg Dr. NW, Suite 101,Bemidji, MN 56601 ,218.444.2438, Harold.vanleeuwen@bemidjiairport.org , <http://www.bemidjiairport.org>

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INTERNATIONAL FALLS

FALLS INTERNATIONAL AIRPORT,Telephone: 218-283-4461,Fax: 218-283-4421, erik@einarsonflying.com , <http://www.internationalfallsairport.com>

MINNEAPOLIS

MINNEAPOLIS-SAINT PAUL INTERNATIONAL AIRPORT,Terminal 1-Lindbergh, 4300 Glumack Drive, St. Paul, MN 55111, T:612-726-5555, <http://www.mspairport.com>

ROCHESTER

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ST. CLOUD REGIONAL AIRPORT ,1550 45th Avenue SE Suite One ,St. Cloud, Minnesota,56304 , <http://www.stcloudairport.com>

ST PAUL

ST PAUL DOWNTOWN AIRPORT ,644 Bayfield Street, St Paul , T:(651) 224-4306, www.metroairports.org

THIEF RIVER FALLS

THIEF RIVER FALLS REGIONAL AIRPORT, 13722 Airport Drive, Thief River Falls, MN 56701, <http://www.citytrf.net>



RESTAURANTS & BARS

MINNEAPOLIS MINNESOTA

- 112 EATERY**, 112 N 3rd St, Minneapolis, MN 55401, United States, +1 612-343-7696, Cuisine: American, info@112eatery.com, www.112eatery.com
- ALMA RESTAURANT**, 528 University Ave SE, Minneapolis, MN 55414, 1 612-379-4909, Cuisines: American, Bagels, info@almampls.com, www.restaurantalma.com
- AL VENTO**, 5001 34th Ave S, Minneapolis, MN 55417, United States, +1 612-724-3009, Cuisine: Italian, www.alventorestaurant.com
- BARBETTE**, 1600 W Lake St, Minneapolis, +1 612-827-5710, Cuisine: French, askus@barbette.com, www.barbette.com
- BRODERS' PASTA BAR**, 5000 Penn Avenue South, Minneapolis, MN 55419-1035, fax:612.925.9737, Cuisines: Italian, Californian, BCI@broders.com, <http://www.broders.com>
- FOGO DE CHAO**, 645 Hennepin Ave, Minneapolis, MN 55403, United States, +1 612-338-1344, Cuisines: Brazilian, Steakhouse, www.fogodechao.com
- JAX CAFÉ**, 1928 University Ave NE, Minneapolis, MN 55418, United States, +1 612-789-7297, Fax:612 789 0138, www.jaxcafe.com
- KRAMARCZUK EAST EUROPEAN DELI**, 215 East Hennepin Avenue, Minneapolis, MN 55414, Phone: (612) 379-3018, Fax: (612) 379-7693, Email: info@kramarczuk.com, <http://www.kramarczuk.com>
- LA BELLE VIE**, 510 Groveland Ave, Minneapolis, MN 55403, United States, +1 612-874-6440, Cuisines: French, Mediterranean, www.labellevie.us
- LUCIA'S WINE BAR**, 1432 W 31ST St, Minneapolis, MN 55408, United States, +1 612-823-7125, Cuisines: American, Seafood, Vegetarian, Contemporary, www.lucias.com
- MANNY'S STEAKHOUSE**, 1300 Nicolett Mall, Minneapolis, MN 55403, USA, +1 612-339-9900, Fax. 612 3412373, www.mannyssteakhouse.com
- MODERN CAFÉ**, 337 13th Ave NE, Minneapolis, MN 55413, United States, +1 612-378-9882, Cuisines: American, Diner, Delicatessen, Eclectic, International, Californian, info@thesheridanroom.com, www.moderncafeminneapolis.com
- MURRAY'S RESTAURANT & COCKTAIL**, 26 S 6th St, Minneapolis, MN 55402, United States, +1 612-339-0909, www.murraysrestaurant.com
- OCEANAIRE THE SEAFOOD ROOM**, 1300 Nicollet Ave, Minneapolis, MN 55403, United States, +1 612-333-2277, Cuisines: American, Seafood, www.theoceanaire.com
- ORIGAMI**, 30 N 1st St 1, Minneapolis, MN 55401, United States, +1 612-333-8430, www.origamirestaurant.com
- PENINSULA MALAYSIAN CUISINE**, 2608 Nicollet Ave, Minneapolis, MN 55408, United States, +1 612-871-2863, Cuisine: Malaysian, info@peninsulamalaysiancuisine.com, www.peninsulamalaysiancuisine.com
- RUTH'S CHRIS STEAK HOUSE**, 920 2nd Ave S 100, Minneapolis, 1 612-672-9000, gmminneapolis@ruthschris.com, www.ruthschris.com
- SAFFRON RESTAURANT & LOUNGE**, 123 N 3rd St, Minneapolis, MN 55401, United States, +1 612-746-5533, Cuisines: French, Mediterranean, Middle Eastern, Moroccan, Spanish, www.saffronmpls.com
- SANCTUARY RESTAURANT**, 903 Washington Avenue South, Minneapolis, +1 612-339-5058, Cuisines: American, Mediterranean, Eclectic, Fusion, sanctuary07@sanctuaryminneapolis.com, www.sanctuaryminneapolis.com
- SEA SALT EATERY**, 4801 Minnehaha Ave, Minneapolis, MN 55417, United States, +1 612-721-8990, www.seasalteatery.wordpress.com
- SOLERA RESTAURANT**, 900 Hennepin Ave, Minneapolis, MN 55403, United States, +1 612-338-0062, Cuisines: Mediterranean, Spanish, Tapas, www.solera-restaurant.com
- THE CAPITAL GRILLE MINNEAPOLIS**, 801 Hennepin Avenue, Minneapolis, MN 55402, United States, +1 612-692-9000, Cuisines: American, Seafood, Steakhouse, www.thecapitalgrille.com
- TRUE THAI RESTAURANT**, 2627 E Franklin Ave, Minneapolis, MN 55406, United States, +1 612-375-9942, www.truethairestaurant.com
- VINCENT A RESTAURANT**, 1100 Nicollet Ave, Minneapolis, MN 55403, 55403, USA, +1 612-332-1442, www.vincentarestaurant.com

