

SAINT PAUL

MINNESOTA

WELCOME TO OUR WORLD

THE RIVER CAPITAL

FAMILY FUN **11**

ROMANTIC STAYS **28**

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Visit
SAINT PAUL

INSIDER'S GUIDE



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KIDS' MATCH GAME

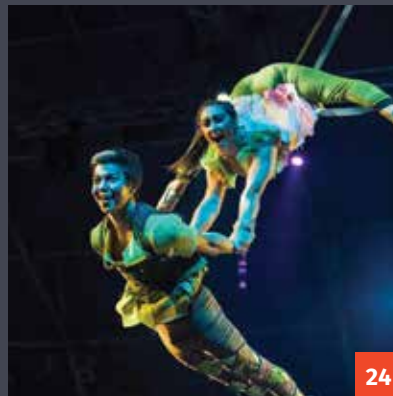
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Cover photo by Greg Lundgren



The Official Insider's Guide to Saint Paul is printed entirely on paper created in a certified environmentally responsible manner—from the forestry practices to the soy ink.

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SAINT PAUL

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WELCOME TO OUR WORLD

We're unabashedly Saint Paul. Minnesota's welcoming, walkable capital. Historic river city. Home ice in the state of hockey. And so much more. Come inside and see for yourself. We'd love to show you around.

ZOO SIAB TXAIS TOS!

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to help you plan your trip

CALENDAR OF EVENTS

DIRECTORIES

of restaurants, shops and attractions

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MONTHLY NEWSLETTER





FREE THINGS TO DO



Experience our world without paying a dime.

Outside

Twin Cities' parks systems rank as the top in the nation. Harriet Island is one of the many free parks. We also recommend Indian Mounds Park, Bruce Vento Nature Sanctuary and Crosby Farm Park. Have a picnic, hike the Mississippi River or see if there's an event going on.



Inside

If you love history, don't miss Landmark Center. This "castle" downtown is where famous gangsters were tried and the act that enforced Prohibition was written. Today, it's a free arts and cultural center that's ready to welcome you to Saint Paul.



Zoo + Gardens

Como Park Zoo and Conservatory is family-friendly, free and open 365 days a year. In addition to all of the animals, don't miss the 106-year-old Marjorie McNeely Conservatory, the Sunken Garden and the Japanese Garden.



Markets

Enjoy the sights and sounds of the lively Saint Paul Farmers' Market without reaching into your wallet. The outdoor market in Lowertown is always hoppin'. All year, there's a world to discover at the indoor Hmongtown Marketplace, Hmong Village or Keg and Case West 7th Market.

Festivities

There's always some kind of festival going on here, no matter the season. We have the Saint Paul Winter Carnival, Twin Cities Jazz Festival, Little Mekong Night Market — and the list goes on.

Monuments

Step into the 1920s at Union Depot. It serves as a transportation hub, event center, architectural inspiration and much more. Open to the public, the building is one of many must-sees for history lovers.

Find more on page 45.

Museums

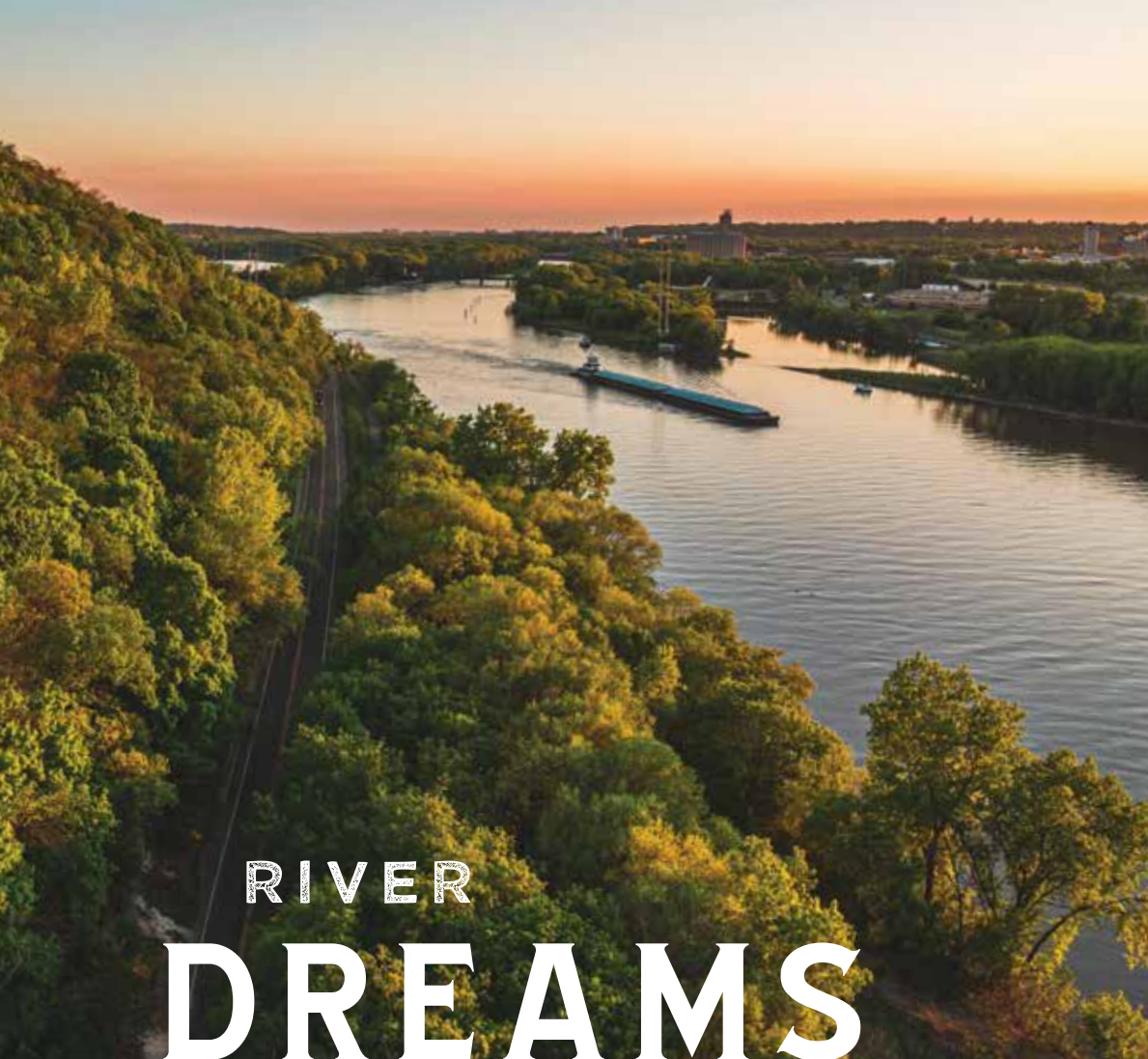
For a world-class arts experience, peer into the Minnesota Museum of American Art's rotating window exhibits from the street or skyway within the historic Pioneer Endicott building downtown. Check out the interior galleries when they reopen in 2023 following an exciting new expansion.

Living history

Get your exercise and sightseeing along Summit Avenue, the longest stretch of Victorian houses in the United States. Whether you walk, bike or drive down this historic street, the views are stunning in any season.



More free things to do:
VisitSaintPaul.com



RIVER DREAMS

The story of Saint Paul began on the shores and bluffs of the nation's mightiest river. The Mississippi shaped everything: culture, community, commerce and more. Today, it shapes the way many of us relax, connect and explore.

The river life can be a good one. Liz Miller knows it well. She eats, sleeps and drinks the ebb and flow of the Mississippi's magic as the owner and innkeeper of The Covington Inn Bed and Breakfast. For the past 20 years, she's been at the helm of this beautifully repurposed towboat turned B&B, which is permanently moored at Harriet Island just across the Wabasha Street Bridge from downtown Saint Paul.

Here, the water gently ripples past her tightly-secured three-story riverboat all year long. She hears morning birds and the slow churn of working towboats pushing barges at night. She hears the evening bustle of summer concerts in the nearby parks and creaking, cracking sounds of ice amid silent winter snowfalls.



Outdoor patios, such as the historic City House, offer intimate views along with beverages and a bite.



Liz Miller, Owner Covington Inn

"So many people like the calming effect of water," she says. "And it makes sense: our bodies are mostly water."

Born and raised in Saint Paul, Liz worked around the country in hospitality before returning to her roots. When she got a chance to embrace life by the water, she seized the moment, taking over the one-of-a-kind getaway spot in 2002. The floating inn features four staterooms decorated with charming nautical warmth. Some suites have authentic portholes. All have a private bath, deck access, fireplaces or stoves for the cooler months and air conditioning for the summer ones. The salon, where Liz serves her guests breakfast, was once the towboat's engine room. Now the room's atmosphere of reclaimed wood, colorful area rugs and vintage furniture conjures a cozy, welcoming energy.



Harriet Island can be a quiet spot for a jog as well as a bustling scene for events like Irish Fair.



Viking River Cruises dock near Union Depot. Saint Paul is a signature destination for Mississippi River adventurers in 2022 and 2023.

Like Liz, visitors are here for the romance of the river. Guests often come for anniversaries or weddings. (Liz has officiated vows nearly 100 times.) A family or group of friends might rent the entire boat for a special event. Sometimes a couple comes aboard planning a night on the town, but opts to just kick back on the deck for a sunset toast and views of the greens, reds and whites of city lights illuminating the skyline.

“When you come down to the water, you feel so remote. It’s like you’re a world away from everything,” Liz says.

The Covington, in fact, is the lone vessel on a long public pier where bluegrass bands fiddle away on fall evenings. Look downstream and you see the Minnesota Boat Club on Raspberry Island, a favorite wedding destination. Nearby, rows of houseboats line the docks. A block away to the south, the Padelford Riverboats dock along Harriet Island. Liz says these tour boats are a wonderful way to get out on the river in the warm months to explore, learn local history and catch a glimpse of wildlife soaring or roaming these shores — especially when

the forests are beaming with fall color. Or rent a kayak at Hidden Falls Park and paddle downstream to Harriet Island. Along the way, you’ll go past Historic Fort Snelling, Pike Island, Crosby Farm Regional Park and Lilydale Regional Park. All of these green spaces offer various trails for hiking, biking, skiing or snowshoeing.

Saint Paul boasts more shoreline (26 miles) than any other Mississippi River city — and it’s all part of the Mississippi National River and Recreation Area. Small wonder then that Liz’s favorite summer pastime is cruising the river with friends from the Saint Paul Yacht Club. They find nooks and crannies of the river to tie up boats and spend the day swimming, eating and relaxing.

“I get my chores done, then get in my cabin cruiser and go. It’s the best way to spend a day.”

When she goes ashore in Saint Paul, Liz likes Skinner’s for pizza with girlfriends or the Spot Bar, Dark Horse or Boca Chica. She’ll catch a band at Minnesota Music Cafe and do a little shopping at Up Six Vintage or Poppy Fun Fashion.

She recommends families and artists visit Como Park for events or just the winter oasis of the conservatory. A tour of the Minnesota State Capitol and the Minnesota History Center are big on her list.

Another nearby favorite: the Wabasha Caves, located a half mile inland from the Covington, are part of a massive stretch of sandstone caverns that have been used for everything from Prohibition-era bootlegging to mushroom growing. Get a weekend tour or try Swing Dance Thursdays with live music. The nightclub once known as “Mystic Caverns” is worth a visit, Liz says: “To hear about the sordid past of our fair city and hang out in a cave is so cool!”

New perspectives

Tour an authentic towboat that serves as a viewing platform at the Science Museum of Minnesota, where all ages can enjoy interactive lessons on the river, its people and history.

Do you know where to find these creatures
in Saint Paul? Try this match game,
and then come say “hi.”

(To check your answers, flip this page upside down.)

A WORLD OF FRIENDLY CHARACTERS

Snoopy – Highland Park National Golf Course
Chloe – Como Park Zoo
PK – MN United / Allianz Field
Cappy – Minnesota Whitecaps / TRIA Rink
Nordy – Minnesota Wild / Xcel Energy Center
Mudonna – St. Paul Saints / CHS Field
Astronaut – Science Museum of Minnesota
Woolly – Bell Museum of Natural History



*Hint: this wild animal was born up north,
grew a mullet and moved to Saint Paul to
be the official mascot of his favorite team ...*



*Hint: this hairy teenager loves to
sleep in, eat slowly, and take things
nice and easy while hanging out in
this Saint Paul hotspot ...*



Hint: she's a sassy swine. A diva of the diamond. And bats her way around the bases as the official mascot of ...



Hint: this 11-foot-tall creature is extinct, but you still might freeze when you see him in the Ice Age exhibit at ...



Hint: Peanuts gang statues are found all around cartoonist Charles M. Schulz's hometown. There's even a beagle-shaped sand trap at ...

bell museum



Hint: this gigantic space suit is the first thing you'll see when you come inside a really huge space for exploring ...



Hint: this puck head makes waves on frozen water cheering on Minnesota's professional women's hockey team as official mascot of ...



Hint: as the Minnesota state bird, this Loon gets into mischief cheering on other Loons in a new stadium as the official mascot of ..



