

# Welcome to the Twin Cities

A watercolor illustration of a city skyline, likely the Twin Cities, rendered in shades of black and grey. The buildings are stylized with soft, blended edges. A white rectangular box is overlaid on the center of the illustration, containing the text 'The Association for Education in Journalism and Mass Communication (AEJMC)'. The signature 'An Patel' is visible in the bottom right corner of the illustration.

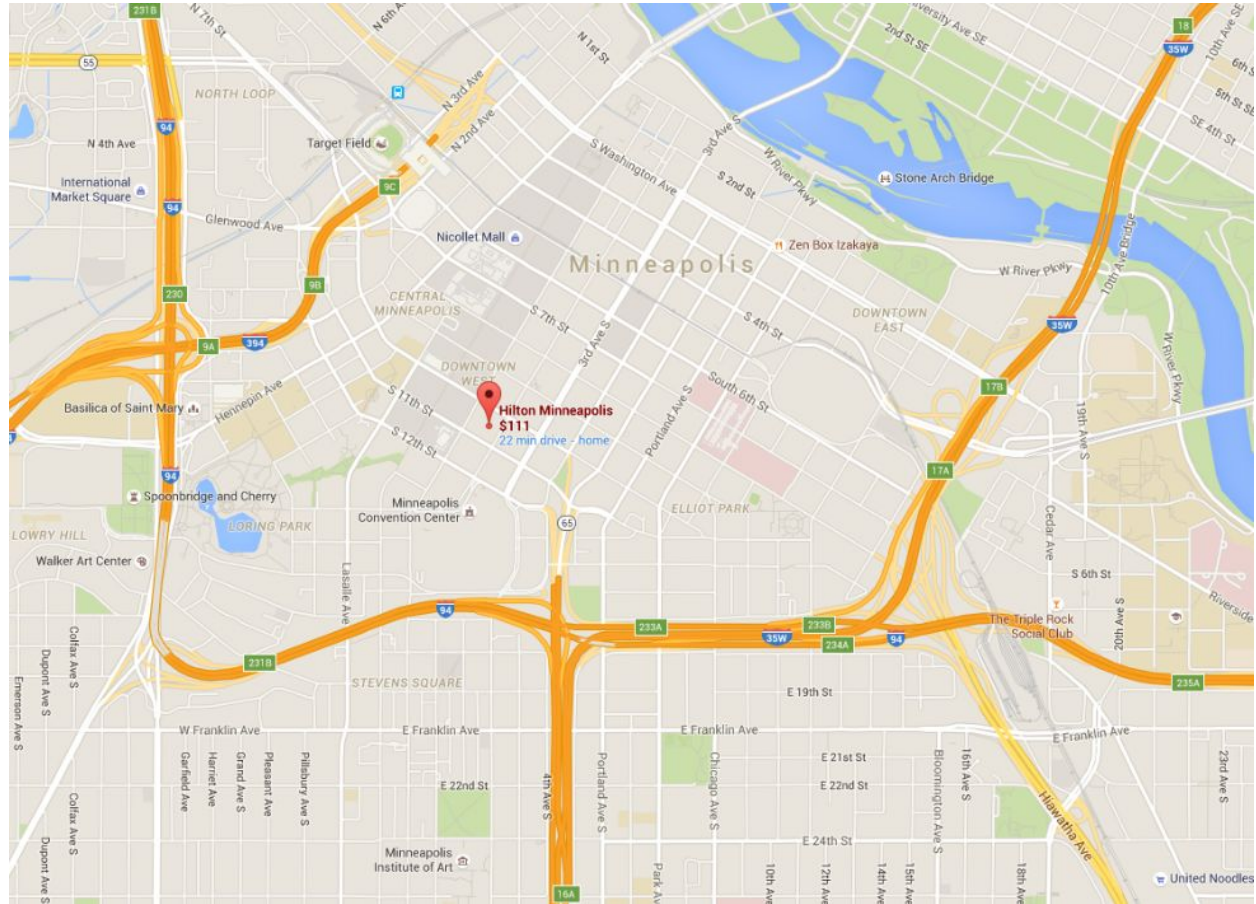
The Association for Education in Journalism and Mass Communication (AEJMC)

*An Patel*

# Map of the Area

You'll be staying in downtown Minneapolis while you are here, at the Hilton Minneapolis on South Marquette Avenue.