ZELO, 831 Nicollet Mall, Minneapolis, MN 55402, United States, +1 612-333-7000, Cuisines: American, Barbecue, Italian, Pizza, Seafood, Steakhouse, www.zelomn.com

ROCHESTER MINNESOTA

- BILOTTI'S ITALIAN VILLAGE**, 304 1st Ave SW, Rochester, MN 55902, United States, +1 507-282-8669, Cuisine: Italian, www.bilottispizza.com
- CHESTER'S KITCHEN & BAR**, 111 S Broadway, Rochester, MN 55904, United States, +1 507-424-1211, Cuisines: American, Contemporary derek.jensen@novarestaurantgroup.com, www.chesterskb.com
- INDIA CURRY HOUSE**, 1647 S Broadway, Rochester, +1 507-288-5001, om1647@yahoo.com, www.indiacurryhouse.net
- MICHAELS RESTAURANT**, 15 S Broadway, Rochester, MN 55904, United States, +1 507-288-2020, www.michaelsfinedining.com

- NOODLES & COMPANY**, 3944 Marketplace Dr NW, Rochester, MN 55901, United States, +1 507-285-1111 Cuisines: American, Asian, Mediterranean, Thai, Vegetarian, International, Healthy www.noodles.com
- OUTBACK STEAKHOUSE**, 1201 S Broadway 52, Rochester, MN 55904, United States, +1 507-252-1150, Cuisine: Steakhouse, www.outbacksteakhouse.com
- REDWOOD ROOM**, 300 1st Ave NW, Rochester, MN 55901, 1 507-281-2978, Cuisines: Italian, Pizza, comments@live2dine.com, www.cccrmg.com
- SONTES RESTAURANT**, 4-3rd Street SW, Rochester, MN 55902, 1 507-292-1628, kristen@grandroundsbrewing.com, www.sontes.com
- VICTORIAS' RISTORANTE & WINE**, 7 1st Ave SW, Rochester, MN 55902, United States, +1 507-280-6232, Cuisines: Italian, Pizza, www.victoriasmn.com
- WHISTLE BINKIES OLD WORLD PUB**, 3120 Wellner Dr NE, Rochester, 1 507-289-9200, Cuisine: English, north@whistlebinkiespub.com, www.whistlebinkiespub.com



Crossroads Shopping Center
1201 South Broadway, Rochester, MN 55904
Phone: 507-536-7775, Fax: 507-536-9050
<http://www.prescottsgrill.com>