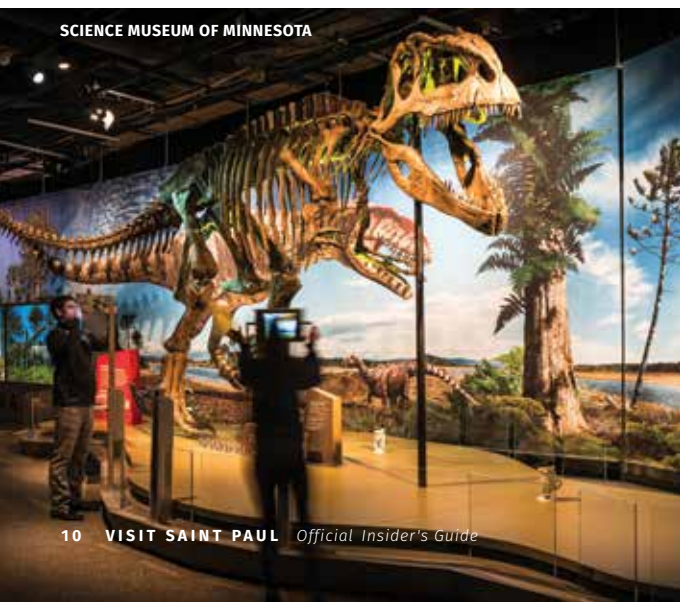
LEARN MORE AT VisitSaintPaul.com



MINNESOTA CHILDREN'S MUSEUM



BELL MUSEUM

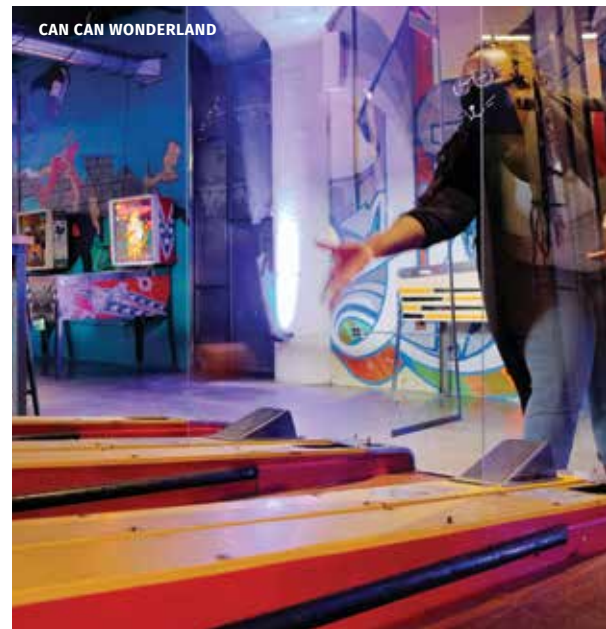


SCIENCE MUSEUM OF MINNESOTA

LIVE AND LEARN

Overlooking the Mississippi River downtown, the Science Museum of Minnesota attracts visitors from around the Midwest for unique, hands-on learning — from dinosaurs and space to the human body and beyond. Plus, the onsite Omnitheater amps the experience with a 70-by-90-foot movie screen. The new Bell Museum, Minnesota's official natural history museum and digital planetarium, is home to high-tech exhibits and famous wildlife dioramas, including some mammoth Ice Age creatures.

For a different kind of funpark, try Can Can Wonderland for art installation mini-golf, arcade games and more. Or come at night (without kids) for a slightly wilder scene.



CAN CAN WONDERLAND



BELL MUSEUM



FIND YOUR FAM JAM

For decades, the capital city has been a favorite Minnesota family getaway. It's a playground and learning hub for kids big and small.

Here are some ideas for finding your jam while you're in town.

MAKE IT AN EVENT

Plan your stay around one of the Twin Cities' famous gatherings, like **Flint Hills Family Festival**, **Festival of Nations** or the **Minnesota State Fair**. Music lovers will find free outdoor concerts for all ages all summer long in places like Como Park, the Minnesota History Center and Mears Park. For the dramatic, there's Circus Juventas or big stage performances at the **Ordway Center for the Performing Arts**. Chill out in a family-friendly and dogs-welcome brewery or break out sleds, skis or skates here in one of the nation's top-ranked parks systems.

SAINT SMALL

Tiny tots will dig the **Minnesota Children's Museum**, where kids ages 1 - 10 and older can create, play and imagine. There's more to explore at **Como Park Zoo and Conservatory**, with its animals, gardens, amusement rides and more — all nestled among the rolling hills and trees of a gorgeous and expansive city park where you can golf, kayak, bike or simply lean back in the grass against an old oak tree.

ALL ABOARD, TRAIN LOVERS

This is your town. Young ones love a visit to the **Minnesota Transportation Museum's** historic Jackson Street Roundhouse for Tots & Trains Wednesdays or a vintage caboose train ride on Saturdays. Tinker around at the **Twin Cities Model Railroad Museum**. Use the historic Union Depot to arrive by Amtrak or enjoy the picnic area where the trains come and go from the historic building.

TAKE ME OUT TO THE FUNPARK

A baseball game at **CHS Field** is just plain fun. Home of the St. Paul Saints, the Minnesota Twins' AAA minor league affiliate, the ballpark is known for shenanigans, slapstick and surprises. Find it in Lowertown near the Metro Green Line and Farmers' Market.

Love pro sports? Come see Minnesota United FC for MLS soccer at **Allianz Field**, the Minnesota Wild for NHL hockey at **Xcel Energy Center** or the Minnesota Whitecaps for NWHL hockey at **TRIA Rink**.



"We take advantage of our extreme seasons by enjoying many outdoor events, rain or shine, but mostly snow."

Katharine DeCelle

Saint Paul storyteller, mom, Radio Host

#MYSAINTPAUL Insider Tips For kid-friendly experiences:

Must Eat: Day by Day Cafe, City House, Lake Monster Brewery

Must See: Fort Snelling for historic reenactments and outdoor adventures; Can Can Wonderland for cool art, arcade games, mini golf; Union Depot for pingpong

Must Do: Como Park Zoo & Conservatory and Como Town rides, Minnesota History Center, SteppingStone Theatre, Science Museum of Minnesota, Minnesota Children's Museum, ice skating at TRIA rink

Must Shop: Bearded Mermaid, Lula Vintage, Mischief Toys, Axe Man, Hmongtown Marketplace, El Burrito Mercado



HEAR MORE FROM OUR INSIDERS
VisitSaintPaul.com/insiders



LEARN MORE AT VisitSaintPaul.com

Rondo Commemorative Plaza memorializes the proud past and tragic loss of an African American neighborhood destroyed by interstate road construction in the 1960s. Each July, the Rondo Days festival celebrates African American resiliency, community and creativity with fun family activities.



A WORLD OF CULTURE

Want your travels to feel more rewarding? With an array of museums, festivals, landmarks and tours, Saint Paul is a world-class destination for cultural experiences. And with 100+ languages spoken here, there's a diverse mosaic of people, stories and celebrations you can get to know.





INDIAN MOUNDS PARK

Native land

Native Americans — Dakota, Ojibwe and people from other tribal nations — have dwelled in this area for thousands of years and still live here today. At Minnesota History Center, the exhibit Our Home: Native Minnesota shares these stories, enduring presence and deep connection to the land.



MINNESOTA HISTORY CENTER

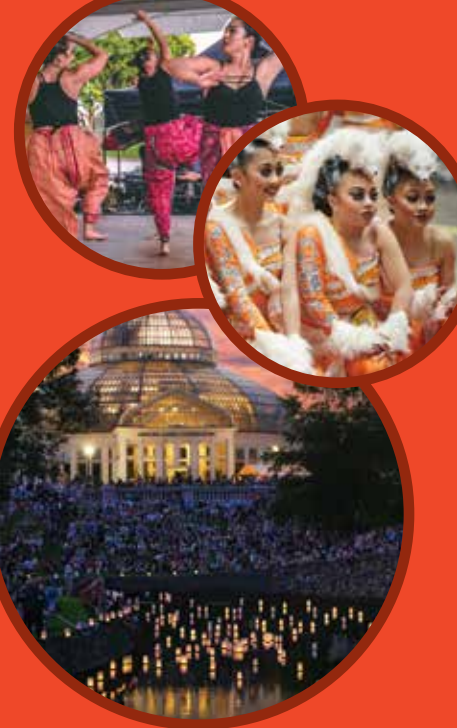
Minnesota History Center programs and exhibits include a look at Minnesota women who shifted the political landscape with the passage of the 19th Amendment, and a lens on immigrant and refugee experiences. **East Side Freedom Library** recounts those experiences with resources, events and tours of spots like **Swede Hollow**, where waves of Scandinavians and, later, Poles, Italians, Mexicans and others once settled. Nearby Saint Paul neighborhoods continue to attract immigrant communities from around the world, including Salvadoran, Karen, Hmong, East African and more.

The city's European influence is evident at the **Germanic-American Institute**, which hosts annual events like St. Paul Oktoberfest, as well as at **Celtic Junction Arts Center** and Irish-themed festivals like the **St. Patrick's Day Parade** and **Irish Fair**.

Interactive exhibits at the **Hmong Cultural Center and Museum** teach about the Hmong people's history, culture and experience in the U.S. over the past 25 years. Home to the world's largest urban Hmong population, Saint Paul hosts a **Hmong New Year** celebration each fall that draws thousands of visitors for traditional dance, music, crafts and more. The popular **Little Mekong Night Market** sports a full spectrum of music, art and street food from across Southeast Asia.



Saint Paul's annual **Cinco de Mayo Festival** is the largest Latino event in Minnesota. The celebration along Cesar Chavez Street reflects a proud Mexican influence in the West Side neighborhood.



WELCOME TO THE FESTIVAL

Experience many rich cultural traditions at once during the Festival of Nations. Held annually the first weekend in May, this showcase of over 90 ethnic groups features authentic cuisine, markets, music and dance. There's much more on the event calendar in a city that embraces its cultural diversity and unique community character. Try a family-friendly Saint Paul festival like India Fest, Japanese Obon Festival and Little Africa Fest. Celebrate our seasons at events like the Saint Paul Winter Carnival, the Minnesota State Fair, Grand Old Day and the winter and summer Beer Dabblers — as well as a host of outdoor music and art showcases.



FIND AN EVENT:
VisitSaintPaul.com



Phil Gagné, Brewer



KEGS, KEEPSAKES AND CONVERSATIONS

If the brick and steel walls of Keg and Case West 7th Market could talk, they'd probably sound a lot like Phil Gagné. As the last brewmaster at the old Schmidt Brewery, which closed in 2002 after a 150-year run, he's made it his business to know everything about a place that shaped a neighborhood and America's beer history.

Since 1979, when he started working on-site as a brewer, Phil's story has been the story of the brewery. He's made it his business to know everything about the place — from the original Cave Brewery in 1855 (which explains the underground tunnels beneath the campus) to the Stahlmann Brothers and Jacob Schmidt years all the way to the end, when it closed as Minnesota Brewing Company.

"I'm the last man standing," says the North Saint Paul man who's dedicated 42 years to this iconic Saint Paul destination. "I'm the captain that went down with the ship. But I can tread water really good."

When brewing operations ceased, Phil stayed on to help developers as the brewhouse and bottlehouse were transformed into artist lofts. He oversaw the restoration of Keg and Case Market, a former keg house built in 1937. Then he helped overhaul and revive the Rathskeller, a 1935 building known for its ornate German-style basement beer hall that has reopened as an event space on the historic Schmidt Brewery grounds.

"For me to be able to do something like this is the cherry on top of the whipped cream," says Phil, who continues to

be the go-to guy for all things Schmidt and anyone who likes a good story.

On any given day, you're likely to run into him chatting up merchants selling everything from coffee and halva to fresh spun cotton candy, baked goods and beyond. With more than two dozen artisans on site, everyone knows him. He's the historian, unofficial "mayor" and, more officially, Keg and Case director of operations.

"They'll probably have to carry me out of here one day," says the man who made it his duty to preserve and restore many historic brewery artifacts. "And if it weren't for the support of my wife and family, none of it would've happened."

The objects he saved from demolition or dumpsters are now on display throughout the building. Stroll through the former keg house turned 33,000-square-foot food hall and you'll see Phil's imprint on surfaces at every turn.

Photos he kept were enlarged and given cheeky placement in the bathrooms. A hops scale, which was used to weigh more than 19 million pounds of hops in its 50 years of



The stories of the old Schmidt Brewery are alive and on full display — thanks to one man's labor of love for preserving the city's neighborhood brewing history. Phil Gagné says that without the support of his wife, he'd never have stuck it out.

service, stands proudly by the entrance. Upstairs on the mezzanine, there are “cradle benches” that Phil fabricated from old beer tank supports and planks of douglas fir. There are giant valve handles he turned into end tables. A 100-year-old sculpture of King Lineas, the patron saint of beer, stands in front of windows gazing over the couches and chill-spaces of the natural-light-bathed warehouse. He loaned these items to Clutch Brewing Co., whose taproom overlooks the market. One of their best selling brews, “Phil’s Pils,” is a co-creation featuring an old recipe he’d been saving. Another, “Lil Philly” summer pilsner, features a 1962 photo of Phil at age 3.

“There’s a nice brotherhood among brewers,” he says. It’s why he loves supporting the young, beer-savvy owners of Clutch, as well as friends down the street at Waldmann Brewery & Wurstery, the oldest surviving commercial building in the Twin Cities. “That place is a great

mix of history and beer: two of my favorite topics.”

You can find that conversation at Keg and Case, too, by grabbing a seat at the Brewer’s Table upstairs at Clutch. It is perhaps the mother of all of Phil’s shared artifacts. One of the hundreds of items he pulled from Schmidt when it closed, the former lunchroom table was built in 1910 from the wood of 1860s brew tanks. He put 200-plus hours into restoring it. So he understandably likes to talk about it.

“It’s a table for the community to come together. A lot of times, groups of people sit down at it and they don’t start talking right away. But soon, they’re talking. It’s really brought a lot of people together.”

Want a conversation starter? See if you can find Phil’s initials carved into the table. The walls, as they say, are definitely talking.