If you want to explore the cities, you're in luck! Many of the great attractions and restaurants in the area are within 5-20 minutes from here, depending on what you are interested in.



# Shopping Attractions

- Mall of America

Mall of America is located in Bloomington, MN - just south of downtown. Probably one of the best known attractions in the Twin Cities metro area, it is the 2nd largest mall in the USA. It also holds the Sea Life Aquarium (\$18) on the lower level, and a Nickelodeon Amusement Park in the center.

**Best yet - there's no sales tax on clothing or accessories!**

60 East Broadway, Bloomington, Minnesota 55425

- Nicollet Mall

The main shopping center in downtown Minneapolis, this mainly pedestrian zone has a large concentration of shops, restaurants, galleries and other attractions. The central feature of the complex is the Crystal Court. From here, a network of glazed skyways lead to other buildings. Further skyscrapers tower all around.

9 Minutes walk north of the hotel, off of 6th s St.



# Museums

- **Minneapolis Institute of Art**
  - One of the largest art museums in the US, it spans nearly 8 acres of land
  - Free entry, though some exhibits have a fee
- **Walker Art Center**
  - One of the most visited modern and contemporary art museums in the country
  - Students: \$9, Adults: \$14
- **Sculpture Garden**
  - Landscape and sculpture garden located next to the Walker Art Center
  - Home to the famous “Spoonbridge and Cherry”
  - - *Currently closed until Spring 2017* -
- **Frederick R Weisman Art Museum**
  - Modern Art Museum located on the University of Minnesota campus
  - Free entry
- **Minnesota History Museum**
  - An interactive museum with both permanent and changing exhibits
  - Students: \$10, Adults: \$12
- **Somali Museum of Minnesota**
  - May be the only museum in the world dedicated to traditional Somali culture, as the one in Somalia was destroyed
  - Minnesota is now home to one of the world's largest Somali diaspora population
  - Adult: \$11
- **American Swedish Institute**
  - Dedicated to the education and celebration of Swedish culture and its role in Minnesota history
  - Students: \$5, Adults: \$10
- **Mill City Museum**
  - Built into the ruins of what was once the world's largest flour mill
  - Learn about the intertwined histories of the flour industry, the river, and the city of Minneapolis.
  - Students: \$10, Adults: \$12

# Parks and Recreation

- Loring Park
  - Located across from Sculpture Garden
  - Originally designed with NYC's Central Park in mind
  - 33.94 acres
- Lake Calhoun Park
  - Home to a variety of water activities and three beaches - there are 12 located in the city of Minneapolis!
  - 518.86 acres
- Lyndale Park Gardens
  - Home to the second oldest public rose garden in the United States, and showcases 3,000 plants in 100 different varieties.
  - 61 acres

- Minnehaha Park

- Located outside of downtown, Minnehaha Park is a beautiful location and home to Minnehaha Falls



- The New England poet, Henry Wadsworth Longfellow, gave this Minneapolis waterfall national fame in the *Song of Hiawatha*; although he never saw the 53-foot falls in person

# Restaurants

\$ - Less than \$10  
\$\$ - \$11 to \$20

\$\$\$ - \$21 to \$30  
\$\$\$\$ - \$31 and up

## American

- **\$\$-\$** The Bulldog, NE - thebulldognortheast.com
  - 401 East Hennepin Ave., Minneapolis
  - New American pub fare with an extensive tap
- **\$\$-\$** Hell's Kitchen - hellskitcheninc.com
  - 89 South Ninth St., Minneapolis
  - Breakfast, Brunch (on weekends), and lunch
- **\$\$** Psycho Suzi's Motor Lounge
  - 2519 Marshall St. Northeast, Minneapolis
  - Tiki lounge with American bar fare
- **\$\$** Haute Dish - haute-dish.com
  - 119 N Washington Ave, Minneapolis
  - Reimagined Midwestern cuisine