SAINT PAUL MINNESOTA

- BLACK SEA RESTAURANT**, 737 Snelling Ave N, St Paul, MN 55104, USA, +1 651-309-5713, Cuisine: Turkish, www.blacksearestaurant.com
- EL BURRITO MERCADO**, 175 Cesar Chavez St, St Paul, MN 55107, United States, +1 651-227-2192, Cuisine: Mexican, info@elburritomercado.com, www.elburritomercado.com
- EVEREST ON GRAND**, 1278 Grand Ave, St Paul, MN 55105, United States, +1 651-696-1666, Cuisines: Indian, Tibetan, Vegetarian, www.everestongrand.com
- HEARTLAND**, 1806 Saint Clair Ave, St Paul, MN 55105, United States, +1 651-699-3536, Cuisines: American, Contemporary, tellus@hrpgph.com, www.heartlandrestaurant.com
- HIGHLAND GRILL**, 771 Cleveland Avenue South, St. Paul, MN 55116, United States, +1 651-690-1173, www.highlandgrill.com
- IZZY'S ICE CREAM CAFÉ**, 2034 Marshall Ave, St Paul, MN 55104, United States, +1 651-603-1458, www.izzysicecream.com
- KINCAID'S FISH CHOP & STEAK**, 380 Saint Peter St, St Paul, MN 55102, United States, +1 651-602-9000, Cuisines: American, Barbecue, Seafood, Steakhouse, www.kincaids.com
- LUCI'S ITALIAN RESTAURANT OF ST PAUL**, 470 Cleveland Ave S, St Paul, MN 55105, United States, +1 651-699-8258, Cuisines: American, Italian lucirestaurants@popp.net, www.ristoranteluci.com
- MERITAGE A BRASSERIE**, 410 Saint Peter St, St Paul, MN 55102, United States, +1 651-222-5670, Cuisine: French, contact@meritage-stpaul.com, www.meritage-stpaul.com
- MOSCOW ON THE HILL**, 371 Selby Ave, Saint Paul, MN 55102-1822, Phone: (651) 291-1236, Cuisines: French, Russian, Eastern European, <http://www.moscowonthehill.com>
- NGON VIETNAMESE BISTRO**, 799 University Ave W, St Paul, MN 55104, United States, +1 651-222-3301, Cuisine: Vietnamese, www.ngonbistro.com

RED'S SAVOY PIZZA 421 7th St E, St Paul ,+1 651-227-1437,Cuisines: Italian, Pizza, Californian, www.theoriginalredssavoypizza.com
TRATTORIA DA VINCI, 400 Sibley St 190, St Paul, MN 55101, United States, +1 651-222-4050, Cuisines: Italian, Seafood, www.trattoriadavinci.com

MUSEUMS/GALLERIES

DULUTH

LAKE SUPERIOR RAILROAD MUSEUM, 506 W Michigan St 19, Duluth, MN 55802, United States, +1 218-733-7590 , www.lsrnm.org

MINNEAPOLIS MINNESOTA



2400 Third Avenue South,
 Minneapolis, Minnesota 55404 , T: (612) 870-3030
 toll free (888) MIA ARTS (642-2787)
mmembers@artsmia.org
<http://www.artsmia.org>

AMERICAN SWEDISH INSTITUTE, 2600 Park Ave, Minneapolis, info@ASImn.org 1 612-871-4907, www.americanswedishinst.org

MILL CITY MUSEUM, 704 S 2nd St, Minneapolis, MN 55401, United States, +1 612-341-7555, www.millicitymuseum.org

WALKER ART CENTER, 1725 Vineland Pl, Minneapolis, MN 55403, United States, +1 612-375-7553 , www.walkerart.org

SAINT PAUL MINNESOTA

MINNESOTA HISTORY CENTER ,345 Kellogg Blvd W, St Paul , +1 651-259-3000, www.mnhs.org

MINNESOTA MUSEUM OF AMERICAN ART, 50 W Kellogg Blvd, Saint Paul, 1 651-266-1026, blilly@mmaa.org , www.mmaa.org

SCIENCE MUSEUM OF MINNESOTA, 120 Kellogg Blvd W, St Paul, MN 55102, United States, +1 651-221-9444, info@sम्म.org , www.sम्म.org

ENTERTAINMENTS

DULUTH

GREAT LAKES AQUARIUM, 353 Harbor Dr, Duluth, MN 55802, United States, +1 218-740-3474 , info@glaquarium.org , www.glaquarium.org

VISTA FLEET, 323 Harbor Drive, Duluth, MN 55802, United States, +1 218-722-6218 , Attraction type: Group tour/boat , isteinbach@vistafleet.com
www.vistafleet.com