Best New Food Hall in U.S.
—USA Today/10Best
Readers’ Choice 2019

GO TO MARKET

Dine in or take scrumptious treats to go. Grab a pint. Meet makers and shop for handmade goods from local artisans.

Brand Builders Market
Clutch Brewing Co.
Five Watt Coffee
Hobby Farmer Canning Company
House of Halva
Joey Meatballs
Juice Wisely
O’Cheeze
Pastamoré
Pimento Jamaican Kitchen
Poppin’ Craft Popcorn
R+R Cultivation
Rose Street Patisserie
SANA CBD
Studio Emme
Valley Sweets

What is Keg and Case?

This food hall features chef-driven restaurants, craft brewing and a curated marketplace of eclectic regional products, pop-up shops and outdoor events. It’s also a building steeped in Saint Paul history that’s helping a neighborhood buzz with new life. 928 W. Seventh St., St. Paul KegandCase.com





"It's worth taking a drive to the East Side, the West Side, University Avenue. Get a taste of the mom and pop shops. That's real Saint Paul."

Justin Sutherland, Chef

FAMOUSLY FOODIE FRIENDLY

Foodies rejoice. You can tuck into everything from the new and hip to the classic and comforting, as well as the rustic, the random, and the really down to earth. A “come as you are” ethos makes it easy to explore Saint Paul restaurants. Whether you’re in the mood for adventure or tried-and-true, it’s a melting pot of fresh finds, old favorites and hidden gems.

Chef Justin Sutherland’s recipe for restaurant success has all the key ingredients of the Saint Paul food scene: finely honed, collaborative and diverse — seasoned with genuine approachability.

The restaurateur’s rise to celebrity is a tasty starter story in itself. He grew up in nearby Apple Valley, graduated from an Atlanta culinary school and returned to his Midwest roots to hone his skills in some of the region’s top restaurants, including Meritage Oyster Bar downtown. Since opening his first establishment, the Handsome Hog in Saint Paul’s Lowertown neighborhood, Sutherland has gained a reputation for excellence — and a following that extends beyond the Twin Cities. He won a culinary showdown on Food Network’s “Iron Chef America,” and competed on Bravo’s “Top Chef Season 16,” where he introduced the world to some distinctly local traditions like a high-end Juicy Lucy, the much-beloved stuffed cheeseburger. He went on to do TruTV’s “Fast Foodies” Season 1 and Season 2 (airing in 2022), which showcases his haute fast food skills in pursuit of a ‘Championship Trophy.’

Locally, he focuses his culinary efforts at the Handsome Hog, which moved to a larger location with an expanded patio in the Cathedral Hill neighborhood, and Ox Cart Arcade and Rooftop in Lowertown.

These restaurants, like Justin, are full of the “cool” factor without being too full of themselves. They’re authentic spots to experience new and old at the same time.

In Diversity We Trust

His style blends the distinctness of Saint Paul with a welcoming mix of the world that reflects his African American, Japanese and Norwegian roots. “In diversity we trust,” the motto of a clothing line he operates with his brother, comes across in his cooking — and his city pride.

“As a city of neighborhoods, Saint Paul is very much a big melting pot of cultures,” he says, noting the newer influence of the Hmong and Somali populations in a city built by immigrants, including the Irish and Italian. “This was a sleepy town 15 years ago, which I loved. But I love being part of the growth and evolution that’s been happening here. It’s



Our world: Saint Paul chefs have earned dozens of James Beard Awards and nominations. The prestigious annual awards, “the Oscars” of the food world, celebrate the best and brightest culinary professionals in America.



Voted Best Local Food Scene in America
—USA Today 10Best

very exciting. Together, we’re trying to hone in on the differences that make us Saint Paul.”

The differences are brought together in ways that celebrate and build off each other, he says. As a business owner and food explorer who’s seen and tasted his way around the country, Sutherland says Saint Paul fits in and ranks highly in the national food scene: “We’re up there, if not one of the best.”

“I think we’re able to be really genuine, really true to the roots of the food. And we can take more chances. In San Francisco, for instance, you wouldn’t dare partner with other (competitor) chefs and do some of the things we do here. The support we share with each other, and get from the community, allows us to try new things and grow.”

The proof is seen in a dining scene that’s evolved dramatically over the last 20 years. One of the most exciting trends he’s seeing: collaborative pop-ups where chefs experiment with new cuisine in new places, as well as the food hall “craze” that’s done a little differently here, allowing startup restaurants to get a foot in the door.

World of Flavor

That welcoming attitude toward people and food is found at Allianz Field, where Justin serves as the culinary consultant tasked with telling the story of Saint Paul cuisine. Here, you can sample his and other fare while taking in a Minnesota United FC match. The soccer stadium, located in the diverse Midway neighborhood, has featured foods by local vendors since its inception — from Brasa burritos and Handsome Hog pulled pork sandwiches to a

J. Selby plant-based Cubano, El Burrito Mercado marinades, Grand Ole Creamery ice cream and more. This kind of salute to diverse local offerings has brought more than just new flavor to the table.

“It’s changing the mindset. For a long time in America, you had the hierarchy of big name chefs (the known commodities) that people celebrated and sought out. But the whole time, there’s been a lot of good food cooked in these mom and pop shops by a lot of the immigrant population we have around here. I think we’ve done a really good job of recognizing those foods, those styles, and supporting some of these people.”

When it comes to tasting your way through town, it’s also vital to remember the old standbys that have shaped classic Saint Paul: from West 7th, where you’ll find staples like Mancini’s and “some of the best Italian red sauce ever” at places like DeGidio’s and Cossetta’s. Or the hearty Irish meals that recall early immigrant stories. Meanwhile, Sutherland says new stories are shaping University Avenue, where there’s no better spot in Minnesota than here for Thai, Hmong, Vietnamese or Ethiopian foods.

“It’s worth visiting University, or the East Side or West Side for Hispanic food at spots like El Burrito Mercado. Those spots are real Saint Paul. The rest of us are kind of filling in the blanks.”

His advice for exploring the depth and variety of Saint Paul’s modern flavor?

“Put your eating pants on. Take a drive through some of those off the beaten path neighborhoods and eat some of that food. If some lights are burnt out on the sign, and the door’s creaky ... that’s where I want to eat.”

Mouthwatering Markets

Make your way through a market or bustling food hall where you can sample a wide world of flavor in one visit. The Hmongtown Marketplace and Hmong Village provide tastes of southeast Asia, including pho, barbecue, curry, spring rolls, boba tea, stuffed chicken wings and more. Insider tip from food writer and chef, Mecca Bos: be sure to experience a made-to-order fresh green papaya salad. Just tell a vendor how you like your salad — more or less sweet, sour, umami or spicy. Then eat up. It's an event.

The iconic, open-air Saint Paul Farmers' Market is a weekend hotspot for locally sourced goods. As is the Keg and Case West 7th Market, home to an eclectic mix of curated regional food and retail vendors.

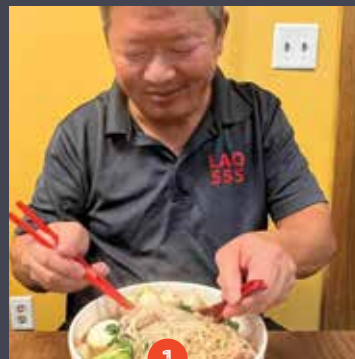


3 WAYS TO TASTE THE TOWN ➔

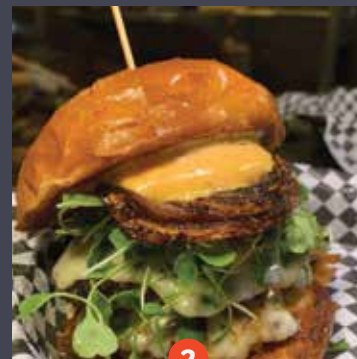
We asked Mecca Bos, Saint Paul-based food writer and professional chef, for three “do not miss” spots in her beloved city.



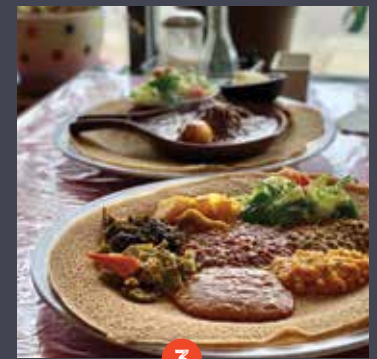
MECCA BOS



University Avenue's **Thai Cafe**. Standing in the shadows of the bigger and more famous Bangkok Thai Deli (also a 'don't miss'), Thai Cafe is a mom-and-pop shop for the ages with some of the best food I've eaten, anywhere. Order the Sour Pork Ribs and prepare to have life changed, forever.



Brunson's Pub. Growing up on the Eastside, I would want my visitor to have a quintessentially Eastside experience. Brunson's is just that: part vintage neighborhood pub, part melting pot, part simple burger and beer joint, and all parts excellent.



Engaging with our vast East African community is a Minnesota experience that's not to be missed. Have a full injera, tibs and wat meal at **Fasika**, the Snelling Avenue Ethiopian institution, and if you can go with a group, even better. Sharing is the whole point.



HIDDEN GEMS

Experience a beautiful traditional Ethiopian coffee ceremony and a wide selection of East African cuisine at cozy **Sabrina's Cafe & Deli**. Feel welcome — or “Karibu” in Swahili — at **Karibu Grocery and Deli**, where you can snack on Somali rice and sambusas on the patio near Swede Hollow Park. A few blocks away, try the popular pupusas at **Mañana Restaurant**, which dispenses tamales and other Salvadoran and Mexican classics in an unpretentious locale.

There are a lot of delicious reasons to stray off the beaten path. Consider some of these family-owned and -operated eateries.

Want grub from the North Country? The **Iron Ranger** pub serves a diverse mix of Minnesota comfort food ranging from Cornish pasties and Croatian cabbage rolls to Italian porketta and Slovenian potica. Feel like watching the boats go by? Get a drink or a bite at **City House** for seasonal dining in a restored grain elevator right on the Mississippi River. A fast casual concept, **Urban Wok** cooks up vegan and gluten free Asian fare with daily made-from-scratch sauces.

Cool treats

A perfect summer day in Minnesota starts on the water and ends at an ice cream shop. Our hot spots for cool treats:

2 Scoops
Cold Front
Conny's Creamy Cone
Cossetta's
Dar's Double Scoop
Grand Ole Creamery
Nelson's
Sota Hot & Cold
Wonders Ice Cream

FRESH FINDS

Welcome to a world of inspired cuisine that's just waiting to be discovered. Here are some newer neighborhood spots to sample for original local fare. Find the latest on new restaurants, the best patios, legendary dive bars and more at VisitSaintPaul.com

MORE TO TRY

MAC GROVELAND

Due Focacceria • Estelle

GRAND AVENUE

Grand Catch • Coconut Thai

WEST 7TH

Burger Dive • ROK Eatery

WEST SIDE

Holman's Table

EAST SIDE

St. Paul Brewing • East Side Bar

COMO

Bole Ethiopian Cuisine

DOWNTOWN

Pillbox Tavern

LOWERTOWN

Bullvino's Churrascaria

RONDO

Hamburguesas el Gordo
Taste of Rondo Bar & Grill

SNELLING

Chips Clubhouse • Nashville Coop

MERRIAM PARK

Myriel



FOR A COMPLETE LIST AND A KITCHEN FULL OF FOODIE INSIGHTS:
VisitSaintPaul.com/blog



Boutique streets

These charming shopping districts offer one-of-a-kind finds, serene spaces to browse for that perfect something and sweet spots to grab a bite or sip a favorite beverage as you go.

GRAND AVENUE
CATHEDRAL HILL
SELBY AT SNELLING
ST. ANTHONY PARK
HIGHLAND PARK
RAYMOND & UNIVERSITY



SHOP LIKE YOU MEAN IT

Fine finds. Refreshing times. Fewer lines.
Our world is full of one-of-a-kind treasures.
Spots to chill. Flavors to savor. And things
you'll simply want to take home.

Makers markets abound,
especially during the lead-up
to winter holidays. Shop the
pop-up events in places like
Union Depot, Landmark Center,
XIA Arts, Indigenous Roots and at
breweries and food halls. For the
latest: [VisitSaintPaul.com/events](https://www.visitstpaul.com/events)

From malls to makers

Find big brands just outside city limits at the Mall of America, Rosedale Center and Twin Cities Premium Outlets. Minnesota made the mall, after all. The first fully enclosed, climate-controlled indoor shopping area was built in 1957 with the aim of bringing people together to shop, sip coffee and socialize — in the grand tradition of European arcades in cities like Vienna.

If the mall doesn't conjure a sense of Old World charm, then you'll certainly find it in Saint Paul neighborhoods where shops in remodeled 1800s-era brownstones burst with happy flowers, chocolates, dresses, dishes and so much more.

PURE STP



Tax free

Call it Minnesota nice: there's no sales tax on clothing and shoes in the land of 10,000 lakes.



@primpboutique

Want a more personal experience? Come in. No matter your budget or style, you're likely to discover just the right fit here in Saint Paul.

Fashion forward

For carefully-curated clothing, boutiques like **Primp**, **Atelier957**, **BlackBlue**, **Spoils of Wear**, **Trade Winds** and **Scout** feature styles that range from fashionista to functional. Want old-school sophistication? Shop **Heimie's Haberdashery** for custom-tailored threads, a cigar and a shave. Or visit the Grand Avenue storefront of **J.W. Hulme**, which started handcrafting fine leather goods in Saint Paul in 1905.

Local originals

Take away more than memories from your Saint Paul stay. At shops like **GoodThings**, you'll find the perfect gift to take home. For a souvenir to savor, grab a bag of Original Chicago Mix from **Candyland**, indulgent truffles from **Legacy Chocolates** or something sweet and spicy from **The Golden Fig**.