## Native American

- **\$\$** Pow Wow Grounds
  - 1414 E Franklin Ave, Minneapolis, MN
  - Native American cafe specializing in local goods and signature wild rice products
  - Find on Facebook!

## Vegetarian/Vegan

- **\$** Birchwood Cafe - birchwoodcafe.com
  - 3311 East 25th St, Minneapolis
  - Largely Vegetarian menu
  - Thoughtfully sourced ingredients
- **\$\$-\$** Ecopolitan - ecopolitan.com
  - 2409 Lyndale Ave South, Minneapolis
  - 100% Organic, Vegan, Raw

# The Ju(i)cy Lucy....?

Two Restaurants claim to be the original inventors of this meal, but many other variations exist in the Cities

- \$ Matt's Bar - [mattsbar.com](http://mattsbar.com)
  - 3500 Cedar Ave South, Minneapolis
  - [Creator of the Jucy Lucy](#)
- \$\$ 5-8 Club - [5-8club.com](http://5-8club.com)
  - 5800 Cedar Ave, Minneapolis
  - [Creator of the Juicy Lucy](#)
- \$-\$\$ Blue Door Pub - [thebdp.com](http://thebdp.com)
  - 1811 Selby Ave, St. Paul
  - Home of the Blucy Lucy
- \$-\$\$ The Nook - [crnook.com](http://crnook.com)
  - 492 Hamline Ave South, St Paul
  - Home of the Juicy Nookie
  - Shown on Food Network's DDD



The Ju(i)cy Lucy, for those unaware, is a cheeseburger with a twist. Decades ago, **someone** came up with the idea of putting cheese inside the burger rather than on top. The result is a burger with a gooey mess of molten cheese inside that can, if you're not careful, burn your face off when you take your first bite.

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## Southern/Cajun

- **\$\$** Dixie's on Grand - [dixiesongrand.com](http://dixiesongrand.com)
  - 695 Grand Ave. St. Paul
  - Classic Southern Comfort
- **\$\$** Brasa Premium Rotisserie - [brasa.us](http://brasa.us)
  - 600 E Hennepin Ave, Minneapolis
  - Creole comfort food
  - Serves Gluten-free, Vegetarian
- **\$\$\$** 4 Bells - [4bells.com](http://4bells.com)
  - 1610 Harmon Place, Minneapolis
  - South Carolina's Lowcountry cuisine

## Cuban

- **\$** Victor's 1959 Cafe - [victors1959cafe.com](http://victors1959cafe.com)
  - 3756 Grand Ave S, Minneapolis
  - Cuban cafe with traditional recipes
  - Serves Vegetarian, Vegan
  - Featured on Food Network's DDD

## Mexican/Latin American

- **\$** Pancho Villa - [panchovillasgrill.com](http://panchovillasgrill.com)
  - 2539 Nicollet Ave S, Minneapolis
  - Upbeat Mexican Eatery
- **\$\$** Barrio Tequila Bar - [barriotequila.com](http://barriotequila.com)
  - 925 Nicollet Mall, Minneapolis, MN
  - Modern Latin eatery, focuses on tapas and tequila
- **\$\$\$** Conga Latin Bistro - [congalatinbistro.com](http://congalatinbistro.com)
  - 501 E Hennepin Ave, Minneapolis
  - Nuevo Latino Cuisine
  - Offers entertainment nightly

## Caribbean

- **\$\$** Harry Singh's Original Caribbean Restaurant - [harrysinghs.com](http://harrysinghs.com)
  - 2653 Nicollet Ave S, Minneapolis
  - Caribbean Comfort Foods
  - Owner is Trinidad native