MINNEAPOLIS MINNESOTA

COLUMBIA GOLF COURSE, 3300 Central Ave NE, Minneapolis, MN 55418, United States, +1 612-789-2627, info@minneapolisparcs.org , www.minneapolisparcs.org

FOSHAY TOWER, 821 Marquette Ave, Minneapolis, MN 55402, United States, +1 612-359-3030, <http://www.wminneapolishotel.com/foshay-tower>

FRANCIS A GROSS GOLF COURSE, 2201 Saint Anthony Pkwy, Minneapolis, MN 55418, United States, +1 612-789-2542 , info@minneapolisparcs.org
www.minneapolisparcs.org

GUTHRIE THEATER, 818 South 2nd Street, Minneapolis, MN 55415, United States, +1 612-377-2224, www.guthrietheater.org

MINNESOTA PLANETARIUM SOCIETY, 81 South Ninth Street, Suite 200, Minneapolis, MN 55402, Phone: 612-370-9116, <http://www.mplanetarium.org>

RIVERVIEW THEATER, 3800 42nd Ave S, Minneapolis, MN 55406, United States, +1 612-729-7369, www.riverviewtheater.com

THEATRE IN THE ROUND PLAYERS INC, 245 Cedar Ave S, Minneapolis, MN 55454, 1 612-333-2919 , Admin@Theatreintheround.org
www.theatreintheround.org

SAINT PAUL MINNESOTA

COMO GOLF COURSE ,1431 Lexington Pkwy N, St Paul , +1 651-488-9679, www.comopark.com

HIGHLAND NATIONAL GOLF COURSE ,1403 Montreal Ave, St Paul , +1 651-793-6607, www.golfstpaul.org

NIGHT CLUBS & DISCOS

MINNEAPOLIS MINNESOTA

AQUA NIGHTCLUB, 400 1st Ave N 100, Minneapolis, MN 55401, United States, +1 612-232-3232, info@aquampls.com , www.aquampls.com

ENVY NIGHT CLUB , 400 1st Ave N, Minneapolis ,+1 612-338-2222, www.envympls.com

THE SALOON, 830 Hennepin Ave, Minneapolis, MN 55403, USA, +1 612-332-0835, www.saloonfirebar.com

VISAGE NIGHTCLUB, 404 3rd Ave N 100, Minneapolis, MN 55401, United States, +1 612-455-2525, www.visagenightclub.com

HEALTH CLUBS / SPAAS

MINNEAPOLIS MINNESOTA

AVEDA DAY SPA INSTITUTE ,400 Central Ave SE, Minneapolis , +1 612-331-1400, www.aveda.com

INNER STRENGTH FITNESS, 2800 Lyndale Ave S, Minneapolis, MN 55408, 1 612-644-1953 , innerstrengthgmt@gmail.com
www.innerstrengthstudio.com

SHOPPING CENTRES & MALLS

MINNEAPOLIS MINNESOTA

CALHOUN SQUARE, 3001 Hennepin Ave 301A, Minneapolis, MN 55408, 1 612-824-1240, info@calhounsquare.com , www.calhounsquare.com

SAINT PAUL MINNESOTA

THE BRIDGES REALTY, LLC, Telephone - (651) 641-1111, thebridgesofsaintpaul@gmail.com , <http://www.thebridgesofsaintpaul.com>

ANTIQUe MARKETS

MINNEAPOLIS MINNESOTA

ANTIQUIFIED ANTIQUES ,+1 612-789-1989, shopantiquified@gmail.com
www.antiquified.com

LOFT ANTIQUES, 3022 West 50th, Minneapolis, MN 55410, (612)922-4200, www.loftantiquesmpls.com

NATIONAL PARKS & ZOOS

DULUTH

LAKE SUPERIOR ZOO & ZOOLOGICAL SOCIETY , 72nd Avenue West & Grand Avenue, Duluth, MN 55807 , (218) 730-4900, info@lszoo.org , <http://www.lszoo.org>

SAINT PAUL MINNESOTA

COMO PARK ZOO & CONSERVATORY ,1225 Estabrook Dr, St Paul , +1 651-487-8200, comomarketing@ci.stpaul.mn.us , www.comozooconservatory.org

CHILDREN ENTERTAINMENTS

SAINT PAUL MINNESOTA

MINNESOTA CHILDREN'S MUSEUM , 10 7th St W, Saint Paul, MN 55102, T:(651) 225-6000 , www.mcm.org