Vintage exploration

Whether you like your objects truly antique or truly funky, it's worth browsing through **Barely Bros. Records** and **MidModMen + Friends** at University and Raymond. Make a retro fun run to **Lula**, **Up Six**, **Succotash** and **Everyday People** at Selby and Snelling. Just down the block, find antique furniture and accessories at **The Mall of Saint Paul**. Don't miss the seven rooms full of antiques and memorabilia at **Westcott Station** on West 7th.

Find a happy place

Mischief Toy Store features an irreverent selection of games, comics, art supplies, anime gifts and more. Stop at the award-winning **Red Balloon Bookshop** for storytime, author events and books for all ages. For an offbeat experience, **Ax-Man Surplus** is good for a smile — and a huge surplus of odd and random items.



GET INSIDER ITINERARIES FOR EACH DISTRICT — FOR SHOPPING, DINING, COCKTAILS, COFFEE AND DESSERT. VisitSaintPaul.com/insiders

A photograph of two women standing in a gallery, looking at a large, colorful, abstract artwork on the left wall. The woman on the left is wearing a dark blue long-sleeved shirt and black pants. The woman on the right is wearing a black short-sleeved shirt and a beige skirt. In the center, a small, dark, textured vase sits on a white pedestal. On the right wall, a large, framed, abstract artwork with a face-like pattern is displayed. The floor is covered with a patterned rug.

A VISUAL FEAST

The Minnesota Museum of American Art (The M) welcomes all for a world-class arts experience. View rotating window exhibits from the street or skyway within the historic Pioneer Endicott building downtown. With a 5,000-piece collection, the inclusive community arts center invites you to engage and explore American identities. mmaa.org



DISCOVER MORE AT VisitSaintPaul.com

Enrich your visit by diving into our world of art and performance. Stir your imagination with bold expression, quiet contemplation, serious works, or just a seriously good time.



Get out and about

Urban explorers can take the METRO Green Line to the Little Mekong District for **XIAART** and on to the **Creative Enterprise Zone**. This artsy neighborhood is home to the annual **Chroma Zone Mural & Art Festival** and **Can Can Wonderland**, a popular family and date-night destination for artist-designed mini golf, live entertainment and arts-infused performances. On the East Side, check out **Indigenous Roots Cultural Arts Center**. In Lowertown, **AZ Gallery**.

Hunt for it

Look for **Sidewalk Poetry** under your feet in 1,000 spots around town. Vibrant murals adorn buildings in the Creative Enterprise Zone, Snelling and Selby Avenues, and beyond. Public art pops up in parks like Phalen, with its playful Marimba Benches, and in the larger than life **Western Sculpture Park** near the Capitol. Snap a selfie with Peanuts gang statues scattered around town that salute hometown cartoonist, Charles Schulz. **PublicArtStPaul.org**



TA-COUMBA

LOVE FOR LOWERTOWN

With its warehouses, railroads and river access, Lowertown was Minnesota's manufacturing hub at the turn of the 19th century. Today, the neighborhood is a vibrant artists' quarter filled with galleries, restaurants, breweries, the stunning CHS Field, a farmers' market and more. Ta-coumba Aiken is one of the artists and community activists who led the area's creative transformation into an urban village. Fondly called "The mayor of Lowertown," he helped found the Lowertown Lofts Artists Cooperative, which welcomes visitors each

year for the Saint Paul Art Crawl. His artworks grace spaces throughout Saint Paul, including the 117-by-33-foot "Be Nice!" mural visible from the light rail stop outside of Union Depot. Go inside the historic train station to see "Forever Saint Paul," featuring the world's most Lite-Brite pegs ever used in a painting. Ta-coumba says you'll find great people, cultures, attractions and some tasty jazz and classical music venues in this city — especially if you bring a positive attitude.

"You'll find great people, cultures, jazz and classical music venues. Enjoy your time here. Be kind and curious. We're still a big city, just quieter."

Ta-coumba Aiken

Artist and "Mayor of Lowertown"

#MYSAINTPAUL Insider Tips:

MUST EAT: Keys, Big River Pizza and so many more. We have it all.

MUST SEE: Union Depot and the Mississippi River, the state Capitol and a drive on Summit Avenue, our many museums and parks.

MUST DO: the Art Crawl, Winter Carnival Torchlight Parade, the Ordway, a Friday night Saints game with fireworks.



HEAR MORE FROM OUR INSIDERS: [VisitSaintPaul.com/insiders](https://www.visitstpaul.com/insiders)

In the Spotlight

Circus Juventas is more than just the largest youth performing arts circus school in North America. It lends home-grown magic to the stage scene. Tickets sell out fast for its Cirque du Soleil-style shows each spring and summer. And a passion for performing is practiced here all year long. Just ask Anwar Hassouni. He literally grew up in the circus learning acrobatics from his father, Mostapha, who performed with the Ringling Bros. and Barnum & Bailey Circus before coming to teach at Circus Juventas. Today, Anwar continues the family tradition as a Juventas coach and internationally recognized circus artist.

#MYSAINTPAUL Insider Tips:

- Explore the Mississippi River trails and dip your toes in at Hidden Falls.
- Experience the Winter Carnival and the Flint Hills Family Festival at the Ordway.
- Eat a burger at the Red Cow, then shop around on Grand Avenue.

Intimate

Get a ticket to the History Theatre, Mu Performing Arts, Park Square Theatre, Penumbra Theatre, Teatro del Pueblo or Dreamland Arts.

Majestic

Ordway Center for Performing Arts is a Midwest gem that hosts musicals, Minnesota Opera, Saint Paul Chamber Orchestra, world music, comedy and more.

Engaging

The Fitzgerald Theater, named for native son F. Scott Fitzgerald, features programs with authors, artists and performers.

"This is a very welcoming city. Saint Paul has influenced so much of who I am."

Anwar Hassouni

Circus Juventas artist



ON STAGE



Time your stay to experience everything from touring Broadway showstoppers to critically acclaimed, locally sourced productions.



TUNES IN, TUNES OUT

Music lovers take heart. You'll find big-time sounds on stages large and small, indoors and out, all year long.

{INSIDE}

Enter the Palace. Revel in the energy.

For live sounds in every imaginable genre, the historic **Palace Theatre** is Twin Cities royalty: a space preserved in time yet bursting with energy each night from balcony to bustling stage. Down the street, the **Amsterdam Bar & Hall** features local bands, comedy and story jams — while serving up Dutch food, beer and gin. That vibe extends to **The Fitzgerald Theater**, which features world music, public radio events and more.

Minnesota Music Cafe and **Wilebski Blues Saloon** are known for local independent acts that roll with soul. From folk and jazz to roots and hip-hop, intimate sounds abound in venues like **Ginkgo Coffeehouse**.

For the arena experience, catch the biggest touring acts at **Xcel Energy Center**, a 20,000-seat arena with international acclaim. Next door, **The Legendary Roy Wilkins Auditorium** has hosted everyone from Elvis to Bruno Mars and packs the house for the much loved Minnesota Roller Derby.

{OUTSIDE}

Free summer shows & fantastic festivals

Summer's not nearly long enough, so we make a point of bringing people together outside as often as possible. And with the welcoming, accessible charms of these venues, you'll likely want to keep coming back for more.

When in Lowertown, your first stop should be Mears Park for **Lowertown Sounds** on Thursday nights, then come back for the **Twin Cities Jazz Festival** and the **Lowertown Blues and Funk Fest**. Talk about free and fun.

Want more outdoor music?

There's a performance almost any night of the week, including these free venues where you can kick back on a blanket or lawn chair.

BANDS ON THE BOULEVARD Tuesdays in July

This popular series presents local acts at the Minnesota History Center. Bring a blanket and picnic or purchase food there. Admission is free.
minnesotahistorycenter.org

GROOVIN' IN THE GARDEN Wednesdays mid-June–early August

A series of free outdoor concerts featuring some of the Twin Cities' finest musicians, plus activities for the whole family. Bring a chair or blanket to the Como Zoo & Conservatory.
comozooconservatory.org

DOCK & PADDLE May–September

Enjoy live music and theater nightly amid open-air waterfront seating, including a Music in the Parks series that features local and national acts. Most events are free.
dockandpaddle.com

Ride the Green Line to The Turf Club on University Avenue.

The iconic, no-frills bar and lounge has been hosting live nightly rock performances since the 1940s — with a relaxed, basement Clown Lounge to get away from the raucousness upstairs.



FIND AN UPCOMING SHOW:
VisitSaintPaul.com



OUR WORLD:

BREWING UP COMMUNITY

Deb Loch, *Master Brewer* and Jill Pavlak, *Restaurateur*

If Saint Paul's breweries were united by one common ingredient, it wouldn't be hops, though locally sourced ingredients are a mainstay. It's not the water, though a deep ground aquifer helped put the city on the map in the 1800s as a brewing powerhouse. When you boil and ferment it all down, it's about love. Of community. Of place. Of craft.

The motto at Urban Growler sums it up nicely: "We bring people together through beer." Which makes sense, since in many ways, Minnesota's first women-owned microbrewery got its start in a love story. A decade ago, Master Brewer Deb Loch and Restaurateur Jill Pavlak traded in their successful, steady careers in corporate America and sales to pursue a passion for brewing and great food. After scouring the Twin Cities for the perfect location, they found a spot that would ideally accommodate their dream of bringing people together.

"They say you date Minneapolis, but you marry Saint Paul," Jill says, noting that her partner in life and business, Deb, is very "Saint Paul."

Each of these entrepreneurs professes a love for the city where they've made a home for themselves and their business. Their neighborhood, called the Creative Enterprise Zone, has an extra special place in their hearts. It's where so many people

embraced their startup business. And where they've poured extra attention into supporting local activities like maker's markets, painting classes, book signings and pet celebrations. Organizations seek out the Urban Growler's charming rental spaces, taproom and outdoor beer garden knowing there's more than unique craft beer, but great food and nonalcoholic beverages in a welcoming atmosphere.

"We're beer for you, in every kind of way," Deb says. And like the Urban Growler, with its dog-friendly, bike-friendly, people-friendly mantra, so too is the tight-knit brewing community of Saint Paul. Whether you're exploring on your own, with friends, or on a brewery tour, odds are you'll always find folks who are eager to welcome you into their world to share a pint and a conversation.



@dualcitizenbrewing



URBAN GROWLER



@ashontap



BANG BREWING

The Creative Enterprise Zone, located in the city's northwest corner, is home to artists, makers and a tasty variety of independent breweries that are just a hop, skip and a jump away from each other.

Bang Brewing, next door to Urban Growler, makes organic-only brew inside a repurposed grain bin.

Burning Brothers Brewing, two miles east, is a dedicated gluten-free facility known for its Pyro Pale Ale.

BlackStack Brewing shares a historic industrial building with FlannelJax's axe throwing and CanCan Wonderland.

Lake Monster Brewing explores monstrous depths of beer flavor with an ode to Minnesota's love of lakes.

Dual Citizen prides itself as a community-focused brewhouse offering inspired, modern takes on familiar favorites.

The Lab Pilot Facility & Taproom features a self-serve tapwall and unique pilot brewing services for beverage makers.

MORE SPOTS TO SAMPLE

- Bad Weather Brewing
- Barrel Theory Beer Company
- Clutch
- Saint Paul Brewing
- Summit Brewing Company
- Tin Whiskers Brewing
- Vine Park
- Wabasha Brewing Co
- Waldmann Brewery
- Yoerg Saloon and Brewery

Looking to explore the craft of brewing for a weekend? Visit us online for **beer events** and **brewery tours**. Find sample **pub crawl** itineraries by theme or neighborhood. Get more Insider stories about the city's deep brewing history.



"Each brewery has its own secret story," Liz says. "With everything from tunnels and caves to casts of original characters, our world has a lot to be discovered."

Liz Foster
Craft Beer Connoisseur

Liz Foster made it her mission to tour every one of Minnesota's breweries in a calendar year — 120 of them, to be exact. So to say that she knows her way around local taprooms is an understatement. Saint Paul breweries are like the city itself, she says: chill, welcoming atmospheres that embody more than just great beer. If you "love local," these spots offer a great way to discover the area.



HEAR MORE FROM OUR INSIDERS
[VisitSaintPaul.com/insiders](https://visitsaintpaul.com/insiders)



LEARN MORE AT [VisitSaintPaul.com](https://visitsaintpaul.com)



THE CELESTE

ROMANTIC STAYS



Voted Best Romantic
Getaway in North America
—USA Today 10Best

The romance of the past stirs rich moments in the present. That's captured perfectly in Saint Paul lodging that's both modern and brimming with historic charm.

If you're after a storybook setting, or one out of a 1920s movie, you've come to the right place. History lovers have a host of one-of-a-kind lodging choices in the heart of the city: from the boutique and the beautiful to the seductive and serene. Here are a few spots to consider.

The name says it all. **The Saint Paul Hotel**, built in 1910, is a case in point for unique hotels that literally define the city. This iconic downtown destination overlooks Rice Park, the Ordway and Landmark Center. It's played host to celebrities, weddings, high teas and eventful getaways for over a century. A stay pairs nicely with a night at the opera or a Wild hockey game.