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## Chinese

- **\$\$** Hong Kong Noodles Restaurant - [mnhongkongnoodle.com](http://mnhongkongnoodle.com)
  - 901 Washington Ave Southeast, Minneapolis
  - Extensive Chinese menu with 300+ menu items
- **\$\$** Rainbow Chinese Restaurant and Bar - [rainbowrestaurant.com](http://rainbowrestaurant.com)
  - 2739 Nicollet Avenue South, Minneapolis
  - Classic and Contemporary Chinese

## Vietnamese

- **\$** The Lotus Restaurant - [thelotusrestaurant.com](http://thelotusrestaurant.com)
  - 113 W Grant St, Minneapolis, MN
  - Family owned, counter-order eatery
- **\$\$** Quang Restaurant - [quang-restaurant.com](http://quang-restaurant.com)
  - 2719 Nicollet Ave S, Minneapolis
  - Vietnamese no-frills mainstay, family owned

## Japanese

- **\$\$\$** Unideli (located inside the United Noodles grocery) - [unitednoodles.com/unideli](http://unitednoodles.com/unideli)
  - 2015 E 24th St, Minneapolis, MN
  - Small Japanese bistro deli with a focus on ramen
  - Featured on Food Network's DDD
- **\$\$** Zen Box Izakaya - [zenbox.com](http://zenbox.com)
  - 602 S Washington Ave, Minneapolis
  - Pub with a twist on Japanese comfort foods
- **\$\$** Masu Sushi and Robata - [masusushiandrobata.com](http://masusushiandrobata.com)
  - 330 E Hennepin Ave, Minneapolis
  - Chic Japanese eatery with ramen and sushi
  - "Robata" means "food grilled over charcoal"

## Thai

- **\$\$** Sawatdee - [sawatdee.com](http://sawatdee.com)
  - 607 S Washington Ave, Minneapolis
  - Classic Thai fare

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## Italian

- **\$\$-\$** Pizza Luce - pizzaluce.com
  - 119 N 4th St, Minneapolis
  - Local pizzeria chain
- **\$\$-\$** Sorrento Cucina - sorrentocucina.com
  - 625 S Marquette Ave, Minneapolis
  - Casual Italian, counter serve style
- **\$\$-\$\$\$** The Butcher Block - thebutcherblockrestaurant.com
  - 308 E Hennepin Ave, Minneapolis
  - Organic, Grass-fed, Sustainable Italian fare

## French

- **\$** Barbette - barbette.com
  - 1600 W Lake St, Minneapolis
  - All day French bistro with cafe style patio

## English

- **\$\$-\$** Brit's Pub - britspub.com
  - 1110 Nicollet Mall, Minneapolis
  - Classic English with great atmosphere

## Irish

- **\$\$-\$** O'Donovan's Irish Pub - odonovans.com
  - 700 N 1st Ave, Minneapolis
  - Typical Irish comfort food and lots of beer

## German

- **\$\$-\$\$\$** Black Forest Inn - blackforestinnmpls.com
  - 1 E 26th St, Minneapolis
  - Long Standing German restaurant with beer garden

# Coffees, Teas, and Bakeries

- \$ French Meadow Bakery & Cafe - frenchmeadow.com
  - 2610 Lyndale Ave South, Minneapolis
  - Farm-to-Table - 1st Certified Organic Bakery in USA
  - Serves Gluten-free, vegan, vegetarian
- \$ La Belle Crepe - breakfastinminneapolismn.com
  - 825 Nicollet Mall, Minneapolis
  - Crepes, Gelato, and Vietnamese/French fusion
- \$ Muffin Top Cafe - muffintopcafe.com
  - 1424 Nicollet Ave S, Minneapolis
  - Low key, LGBTQ+ friendly cafe and bakery
- \$ Espresso Royale - espressoroyale.com
  - 1229 Hennepin Ave, Minneapolis
  - Coffeehouse chain with sustainable brews
- \$\$-\$\$\$ La Société Du Thé - la-societe-du-the.com
  - 2708 Lyndale Ave S, Minneapolis
  - Well stocked teahouse



If you are trying to get your coffee fix before it's your turn to present, consider trying on of the Minnesota-based specialty coffee chains instead of Starbucks. They're everywhere!

