

CULTURAL MEANDER MINNEAPOLIS

16 MILES



HIGHLIGHTS

- A Stone Arch Bridge
- B Guthrie Theater 818 S 2nd St
- C Minneapolis Institute of Arts 2400 3rd Ave S
- D TRUCE 1428 W 32nd St
- E The Lyndale Park Rose Garden 4124 Roseway Rd
- F Clancey's Meats & Fish 4307 Upton Ave S
- G Walker Art Center 1750 Hennepin Ave
- H First Avenue & 7th Entry 701 N 1st Ave
- I Moose & Sadie's 212 3rd Ave
- J Marvel Bar 50 N 2nd Ave

BONUS

- K Izzy's Ice Cream 1100 S 2nd St
- L Electric Fetus 2000 4th Ave S
- M Glam Doll Donuts 2605 Nicollet Ave
- N Calhoun Cycle 3342 Hennepin Ave
- O Wild Rumpus 2720 W 43rd St
- P Honeyshine 2720 W 43rd St
- Q One on One Bicycle Studio 117 Washington Ave N

BIKE SHARE LEGEND

- 1 11th Ave & 2nd St
- 2 MCAD
- 3 31st St & Hennepin
- 4 Upton Ave & Sheridan
- 5 Groveland Ter & Hennepin
- 6 9th St & Hawthorne
- 7 Washington & 2nd Ave