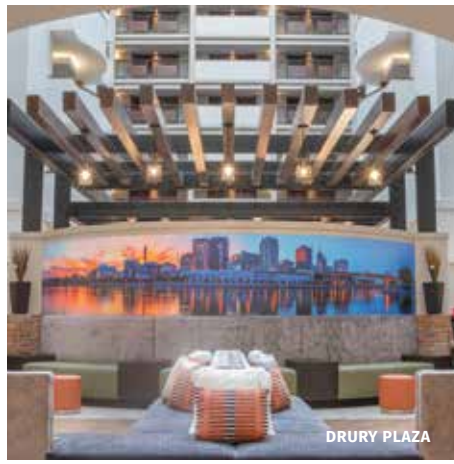
In a city of Saints and sinners, this is truly a heavenly hotel. **The Celeste** opened in 2020 after being remodeled from its origins as a convent and fine arts academy. That past is on display in the lush decor of the lounge, hallways, breakfast Chapel and rooms — including original paintings with some divine inspiration. Its signature rooms offer views of the state Capitol, which is located blessedly close by.

An art deco delight, the **Hyatt Place** in Lowertown was once a government building and mail-sorting facility. The hotel was recently transformed from the Custom House, built in 1933, and is listed on the National Register of Historic Places. Rooms feature elevated ceilings and 13-foot windows, some of which look out on the nearby Mississippi River.

Live like a land baron. **The Davidson**, considered one of the city's finest homes when built in 1915 as the Davidson Mansion, was meticulously transformed into a nine-unit boutique hotel maintaining its English manor pedigree, including extensive gardens. It's a first of its kind on Summit Avenue. Historically, visitors wine, dined and lodged a few blocks to the north in the Cathedral Hill neighborhood. Case in point: the hotel's nearby sister property, **The Commodore**, features a 1920s atmosphere in a luxe bar once frequented by F. Scott and Zelda Fitzgerald.



THE DAVIDSON



DRURY PLAZA



HAMPTON INN & SUITES



THE SAINT PAUL HOTEL



SPRINGHILL SUITES



MORE WAYS TO STAY DOWNTOWN

Whether it's a family getaway, special event or business, lodging options abound downtown with new and updated hotels like the **InterContinental, Hampton Inn & Suites, DoubleTree by Hilton, SpringHill Suites, Holiday Inn, Residence Inn, Drury Plaza, Radisson St. Paul** and more.

Find all the hotel options on page 66.



SAY "I DO"

Want a heartstopping location for a wedding? Saint Paul's beloved venues range from regal mansions to lush green parks and sleek, modern ballrooms. Our in-house experts offer free planning assistance:

IDoSaintPaul.com



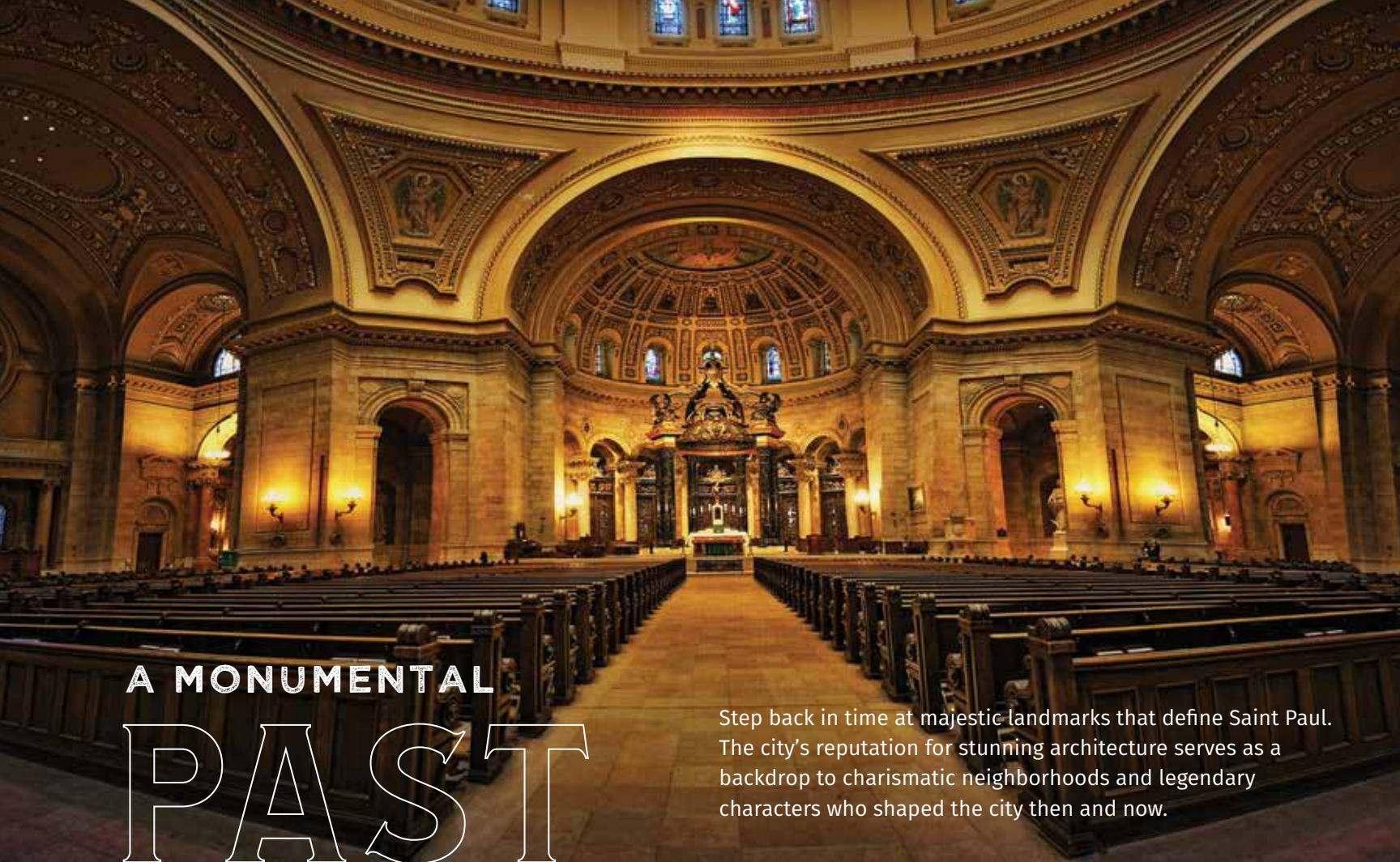
HISTORIC WAYS

Saint Paul's past is rich with the stories of proud native cultures, bold immigrants, titans of industry, literary masters, architectural giants and even notorious Prohibition-era gangsters. That past comes alive in the streets and spaces of a town steeped in elegant Old World charms.



TAKE A STROLL

Summit Avenue, with the longest stretch of preserved Victorian homes in the United States, is a national treasure. Here, you'll find an astounding 373 of the street's original 440 homes — with historic mansions that represent a variety of architectural styles. Any time of year, it's worth a walk, bike or drive along this five-mile boulevard between the Mississippi River and Cathedral Hill on the cusp of downtown.



A MONUMENTAL PAST

Step back in time at majestic landmarks that define Saint Paul. The city's reputation for stunning architecture serves as a backdrop to charismatic neighborhoods and legendary characters who shaped the city then and now.

200 BC–400 AD
{Sacred ground}

INDIAN MOUNDS PARK

Evidence of the indigenous people who first called these river banks home is seen in six burial mounds high atop 450-million-year-old limestone and sandstone bluffs overlooking downtown and the Mississippi River. They are among the oldest human-made structures in Minnesota and the only ancient Native American burial mounds still within a major U.S. city. Park is open sunrise to 11 p.m. daily.
stpaul.gov
saintpaulhistorical.com
lowerphalencreek.org/wakantipcenter

1820s
{Conflict and change}

HISTORIC FORT SNELLING

More than a military fort and interpretive center, it's a place to connect with the complexity that's shaped American history. This National Historic Landmark resides on Dakota homeland, known as Bdote, at the confluence of two mighty rivers. Learn stories of the fort and surrounding area, home to a wide history that includes Native people, trade, soldiers and veterans, enslaved people, immigrants and a changing landscape. An all new visitor center opens Memorial Day Weekend 2022.
mnhs.org/fortsnelling

1855–1920
{Mansion lane}

SUMMIT AVENUE HOMES

This 5-mile boulevard connects the Mississippi River to the cusp of downtown. It is home to the longest stretch of intact Victorian architecture in the United States — most built between the Civil War and World War I. It's worth taking a stroll or drive here any time of year.

1891
{Reflection of a Gilded Age}

JAMES J. HILL HOUSE

The Summit Avenue mansion built on a bluff overlooking the city was the crown jewel of Saint Paul homes upon its completion by railroad magnate James J. Hill, the "Empire Builder." The 36,500-square-foot, 42-room house remains one of the best examples of Richardson Romanesque architecture in the country. Open for weekly tours.
mnhs.org/hillhouse





Tours to get closer
 Take a thematic tour to discover more of Saint Paul's history, food, breweries, ethnic roots and more. Hop on a bus to see the sites of Prohibition-era kidnappings and gun battles. Taste your way through the Skyway or Cathedral Hill on a food tour. Get a bird's eye view of the city with MN Helicopter Tours. Or take a walking tour with the Minnesota Historical Society. VisitSaintPaul.com/tours

1902
 {Castle of culture}

LANDMARK CENTER
 Originally built as a federal courthouse and post office, the Landmark Center was saved from demolition by citizen groups in the 1970s. Restored to serve as an arts and cultural center, the interior features a five-story skylit courtyard and rooms with 20-foot ceilings. Its beautiful, castle-like design of turrets, spires, a clock tower and red clay tile roof are emblematic of Romanesque Revival architecture. Open to the public daily.
landmarkcenter.org

1905
 {A stately masterpiece}

MINNESOTA CAPITOL
 Designed by influential architect Cass Gilbert, the Capitol building features the second-largest self-supporting marble dome in the world. This masterpiece features an impressive rotunda, grand staircases, amazing murals and works of art, including the rooftop's Quadriga — golden horses representing the four elements of earth, air, water and fire. Free guided tours offered.
mnhs.org/capitol

1914
 {Botanic and romantic}

THE MARJORIE MCNEELY CONSERVATORY AT COMO ZOO
 Designed in 1914 by architect Frederick Nussbaumer, the conservatory is one of very few glass-domed Victorian-style indoor gardens in the U.S. The garden, home to more than 260 varieties of plants, is open every day of the year. Free with donation suggested.
comozooconservatory.org

1915
 {Temple on high}

CATHEDRAL OF SAINT PAUL
 One of the most impressive cathedrals in the United States, the Cathedral of Saint Paul sits on a hill overlooking downtown Saint Paul and the Mississippi River. It is the third largest Catholic church building in the country. Guided tours are offered Tuesday through Friday at 1 p.m.
cathedralsaintpaul.org

1930s
 {A Prohibition past}

WABASHA STREET CAVES
 Dive into the dark and mysterious past of gangsters and outlaws. These caves, originally mined for silica to make glass, were used as a mushroom farm before turning into a speakeasy during Prohibition. At that time, Saint Paul was a hotbed for whisky bootleggers and criminals like John Dillinger and Ma Barker. Today, you can tour the caves, now on the National Register of Haunted Places, and dance to big band music in the event hall on Swing Night Thursdays.
wabashastreetcaves.com



Hometown hero: as the first American of Hmong descent to make the U.S. women's gymnastics team, Saint Paul's Sunisa Lee won Olympic gold at the Tokyo games.





Hoop it up:

The NCAA Women's Final Four comes to the Target Center in April 2022.

FEELS LIKE

HOME ICE

SKATE INTO THE STATE OF HOCKEY

Hockey is the heartbeat of Minnesota and fans come together in Saint Paul in more ways than you can shake a stick at. For high energy action, there's nothing like game day when the NHL's Minnesota Wild face off at **Xcel Energy Center**. The arena also hosts top college playoff games each season and the storied Minnesota State High School League boys' tourney, one of the highest-attended state sports tournaments in the world. It's kinda like our Super Bowl.

At nearby **TRIA Rink**, the official practice facility for the Minnesota Wild, you can watch all ages of hockey and do some rink ratting of your own. This rooftop rink in the Treasure Island Center features stunning city views and high caliber play. It's home ice to the National Women's Hockey League champion Minnesota Whitecaps. In a state that leads the U.S. in girls' hockey players, Whitecaps games always sell out. On your way inside, look for the world's largest hockey mural on the building's exterior.

GAME ON

In Saint Paul

Minnesota United

MLS soccer March–October
at Allianz Field

St. Paul Saints

Minor league baseball
April–September at CHS Field

Minnesota Wild

NHL hockey October–May
at Xcel Energy Center

Minnesota Whitecaps

NWHL hockey October–March
at TriA Rink

Minnesota Roller Derby

Roller derby October–April
at The Legendary Roy Wilkins
Auditorium

In Minneapolis

Minnesota Twins

MLB baseball April–
September at Target Field

Minnesota Lynx

WNBA basketball May–August
at Target Center

Minnesota Vikings

NFL football September–
January at U.S. Bank Stadium

Minnesota Timberwolves

NBA basketball October–April
at Target Center



**GAME PLANS
FOR EVERY EVENT:**

[VisitSaintPaul.com](https://www.visitstpaul.com)

A HOMERUN OUTING

Don't miss a chance to watch the **St. Paul Saints**, AAA affiliate of the Minnesota Twins, swing for the fences in Lowertown's beautiful ballpark, **CHS Field**. Saints games are legendary for outlandish promotions, an adorable pig mascot and truly engaging setting. CHS Field has a dog park with home plate views. Trails to bike or hike right into the stadium's grassy outfield hill. And a museum to explore the region's rich baseball history. You might even spot actor Bill Murray, a team owner, yucking it up in the bleachers.



Get ready to roller derby

Join 3,000 fans at The Legendary Roy Wilkins Auditorium for a Minnesota Roller Derby bout, and see what all the fuss is about.



Allianz Field hosts
the 2022 MLS All-Star
Game on August 10.