Caribou Coffee

Began in Edina, MN

Dunn Bros Coffee

Began in St. Paul, MN

# Nightlife

## Music

- First Avenue & 7th Entry - [first-avenue.com](http://first-avenue.com)
  - 701 N 1st Ave, Minneapolis
  - Music club since the 1970's
  - Yes, it's that place from *Purple Rain*
- Mayslacks - [mayslacksbar.com](http://mayslacksbar.com)
  - 1428 4th St NE, Minneapolis
  - Old-school bar and music lounge
- Bunker's Music Bar & Grill - [bunkersmusic.com](http://bunkersmusic.com)
  - 761 N Washington Ave, Minneapolis
  - Informal venue with rock, blues, and R&B music

## Dance

- The Exchange - [theexchangempls.com](http://theexchangempls.com)
  - 10 S 5th St B100, Minneapolis, MN
  - Nightclub with 10,000 sq ft to move and dance
- Azul Nightclub - [azulmpls.com](http://azulmpls.com)
  - 400 3rd Ave N, Minneapolis
  - Latin dance club with DJs and musicians

**WHAT  
HAPPENS  
AT  
KARAOKE  
STAYS  
AT  
KARAOKE**



## Minneapolis Karaoke

- Vegas Lounge - [vegaslougemn.com](http://vegaslougemn.com)
  - 965 Central Ave NE, Minneapolis
  - Karaoke every day
  - Voted best karaoke bar in the Twin Cities
- The 1029 Bar & Smack Shack - [the1029bar.com](http://the1029bar.com)
  - 1029 Marshall St NE, Minneapolis
  - Every Wed - Sun, starting at 9pm
- Elsie's Restaurant, Bar & Bowling - [elsies.com](http://elsies.com)
  - 729 Marshall St NE, Minneapolis
  - Karaoke is Fri and Sat, starting at 9pm
  - Bowling is open every day
- Moose on Monroe Bar & Grill
  - 356 Monroe St NE, Minneapolis
  - Tues - Sat karaoke, starting at 9pm
- Otter's Saloon - [otterssalon.com](http://otterssalon.com)
  - 617 Central Ave SE, Minneapolis
  - Karaoke every day

# Nightlife

## Bars

- Lucia's - [lucias.com](http://lucias.com)
  - 1432 W 31st St, Minneapolis
  - Restaurant and wine bar
- Marvel Bar - [marvelbar.com](http://marvelbar.com)
  - 50 N 2nd Ave, Minneapolis
  - Cocktail bar and speakeasy
- Eat Street Social - [eatstreetsocial.com](http://eatstreetsocial.com)
  - 18 W 26th St, Minneapolis
  - High end cocktails and bistro fare
- Republic - [republicmn.com](http://republicmn.com)
  - 221 Cedar Ave, Minneapolis
  - Top rated beer bar with sizable tap
- Merlin's Rest Pub - [merlinsrest.com](http://merlinsrest.com)
  - 3601 E Lake St, Minneapolis
  - Whiskey bar and traditional English pub food
- Donny Dirk's Zombie Den
  - 2027 N 2nd St, Minneapolis
  - Undead themed cocktail lounge/dive bar



Try one of our local regional drafts while you're in the area! Summit Brewing Company, located at 910 Montreal Circle, St. Paul, is one of the top 50 breweries in the US for output volume. The Summit Extra Pale Ale is especially popular here.

Have an empty time slot in your schedule? Make reservations 4 weeks in advance to go on a tour of the brewery. They last about an hour.

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