KEY

BIKE LANE / STREET



BIKE PATH



ART & CULTURE



OUTDOORS



FOOD



ICE CREAM



CAFE



COCKTAILS



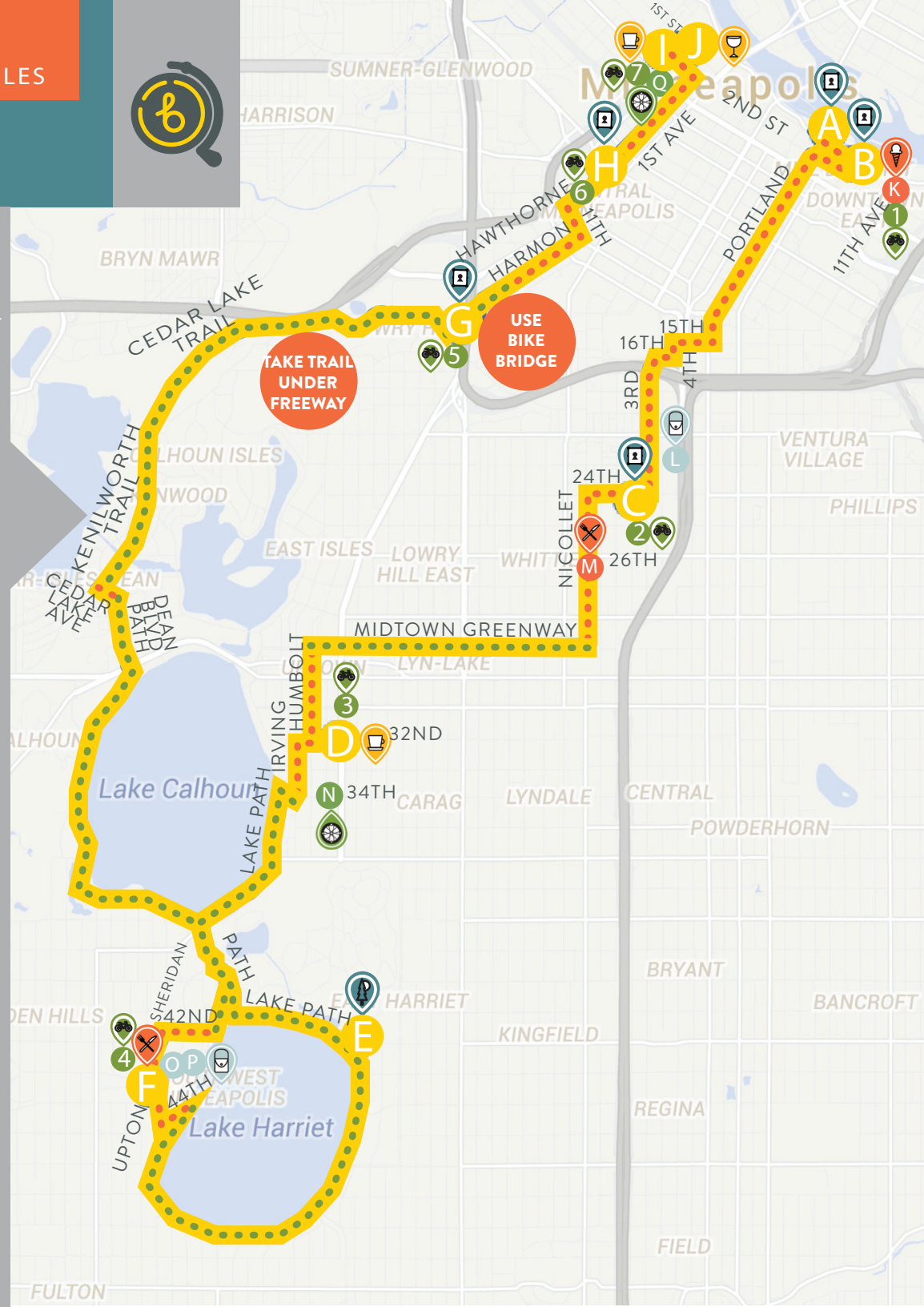
SHOPPING



BIKE SHOP



BIKE SHARE



PROMOTING TWO-WHEELED TOURISM IN CITIES ACROSS NORTH AMERICA

HIGHLIGHTS

- A** Stone Arch Bridge - This historic bridge dates back to 1882-83. With beautiful views of the Minneapolis skyline, the mighty Mississippi River, and St. Anthony Falls, the Stone Arch Bridge is recognized as a National Civil Engineering Landmark, and one of my favorite spots to be at for sunrise or sunset.
- B** Guthrie Theater - The Guthrie Theater led the Regional Theatre movement of the 1960s, and in 2006, moved into a new three-stage-theatre complex on the river, boasting beautiful architecture by Pritzker Prize winner Jean Nouvel and glorious views from the 4th floor's "Endless Bridge." The Guthrie is also home to Mill City Farmer's market during the summer and early fall.
- C** Minneapolis Institute of Arts - I love to spend a day getting lost in the Minneapolis Institute of Arts. It's also a wonderful spot to grab the best latte in town from the mod-bar at Dogwood Coffee just inside!
- D** TRUCE - You'll have a hard time choosing which of TRUCE's delicious juices you'll want from that perfect mid-adventure pick-me-up! Whether you need a Vaycay (carrot, lime, coconut), or something harder like the Hardcore Greens (kale, spinach, cucumber, chard, celery, parsley, lemon), the folks at TRUCE have got you covered with juices and nut milks made fresh each morning!
- E** The Lyndale Park Rose Garden - This garden is a lovely stop during peak display times (mid-June until late-October). Also in Lyndale Park, you enjoy the meditative calm of the Peace Garden, or do a bit of bird watching at the Roberts Bird Sanctuary.
- F** Clancey's Meats & Fish - It may look like just another deli to you...but just try the Roast Beef sandwich, standard dress. Life. Changed.
- G** Walker Art Center - This is the spot to see contemporary art in the Twin Cities. First Saturdays are free, and be sure to check out the Sculpture Garden. I always have a blast roaming the garden's tree-lined paths in any season, and the "Spoonbridge and Cherry" Fountain by Claes Oldenburg and Coosje van Bruggen is a cheery Minneapolis landmark not to be missed!
- H** First Avenue & 7th Entry - I love a concert at First Ave. This club was originally a Greyhound bus station, was Prince's main stage in the 80s, and has played host to more stars than you can count...although you CAN count the 537 stars on the exterior of the building commemorating some of the greatest that played there.
- I** Moose&Sadie's - Two words: Ginger. Limeade. Boom!
- J** Marvel Bar - If I could only have one cocktail in this town (what a terrible thing THAT would be), I'd head straight to Marvel. I love sidling up to the bar on quieter Sunday or Thursday evenings, and putting the menu down in favor of saying, "I trust you. Surprise me! Oh, and about that entrance...walk to the unmarked back patio door of the The Bachelor Farmer, and then head straight to the purple door. You don't need a password. You're in.

BONUS

- K** Izzy's Ice Cream - Tucked into a quiet corner in the Mill City area, just across from Gold Medal Park, you will find Izzy's Ice Cream kitchen and scoop shop. Every single and double scoop comes with an "Izzy Scoop" perched on top of your cone or a cup-a trademarked 3/4 size scoop of another ice-cream of your choice. Yum!
- L** Electric Fetus - Don't let the crazy name throw you off of what Minneapolis Public Radio says is "widely regarded as the pre-eminent indie record store in Minnesota." This is one of my favorite record stores to discover new music or pick up an old favorite, buy concert tickets, browse their awesome selection of locally made clothing, grab a gift for someone, or just spend a rainy--or snowy afternoon.
- M** Glam Doll Donuts - The "glam dolls" in question here, Arwyn Birch and Teresa Fox, craft their delicious donuts' doughs fillings, and toppings, 100% from scratch! The bright and light dining room is full of cozy and retro nooks to read, study or sip an Intelligentsia coffee.
- N** Calhoun Cycle - This bike shop really places an emphasis on the everyday rider, with stylish bikes and accessories for the commuter.
- O** Wild Rumpus - Here, in a magical store that models both its decor and its mission on Anne Mazer's book, "The Salamander Room," you'll find the best in literature for bitties and grown-ups alike handpicked by the devoted and brilliant staff!
- P** Honeyshine - In this lovely gift store, you'll find the perfect capsule of the Minneapolis aesthetic with an every-changing inventory.
- Q** One on One Studio - A Bicycle shop, coffeebar and art gallery with a heart of gold. This is my favorite shop for service, not only because it's close to home for me, but because the service rate is \$1/minute.

ABOUT THE ROUTE AUTHOR

ELIZABETH REESE



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A Kansas transplant, Elizabeth is now proud to call the Twin Cities her home. She is an actor and adventurer who enjoys spending her time offstage thrifting for treasures, enjoying the outdoors, eating great food, taking in concerts or films, practicing calligraphy, sipping a cocktail, having art nights with friends, and binge watching Netflix with her favorite snack - a bowl of frozen blueberries. Elizabeth is a proud bicycle commuter and can be seen riding her bike, Dashwood, on the streets of the Twin Cities 365 days a year.



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