Meet Midway

People from every background call Saint Paul home and the Midway neighborhood around Allianz Field reflects that international flavor. Just a short walk or Metro ride away from the stadium, you can sample the foods, music and cultures of Little Africa, Little Mekong, Historic Rondo, Frogtown and more. Just 1,000 feet from Allianz, **The Black Hart** prides itself as more than a neighborhood bar: a community hub for soccer fans and the LGBTQ+ community.

CALL: UNIIIIITED!
RESPONSE: UNIIIIITED!

CALL: COME ON YOU LOONS!
RESPONSE:
COME ON YOU LOONS!

CALL: MINNESOTA BLACK & BLUE!
RESPONSE:
MINNESOTA BLACK & BLUE!



KICK IT AT ALLIANZ FIELD

Soccer unites passionate fans like few pastimes can. So it's no wonder the opening of Allianz Field was such a big deal. The new home to Major League Soccer's Minnesota United is among the most cutting-edge and intimate soccer venues in the nation.

[Metro Green Line stop: Snelling Avenue](#)

Chants and scarves

Coming to watch the Loons square off against national and international foes? Join the flag waving, drum beating, bleacher pounding fan clubs in Allianz's supporter section, where you find the welcoming and rowdy chant leaders from groups like MN Wonderwall, Dark Clouds and True North Elite. They raise scarves — adopting the English tradition of showing team spirit — and sing chants led by the club's designated conductors.

[Download the lyrics: mnufc.org](https://mnufc.org)



Best Romantic North American Getaway
—USA Today 10Best

**WELCOME
TO OUR
WORLD**

WINTER WONDERS

Ready to embrace the season in all its glory? We'll help you do winter right, often in ways you never knew you'd love. From festive fun runs amid epic snowfalls to ice sculpture carving and shopping by candlelight, this is a truly joyful cold weather destination.



8 WAYS TO WINTER

1

THE COOLEST CELEBRATION ON EARTH

Ever danced in the din of a Moonlight Parade? Explored a snow park? Witnessed a Royal Boreas coronation or met Vulcanus Rex and his fiery Krewe? Try the 10-day **Saint Paul Winter Carnival**. America's oldest celebration of its kind, since 1886, is also the coolest.

2

Enjoy the heart of the city with a stroll through the glittering holiday lights of **Rice Park Powered by Xcel Energy**. Get your blood pumping by renting cross country skis or snowshoes at **Battle Creek Regional Park**. Get into a ranger-led activity like hiking, fishing or bird watching in the **Mississippi National River and Recreation Area** by contacting the Mississippi Visitor Center.



WAYS TO WARM UP

3

The gardens of the **Marjorie McNeely Conservatory** radiate with lush life all year long. Escape from subzero temps for a blast of tropical moisture and botanical beauty that's always in season. Beat the winter "blahs" with their free Sunday "Music Under Glass" series.

4

Savor sips of your favorite warm beverage in one of the many charming coffee houses scattered around town — from **Nina's Coffee Cafe** on Cathedral Hill to **Cafe Astoria** on West 7th, **Quixotic Coffee** in Highland Park to **Caydence Records & Coffee** in Payne-Phalen.



GO TO MARKET

5

Stop to smell the hot chocolate and shop the holiday creations of artisans at holiday markets in places like the **Landmark Center**, **Union Depot**, **Keg & Case Market** or **local breweries**.

6

Experience the **Hmong New Year** in late November at RiverCentre. For January 1st revelers, try a New Year's tradition like the confetti dance party at the **Como Zoo**.

7

DABBLE IN WINTER BREWS

Join the hardiest of Midwesterners at the **Winter Beer Dabbler**. The state's largest outdoor beer festival features over 180 different breweries, live music and barrels of fun activities.

8

ICE TIME

It doesn't feel like winter in the State of Hockey's Capital City until you've watched hockey. Make a trip to **Xcel Energy Center** for a **Minnesota Wild** game or the **TRIA Rink** for the **Minnesota Whitecaps**, the pro women's team that won the 2019 Isobel Cup.



FOR MORE UNEXPECTED WAYS TO WELCOME WINTER:
VisitSaintPaul.com



ALL SEASON SPLENDOR

Love getting outside and staying active? With 170+ parks and recreation areas, Saint Paul invites you to walk, wheel, skate and play your way across a wide range of wild and urban environments. Whether it's to chill out, work out or simply get out and about, this place is a natural.

Tee up at a classic city golf course like Highland National, Como or Phalen Park. stpaul.golf

Spring blooms with a festival season that blossoms in **summer**. It's a time for free music, cultural and sporting events, and the chance to cruise the Mississippi by kayak or explore its riverbanks well into fall. **Autumn** marks the return of college activity, crisp nights and trees bursting with color — the perfect time to stroll Summit Avenue, the nation's largest stretch of Victorian houses. **Winter** offers the wonder of skating, skiing, sledding and snow play. And plenty of ways to warm up and stay cozy.

Walking tours offer deeper insights at historical or naturalist sites. Dig into the culinary or brew scene with a locavore guide. Or build your own adventure by hunting for sidewalk art and public murals (page 23).

Bring your dog to parks like **Highbridge**, which has ample room to roam by the river. **Lowertown** lets you and Fido play ball — and watch others play at CHS Field. Dogs can swim at **Meeker Island** and explore trails at **Arlington/Arkwright**.



World's Best Marathons
—Active Times

Runners rejoice

Our urban park trails are favorites, any time of year. Want an event? Try a festive 5k or 10k run with activities for the whole family, plus major endurance events like the majestic Medtronic Twin Cities Marathon in October.



#2 parks system in the nation
-2021 Trust for Public Land's ParkScore index



Minnesota: Best Trails State
-American Trails



EXPLORE THE PARKS



ON THE RIVER:

Harriet and **Raspberry Islands**, along with **Cherokee Regional Park** are perfect for everyday relaxation, walking, concerts and skipping stones.

CITY CENTER:

Mears Park in Lowertown is famous for free summer festivals, while **Rice Park** downtown becomes a tree-lit winter wonderland during the holidays and Saint Paul Winter Carnival.

NATIONALLY RECOGNIZED:

Como Regional Park offers trails and fields to frolic in, a water park, free zoo, botanical gardens, boating and plenty of oak-shaded picnic spots.



BUILT FOR BICYCLES

Discover a haven for bicyclists, whether you want a quick trip or a long haul. **The Saint Paul Classic Bike Tour** in September offers tunes, treats and 32 miles on **the Grand Round** — the scenic and historic parkway system that circles the city. Saint Paul even has two routes in the U.S. Bicycle Route System to get here from Canada (The North Star Route) or New Orleans (Mississippi River Trail) via multi-use trails and roads. Need wheels? Ask a friendly local bike shop about renting.



FIND MORE IN THE FRESH MINNESOTA AIR
[VisitSaintPaul.com](https://www.visitstpaul.com)

WALK AND ROLL

Trails abound for cruising along the river, Summit Avenue and all around town. These paved multi-use paths allow people of all abilities to experience nature and the city's many hidden gems.

CHEROKEE REGIONAL PARK TRAIL

1.9 miles: Stunning views, migratory birds and Bruce Vento Scenic Overlook.

INDIAN MOUND REGIONAL PARK TRAIL

2 miles: Panoramic views, Native American burial mounds, one of the last airway beacons in the country.

SAM MORGAN REGIONAL TRAIL

9.3 miles: Two Rivers Outlook, views of the Saint Paul Cathedral, High Bridge, downtown skyline and Mississippi River.

MISSISSIPPI RIVER GORGE REGIONAL TRAIL

5.3 miles: Mississippi River views, migratory birds, fall foliage, Summit Monument, Hidden Falls Regional Park, Shadow Falls Park.

TROUT BROOK REGIONAL TRAIL

.7 miles: Wetlands, trout brook, wildflowers, skyline views, migratory birds and other wildlife.

COMO LAKE TRAIL

1.8 mile loop: Lake views, wildflowers, trees, waterfowl, Hamm Memorial Waterfall and Schiffman Fountain.

PHALEN LAKE TRAIL

3 mile loop: Lake and river views, wildflowers, oak savanna, mature willows and Phalen Stone Waterfall.

GATEWAY STATE TRAIL

18 miles: Parks, lakes, wetlands and fields; connects the Capitol area with the town of Stillwater.



When a place is ranked the Most Livable City in America, you know it's gotta be welcoming. People love it here for so many reasons. The big city energy and old world charm. The bold new possibilities and humble, down-to-earth authenticity. Whether you find yourself in spots that are the most popular, the most up-and-coming or most off-the-beaten-track, we welcome you to the neighborhood.



WELCOME TO OUR NEIGHBORHOODS

DOWNTOWN

Stroll the river and Science Museum of Minnesota. Hit historic spots around Rice Park like the Landmark Center. See a show at The Ordway, History Theatre or Park Square. Grab a bite at Herbie's, Sakura or The St. Paul Grill.

LOWERTOWN

Explore the arts and architecture of Union Depot, catch music in Mears Park or a ballgame at CHS Field, taste the fare at the Farmers' Market or in hotspots like Saint Dinette, Kyatchi or Urban Wok.

WEST 7TH ★

Wander river trails near Fort Snelling. Taste your way through Keg and Case Market in the old Schmidt Brewery. Grab a pint at Summit, Bad Weather or Waldmann breweries. Get a bite before a Minnesota Wild game in classic restaurants like Cossetta's and Mancini's.

CATHEDRAL HILL

See the Cathedral of Saint Paul and Minnesota History Center. Browse the nearby bookstores, bakeries and cafes. Relax in regal outdoor patios at W.A. Frost or The Gnome. Dine at Revival, Red Cow or the historic Commodore, a former haunt of F. Scott Fitzgerald.

GRAND & SUMMIT

Find cozy pubs, sidewalk cafés and charming boutiques on Grand Avenue, the Twin Cities' most iconic street. Stroll stately Summit Avenue for five miles of Victorian architecture and a tour of railroad tycoon James J. Hill's mansion.

DISTRICT DEL SOL ★

This lively stretch on the West Side authentically preserves a longstanding Latino heritage. Get an authentic Mexican experience with lunch and shopping at El Burrito Mercado. Don't miss the famous annual Cinco de Mayo Festival.

EAST SIDE ★

Eat your way through the East Side: Brunson's Pub, La Cabana, Taqueria Los Paisanos and Tongue in Cheek are just the start. Make time to visit the trails, urban parks, Lake Phalen and the sacred Dakota site at Indian Mounds Regional Park.

HIGHLAND PARK

Roam the river trails at Hidden Falls Regional Park or hit the links at Highland National Golf Course. Watch a high-flying Circus Juventas art performance or a feature film at historic Highland Theatre. Dine on made from scratch fare at Highland Grill or a Juicy Lucy at the Nook.

FROGTOWN & RONDO ★

One of the most ethnically diverse communities in the region, this area is rich in pride, culture and flavors. Savor sandwiches at Trung Nam French Bakery. Soul food at Taste of Rondo. BBQ at Hickory Hut. Traditional classics at Homi Mexican. Poetry and jazz at Golden Thyme Coffee Café. And don't miss Rondo Days in July and the Selby Avenue Jazz Festival in September.

LITTLE MEKONG ★

Experience the authentic flavors of an area named for the Mekong River that flows from China through Myanmar, Laos, Thailand, Cambodia and Vietnam. Try unique Chinese cuisines at Little Szechuan Hot Pot, papaya salad and pad thai at Thai Café or a wildly creative menu of rolled ice cream at Wonders. Taste it all at the Little Mekong Night Market in July.

NORTH END ★

Home to the illustrious Minnesota State Capitol and historic Oakland Cemetery — it's also the start of the gorgeous 18-mile Gateway Trail that ends just north of Stillwater.

SELBY AT SNELLING

Shop where Minnesota spirit meets European-inspired charm. Peruse locally owned shops like Lula and Teeny Bee. Eat at local favorites like The Naughty Greek, Neighborhood Cafe or Tommie's Pizza.

LITTLE AFRICA ★

Get a feel for the vibrant art, food and clothing of Eritrea, Ethiopia, Nigeria and Somalia. See the Midway Murals. Stop at Snelling Cafe for East African and traditional American dishes. Or visit Sabrina's Cafe & Deli to experience a traditional Ethiopian coffee ceremony.

COMO PARK

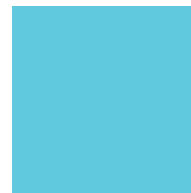
Peacefully picnic in the expansive park. Visit the Como Park Zoo and Conservatory or the outdoor waterpark, carousel and amusement rides. Paddle, bike or stroll around Como Lake. Hear lakeside music while eating at Dock & Paddle or dine at Nico's Taco & Tequila Bar.

CREATIVE ENTERPRISE ZONE

Explore a dynamic area of former factories and warehouses where artists, makers and entrepreneurs live, work and play. View the many outdoor murals. Try mini-golf at Can Can Wonderland. Throw axes at Flanneljax's. Sip your way through coffee shops and six fantastic breweries.



Share your experience:
#MYSAINTPAUL





280

ST. ANTHONY PARK

51

COMO PARK ZOO & CONSERVATORY

COMO PARK

NORTH END

CREATIVE ENTERPRISE ZONE

LITTLE AFRICA

FROGTOWN & RONDO

LITTLE MEKONG

DALE AVENUE

UNIVERSITY AVENUE

GREEN LINE

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MINNEAPOLIS

SHADOW FALLS OVERLOOK PARK

SELBY AT SNELLING

SELBY AVENUE

CATHEDRAL HILL

SUMMIT AVENUE

GRAND AVENUE

GRAND & SUMMIT

WEST 7TH

SAINT PAUL

NEIGHBORHOODS

MAP

SNELLING AVENUE

LEXINGTON AVENUE

WEST 7TH STREET

35

HIGHLAND PARK

HIDDEN FALLS REGIONAL PARK

CROSBY FARM PARK

MISSISSIPPI RIVER

CHEROKEE REGIONAL PARK

MSP INTERNATIONAL AIRPORT

FORT SNELLING STATE PARK



PHALEN
REGIONAL PARK

EAST SIDE

UNIVERSITY AVENUE

GREEN LINE

State Capitol

Minnesota
Children's
Museum

CHS Field

Cathedral of
Saint Paul

Minnesota
History Center

Ordway

Landmark
Center

Union
Depot

Science
Museum of
Minnesota

Xcel Energy Center/
RiverCentre

Paddelford
Riverboats

INDIAN MOUNDS
REGIONAL PARK

SAINT PAUL
DOWNTOWN
AIRPORT

BATTLE
CREEK PARK

STILLWATER

LOWERTOWN

DOWNTOWN

HARRIET
ISLAND PARK

DISTRICT DEL SOL

WABASHA STREET

SMITH AVENUE

52

394

MINNEAPOLIS

RICHFIELD

494

BLOOMINGTON

ST. ANTHONY

ROSEVILLE

FALCOLN HEIGHTS

DOWNTOWN
MINNEAPOLIS

LAUDERDALE

SAINT PAUL

LITTLE CANADA

MAPLEWOOD

LANDFALL

WEST SAINT PAUL

MENDOTA

MENDOTA
HEIGHTS

SOUTH SAINT PAUL

SUNFISH LAKE

NEWPORT

WOODBURY



Super Twins:
Saint Paul and
Minneapolis share
numerous national
distinctions for best
parks, food scene,
health, creativity
and more.

DAY TRIPS

Want small town charm, big city energy or great outdoor adventures? Countless adventures await just minutes from Saint Paul.

Explore the shops, wineries and historic sights of river towns like Stillwater, Hudson and Red Wing.

Drive to the countryside for apple picking at Pine Tree Orchard.

Splash, paddle or fish in one of Minnesota's 10,000 lakes.

Snowboard or ski Afton Alps.

Tour Paisley Park, Prince's creative sanctuary.

Take in a show at Chanhassen Dinner Theatres.

Visit the Walker Art Center or Minneapolis Institute of Art.

Catch a Twins or Vikings game.

Try your luck at Running Aces or Treasure Island Casino.



OUR GREATER METRO

Saint Paul is a proud part of a larger metropolitan area known as the Twin Cities — including Minneapolis to our west and the web of surrounding towns on our perimeter.

The Mall of America, with entertainment like Nickelodeon Universe®, Crayola Experience, The Lego Store and Sea Life® Minnesota Aquarium, is the nation's largest indoor shopping mall and theme park.

After a day away, return to the welcoming comfort of Saint Paul to keep the adventure going or slow down with a stunning river sunset.

GETTING AROUND

No matter how you arrive, Saint Paul is easy to access and navigate. The **Minneapolis-St. Paul International Airport (MSP)**, just 8 miles from downtown, has been ranked among the best and most reliable airports. MSP is the second largest hub for Delta Air Lines, with 1,250 daily flights serving 163 markets.



Union Depot in the heart of Lowertown welcomes travelers arriving by intercity rail and bus, local bus and light rail — even Mississippi riverboat. This spectacular landmark, one of America's great rail stations from the early 20th century, even offers bike storage, long term parking and rental cars.

Need help? Ask a local.
info@visitsaintpaul.com
 651-265-4900

 **FIND PARKING AT** saintpaulparking.com

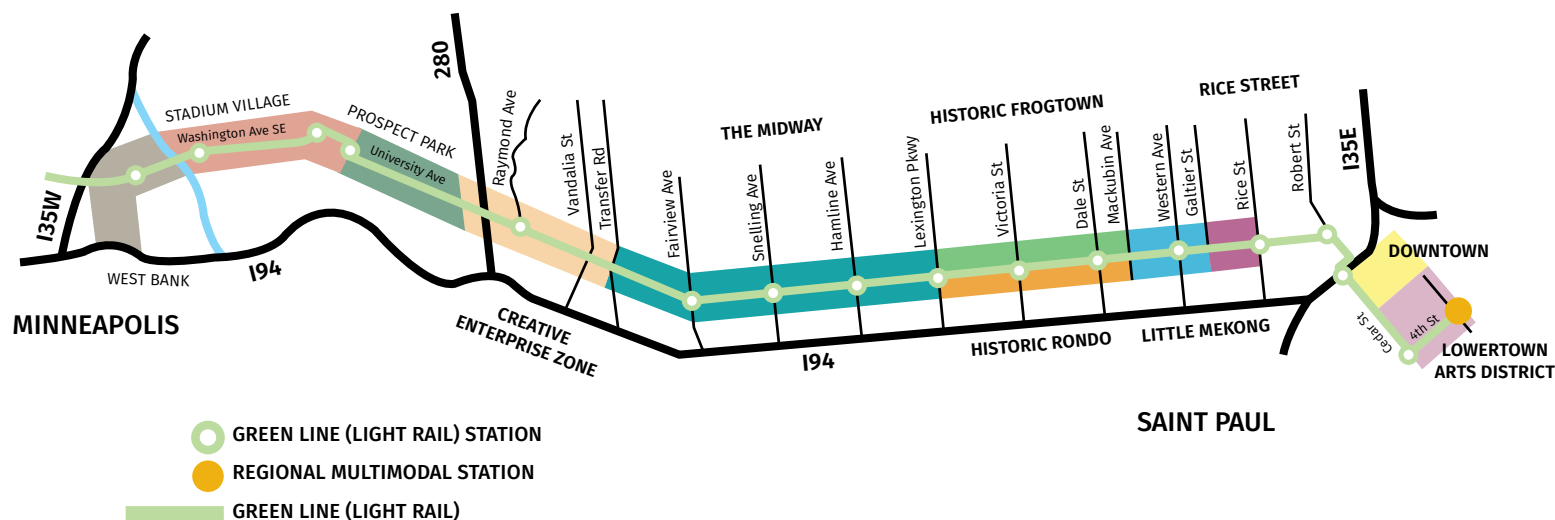
GET ON THE GREEN LINE

Experience mass transit that's easy, clean and fast. Metro Transit rail connects the heart of each Twin City as well as the airport and Mall of America.

The 11-mile **Green Line** runs between **Union Depot** in Saint Paul and Target Field Station in Minneapolis, with 12 stops in between. Explore hidden gems at stops along the way and attractions like the **Capitol** and **Minnesota Children's Museum**. Get to big events with ease: all of the major sporting and concert venues are along the line, including **Allianz Field**, **CHS Field**, **U.S. Bank Stadium** and the **University of Minnesota**.

Right on track: cultural districts

The Green Line passes through some of the city's most vibrant, diverse and eclectic neighborhoods. For award-winning restaurants, festivals, breweries and more, get off at stops on University Avenue like Little Mekong, Rondo, Frogtown, Midway and the Creative Enterprise Zone.





America's Friendliest Cities
—Travel + Leisure

WELCOME TO GREATER GATHERINGS



Authentic. Vibrant. Easy.

We welcome you to connect with conference attendees on a more personal level. Let us show you why Minnesota's capital city and its state-of-the-art convention complex is the perfect place for your next meeting or special event of any size.

This is a setting where storied architectural masterpieces mingle with modern amenities — for lodging, meetings and more. It's where you can see world-class sporting and entertainment events, then kick back with gracious, welcoming locals. It's what we call the "hipstoric" synergy of unique venues in a safe, clean, accessible and culturally vibrant destination.

More for your meeting

The award-winning Saint Paul RiverCentre, Legendary Roy Wilkins Auditorium and Xcel Energy Center are recognized as a premier, interconnected event complex for all types of occasions. When you visit Saint Paul, we strive to make it better for everyone.

- World-wide leader in sustainability
- Free facility-wide wireless internet
- Five-star culinary operation
- Outstanding commitment to customer service



How can we help?

Save time and money by exploring our planning resources. We'll make booking your next event seamless and simple. Need travel arrangements? Saint Paul is a proud member of the Delta Meetings Network — for discounts and support from a dedicated team of meeting specialists that will put your whole travel plan together at no additional cost. VisitSaintPaul.com/meetings



A CONVENTION DESTINATION:

5 REASONS TO MEET IN SAINT PAUL

We're safe and ready for you

Learn about the city's commitment to safety and cleanliness during the pandemic and the shared pledge businesses are taking to go above and beyond in order to protect public health.

View our COVID protocols at rivercentre.org

1

FIRST-CLASS ACCOMMODATIONS

Nearly 2,200 downtown hotel rooms, including the iconic Saint Paul Hotel and the stunning InterContinental near the RiverCentre convention complex, make accommodations a breeze.

2

LOCATION. LOCATION. LOCATION.

Downtown Saint Paul is less than 8 miles (a scenic 10 minute drive) from the Minneapolis–St. Paul International Airport (MSP) and no flight in the lower 48 states to MSP is longer than four hours. The convention district is also just a short walk from Union Depot with easy access to train, bus, light rail and bike routes.

3

CONVENTION CENTER COMPLEX

Saint Paul's premier convention complex attracts groups of all sizes thanks to its luminous and airy design, flexible space, sustainability programs and award-winning customer service.

4



ATTRACTIONS

Saint Paul has a diverse collection of museums, theaters, music venues, zoos, sporting events and historic gems within or close to its downtown core.

5

CLEAN & WALKABLE

With over 300,000 people, the city is known for its clean downtown and a collection of urban parks that rank top in the nation. Just about anything you need is within walking distance.



“Our community knows we all do better when we all do better.”

Saint Paul Mayor Melvin Carter

Mayor Melvin Carter has a lifetime of experience welcoming people into the world of Saint Paul. The fourth-generation resident says this community has stepped up in the face of challenges, time and time again, to ensure the city remains safe, welcoming and inclusive for all. “Our community continues to find new ways to care for one another — and continues to double down on our investments in families, workers and entrepreneurs to ensure that no one is left behind. We invite everyone to join us in this work.”



HEAR MORE FROM OUR INSIDERS
VisitSaintPaul.com/insiders



OPEN FOR BUSINESS

Welcome to a city that nurtures success — by honoring diverse viewpoints, empowering ambition and connecting people with resources and community that fosters growth.

Here, you’ll find an engaged, educated population of people from all corners of the world. A place where business is personal, inclusive and accessible. Where there’s a track record of helping visionary leaders create globally leading businesses.

“We welcome the chance to help people and their businesses thrive. **We care about your success,**” says Mayor Melvin Carter. “The opportunities here are as diverse as our people — from startups to Fortune 500 companies, entertainment to health care and everything in between. The possibilities are endless.”



A Rich and Diverse Talent Pool

Saint Paul attracts highly talented and diverse workers — and that talent pool is growing. With top-ranked universities and colleges as well as a high quality of life and reasonable commutes, the city has become a destination for people looking to start or grow their careers.



Revitalizing growth

RiversEdge, the ambitious \$800 million redevelopment project along Saint Paul's downtown riverfront, will transform how residents, visitors and workers connect to the Mississippi River. This once-in-a-century opportunity for urban renewal will draw an influx of new residents into the heart of the city. In addition to plans for a hotel, luxury housing, retail and Class A office space, a River Balcony promenade will better connect the public to one of Minnesota's greatest natural resources.

Highland Bridge, a former Ford production site, will transform 135 acres along the Mississippi River into a livable mixed-use expansion of the Highland Park area. The development features housing, jobs, transportation and activities driven by clean technology.

They're two examples of massive development projects that are transforming the city — creating opportunity for all. Learn how the city is ready to partner on investments that enhance equity, innovation and resilience at stpaul.gov/opportunityzones.

Incubating growth

As an emerging American tech hub, Saint Paul is a place where innovative businesses can locate and thrive. Startups from around the world come here for mentorship, support and funding to succeed.

The **Full Stack Saint Paul** initiative actively attracts, retains and expands tech and innovation jobs. A public/private partnership, it helps businesses find creative office space, facilitates connections between leaders, aligns startups with resources, and supports the next generation of talent.

Seeding success for food makers, the **Techstars Farm to Fork Accelerator** focuses on the tech and digital side of food and agriculture. Partnered with Cargill and Ecolab, the program seeks the best entrepreneurs from across the food value chain — from AgTech, manufacturing and supply chains to food safety, waste reduction and traceability.

To accelerate the right growth, Saint Paul is expanding capacity for cleaner, more cost-effective energy and transportation. As one of 25 cities awarded a grant from Bloomberg Philanthropies' **American Cities Climate Challenge**, it's gained powerful new resources to help meet or beat carbon reduction goals. {Goal: carbon-neutral status by 2050}

Hub for a major metro

The Twin Cities area is home to one of the largest metro economies in the world. This thriving community has two vibrant downtowns just eight miles apart, surrounded by 15 counties with workers and businesses less than 30 minutes away.

With **more Fortune 500 companies** per capita than any other major metro, the region boasts a high concentration of headquarters and professional services jobs. Startups and entrepreneurs lean into the area's easygoing yet ambitious energy for inspiration and partnership — and it's paying off. People come here for the economic opportunities, and stay for the quality of life.

3.6M

metro population
(307,701 in Saint Paul)

2M

metro labor force
(223,870 in Saint Paul)

16

Fortune 500 HQs
More Fortune 500 companies
per capita than any other
major metro

\$264B

GMP (gross metro product)

43RD

largest metro
economy in the world

\$878M

Annual amount
of venture capital

+5622

Net migration
of 25-34 year olds

Source: GreaterMSP.org



"We've always felt very welcome here. People are just naturally friendly, which is why we call it a small town city."

Maeve & Liam
Irish on Grand owners

#MYSAINTPAUL Insider Tips:

Maeve O'Mara and Liam O'Neill, who own Irish on Grand, find much to love and do in their adopted hometown all year long.

Summer: Twin Cities Jazz Festival, Irish Fair, Saints games

Fall: stroll Summit Avenue and Lilydale Regional Park

Winter: Winter Carnival and Wild games

Spring: St. Patrick's Day parade and Art Crawl



HEAR MORE FROM OUR INSIDERS
VisitSaintPaul.com/insiders



OUR WORLD

EVENTFUL ALL YEAR LONG

There's a festival for every season and every reason in Saint Paul. We love to celebrate. And we love it when everyone comes out to play. What's your favorite event? Tell us and share with #MySaintPaul.

VisitSaintPaul.com/festivals

*Get event dates and inside tips.
For an evening. A day.
Or the perfect weekend getaway.*



START PLANNING

The businesses listed here are members of Visit Saint Paul and supporters of tourism. Please refer to them to help you create the best possible experience.

Accessibility Key

- P** Designated Accessible Parking or Off-Street Parking
- E** Accessible Entrance
- R** Accessible Rest Rooms
- C** Complete Facility

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Accuracy

Producing an annual list of members is a challenging task with the potential for both human and computer error beyond our control. Visit Saint Paul makes every effort to list our members accurately. Should an error occur in these listings, please accept our apologies and contact us at 800.627.6101. We appreciate your support.

Would you like to have your business listed? Learn more at VisitSaintPaul.com/members

Visit
SAINT PAUL
Official Convention & Visitors Bureau

THINGS TO DO

Arts & Culture

AAW GALLERY OF WOOD ART

Often surprising, always engaging, contemporary wood art. Historic lathes, educational exhibits, gifts. 222 Landmark Center St. Paul 55102 (651) 484-9094 galleryofwoodart.org
Downtown **C**

AZ GALLERY

A cooperative gallery and gift shop in historic Lowertown featuring local artists in monthly shows. 308 Prince St #130 St. Paul 55101 (651) 224-3757 theazgallery.org
Lowertown **E R C**

CHANHASSEN DINNER THEATRES

For over 50 years, CDT guests have enjoyed Broadway-caliber shows with Minnesotan hospitality. 501 W 78th St Chanhassen 55317 (952) 934-1525 chanhassendt.com **C**

CIRCUS JUVENTAS

A performing arts circus school for youth. Check website for show times. 1270 Montreal Ave St. Paul 55116 (651) 699-8229 circusjuventas.org
Highland Park **P E R**

GERMANIC-AMERICAN INSTITUTE

Enjoy our events such as Deutsche Tage and St. Paul Oktoberfest and language classes for all ages. 301 Summit Ave St. Paul 55102 (651) 222-7027 gai-mn.org
Cathedral Hill **P**

GREAT RIVER GALLERY

Fine Art Gallery and Pottery Studio featuring the Twin Cities' highest rated pottery & wine events. 1163 7th St W St. Paul 55102 (612) 804-1708 pigseyepots.com
West 7th **P E R**

HISTORY THEATRE

History Theatre entertains, educates, and inspires by creating and producing new and existing works. 30 E 10th St St. Paul 55101 (651) 292-4323 historytheatre.com
Downtown **E R C**

MINNESOTA MUSEUM OF AMERICAN ART

Beautifully renovated art museum in a historic St. Paul location. Free admission. 350 Robert St N St. Paul 55101 (651) 797-2571 mmaa.org
Lowertown **P E R C**

NORTHROP AT THE UNIVERSITY OF MINNESOTA

Presenting world-class dance and music performances, as well as films, lectures, and other events. 84 Church St SE Minneapolis 55455 (612) 624-2345 northrop.umn.edu **C**

ORDWAY CENTER FOR THE PERFORMING ARTS

The Twin Cities' most inviting performance venue, offering a wide array of musicals and concerts. 345 Washington St St. Paul 55102 (651) 282-3000 ordway.org
Downtown **E R**

PARK SQUARE THEATRE

Theatre that touches the heart, engages the mind, and delights the spirit. Historic Hamm Building 20 W 7th Pl St. Paul 55102 (651) 291-7005 parksquaretheatre.org
Downtown **E R**

PUBLIC ART SAINT PAUL

Nonprofit org working with the city to imagine & create a more just, sustainable, & beautiful city. 381 Wabasha St St. Paul 55102 (651) 290-0921 publicartstpaul.org
Downtown **E R C**

Attractions

CAN CAN WONDERLAND

Fun for everyone! Includes artist-designed mini golf, arcade games, restaurant & bar, and more! 755 Prior Ave N St. Paul 55104 (651) 925-2261 cancanwonderland.com
Creative Enterprise Zone **C**

COMO PARK ZOO & CONSERVATORY

Open 365 days a year. Admission is free. Exotic animals & stunning gardens. 1225 Estabrook Dr St. Paul 55103 (651) 487-8201 comozooconservatory.org
Como **C**

COMO TOWN AMUSEMENT PARK

Family-friendly theme park for kids ages 2-12. 1301 Midway Pkwy St. Paul 55103 (651) 487-2121 comotown.com
Como **C**

FLYOVER AMERICA

A ride like no other. You'll soar over some of the USA's most iconic locations. 5120 Center Court Mall of America Bloomington 55425 (952) 853-6000 flyover-america.com **P E R C**

KEG AND CASE WEST 7TH MARKET

A unique marketplace with chef driven restaurants, craft beer, & regional goods. 928 West 7th St St. Paul 55104 (651) 443-6060 kegandcase.com
West 7th

LAUGH CAMP COMEDY CLUB

First rate comedy club featuring nationally touring comedians. 490 N Robert St St. Paul 55101 (651) 290-2290 camp-bar.net/laugh-camp-comedy-club
Downtown **E R C**

MALL OF AMERICA

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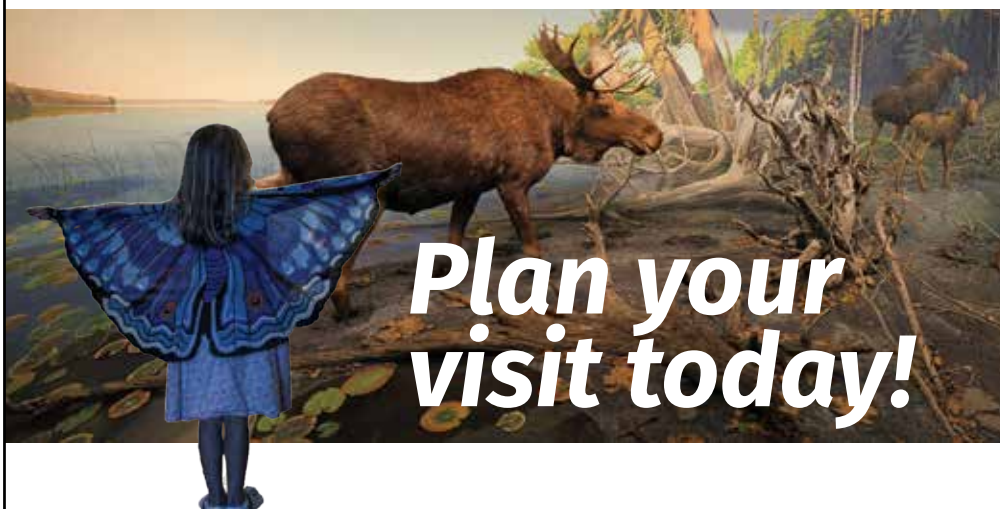


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APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
		LOU TBD	LOU TBD	LOU TBD	LOU TBD	LOU TBD
LOU TBD		IND TBD	IND TBD	IND TBD	IND TBD	IND TBD
IND TBD		TOL TBD	TOL TBD	TOL TBD	TOL TBD	TOL TBD
TOL TBD		NAS TBD	NAS TBD	NAS TBD	NAS TBD	NAS TBD

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
NAS TBD		IOW TBD	IOW TBD	IOW TBD	IOW TBD	IOW TBD
IOW TBD		COL TBD	COL TBD	COL TBD	COL TBD	COL TBD
COL TBD		OMA TBD	OMA TBD	OMA TBD	OMA TBD	OMA TBD
OMA TBD		IND TBD	IND TBD	IND TBD	IND TBD	IND TBD
IND TBD		IOW TBD				

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
		IOW TBD	IOW TBD	IOW TBD	IOW TBD	IOW TBD
IOW TBD		ROC TBD	ROC TBD	ROC TBD	ROC TBD	ROC TBD
ROC TBD		COL TBD	COL TBD	COL TBD	COL TBD	COL TBD
COL TBD		BUF TBD	BUF TBD	BUF TBD	BUF TBD	BUF TBD
BUF TBD		OMA TBD	OMA TBD	OMA TBD		

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
					OMA TBD	OMA TBD
OMA TBD	LOU TBD		LOU TBD	LOU TBD	LOU TBD	LOU TBD
LOU TBD		TOL TBD	TOL TBD	TOL TBD	TOL TBD	TOL TBD
TOL TBD					IND TBD	IND TBD
IND TBD		IOW TBD	IOW TBD	IOW TBD	IOW TBD	IOW TBD
IOW TBD						

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
		OMA TBD	OMA TBD	OMA TBD	OMA TBD	OMA TBD
OMA TBD		COL TBD	COL TBD	COL TBD	COL TBD	COL TBD
COL TBD		SWB TBD	SWB TBD	SWB TBD	SWB TBD	SWB TBD
SWB TBD		IOW TBD	IOW TBD	IOW TBD	IOW TBD	IOW TBD
IOW TBD		OMA TBD	OMA TBD			

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
				OMA TBD	OMA TBD	OMA TBD
OMA TBD		TOL TBD	TOL TBD	TOL TBD	TOL TBD	TOL TBD
TOL TBD		LOU TBD	LOU TBD	LOU TBD	LOU TBD	LOU TBD
LOU TBD	IND TBD	IND TBD	IND TBD			

COL • Columbus Clippers
IND • Indianapolis Indians
IOW • Iowa Cubs
LOU • Louisville Bats
OMA • Omaha Storm Chasers
TOL • Toledo Mud Hens

BUF • Buffalo Bisons
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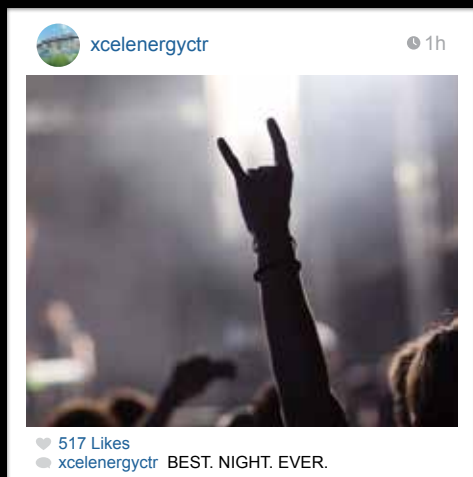
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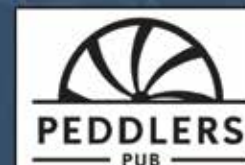
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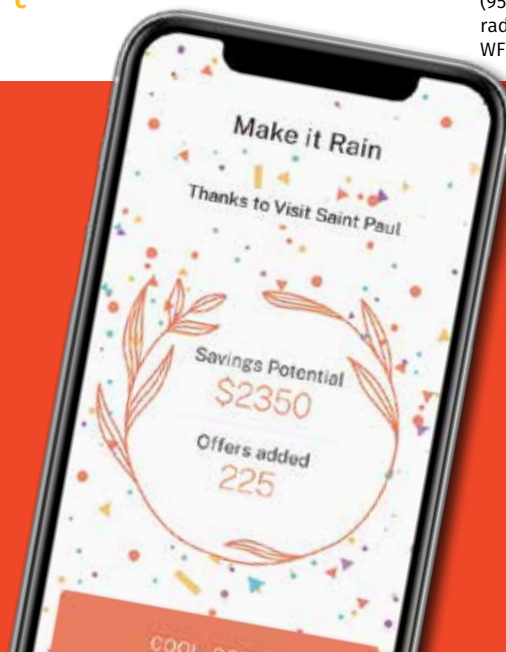
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- 28 Hotel room, Celeste St. Paul Hotel
- 29 Exterior, The Davidson
- 29 Lobby, Drury Hotels
- 29 Hotel room, The Saint Paul Hotel
- 29 Couple downtown, Bellagala
- 29 Home, Jackson Eddy
- 29 Person with umbrella, Dan Anderson
- 30 Cathedral of Saint Paul, Dan Anderson
- 31 Marjorie McNeely Conservatory, Zapata Palms Photos
- 31 Progress of the State sculpture, Dan Anderson
- 32 Suni Lee, Lauren Cutshall
- 32 WhiteCaps player, Brianna Burnham of 734_Images
- 34 MN Roller Derby, Ron Wilbur Photography
- 40 Viewing art, XIAART Gallery
- 41 Selby Jazz Festival, Lauren Cutshall
- 41 Karima Omer at Sabrina's Cafe and Deli, African Economic Development Solutions
- 41 Lake Phalen Park sculpture, Jackson Eddy
- 41 Stephanie and Mychael Wright at Golden Thyme, Kevin Kramer/The Growler
- 41 Dancer at Little Mekong Night Market, Anna Min
- 44 Nickelodeon Universe, Mall of America
- 45 Union Depot Waiting Room, Union Depot
- 46 Saint Paul RiverCentre, Ryan Siemens
- 48 Mayor Carter, Saint Paul Downtown Alliance
- 48 RiversEdge, AECOM and Ramsey County
- 49 Highland Bridge, Ryan Companies

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