



2022 Tour of Minnesota

Optional Dining Venues, Services and Attractions for Cities Visited

Below is a partial list of dining options (the Tour does not provide some meals), bike equipment shops (repair is available through the Tour), and attractions for various cities.

- Medical attention beyond basic first aid offered by Tour staff should be provided by a medical professional—hospitals are listed for each city. The Tour does NOT cover costs for your medical care.
- The listings are informational only, are not exhaustive and are not recommendations based on personal experience of the author.
- Facilities were not included if information could not be verified (so there may be additional facilities available) or if they did not appear to be operating the day(s) of the Tour visit. Hours may have changed since this document was finalized in early June. Website quality varies and several have only Facebook pages. Several have no online presence other than a reference in Google Maps or a menu.
- Hyperlinks to websites are embedded in the name of each facility. Ctrl-click to follow all hyperlinks.
- Unless otherwise noted, all distances for each city are measured from camping and are approximate.
- It is recommended that you carry a smart phone to map routes to dining and similar and check for updates including dining specials.
- On a phone, the document is best read in landscape mode.
- A search on the Minnesota History Center’s [Mnopedia](#) site will link to interesting historic events in a specific city but often finds tangential relationships, such as where a famous person died, or the Walker Art Museum in Minneapolis rather than Walker Minnesota.
- The Paul Bunyan and Heartland trails do not simply intersect but coincide in several locations. See the [Paul Bunyan/Heartland bike trail map](#) that downloads as a PDF file. *Minnesota Trails* magazine has articles about rides along the [Paul Bunyan Trail](#) that connects Brainerd & Bemidji (note that the author rides north to south but points of interest are the same) and the [Heartland Trail](#) that connects Walker and Park Rapids.

Contents

Brainerd	2
Walker	3
Heartland Trail	4
Bemidji	5
Park Rapids	6
Staples	7
Appendix 1: Tour of Minnesota Detailed Itinerary 2022	8

Brainerd

Arrive Saturday June 18, depart Sunday June 19; end of ride Saturday June 25

[Explore Brainerd Lakes](#) directory

Distances shown are from camping

Camping: Crow Wing County Fairgrounds 2000 SE 13th St, Brainerd, MN 56401 (Day 0 only)

Bike equipment shops:

[Easy Riders](#) 415 Washington St, Brainerd, MN 56401 2.5 miles
218-829-5516 Sat 9AM-6PM; Sunday closed

[Muddy Bikes](#) 701 1/2 Charles St, Brainerd, MN 56401 3.3 miles
218-454-3787 Saturday 9AM-5PM; Sunday closed

Dining: Brainerd has many restaurants scattered around the city

Recommended by locals:

[Black Bear Lodge and Saloon](#) 14819 Edgewood Dr N, Baxter, MN 56425 5.7 miles
218-828-8400 Saturday 11AM–9 PM

[Raferty's Pizza](#) 14136 Baxter Dr, Brainerd, MN 56401 3.7 miles
218-829-5804 Saturday 11AM-9PM

[El Tequila Mexican Restaurant](#) 7399 Garrison Rd, Baxter, MN 56425 4.2 miles
(218) 454-0618 Saturday 11AM–10PM

Closest to Fairgrounds camping:

[Yesterday's Gone Bar & Grill](#) 219 S 9th St, Brainerd, MN 56401 2.1 miles
218-824-2050 Saturday 11AM–1AM

[612 Station](#) 612 Front St, Brainerd, MN 56401 2.2 miles
218-454-1995 Saturday 11AM-10PM

Medical:

[Essentia Health-St. Joseph's Medical Center](#) 3.0 miles
523 N 3rd St, Brainerd, MN 56401 218-829-2861 Emergency room open 24 hours a day

[Essentia Health Urgent Care - Baxter](#) 2.8 miles
13060 Isle Dr Suite A, Baxter, MN 56425 218-828-2880 Saturday & Sunday: 9AM–4PM

Attractions:

[Paul Bunyan Land & Pioneer Village](#) 17553 MN-18, Brainerd, MN 56401 2.5 miles
218-764-2524 Saturday 10AM-6PM

[Crow Wing County Historical Society](#) 320 Laurel St, Brainerd, MN 56401 2.5 miles
218-829-3268 (call to verify that it is open) Saturday 10AM-3PM

[Brainerd Armory](#) 1115 Wright St, Brainerd, MN 56401 0.4 miles
218-828-2245 Closed Saturday but tanks on exhibit outside

Walker

Arrive Sunday June 19, depart Tuesday June 21

[Leech Lake Area Chamber of Commerce](#)

Distances shown are from camping

Camping: Walker-Hackensack-Akeley Senior High School 302 4th St S, Walker, MN 56484

Bike equipment shop:

[Back Street Bicycle Service & Repair](#) 409 Michigan Ave. W, Walker, MN 56484 0.3 miles
218-547-2529 Sunday & Monday “If I’m home, I’m open”

Dining:

[Wilbur’s on Walker Bay](#) 101 5th St, Walker, MN 56484
218-547-4777 Sunday & Monday 11AM-11PM

[Bayside Bar & Grill](#) 412 Minnesota Ave W, Walker, MN 56484 0.3 miles
218-547-4550 all to verify it is open Sunday closed; Monday 11AM-9PM

[The Piggy BBQ](#) 607 Minnesota Ave, Walker, MN 56484 0.5 miles
218-547-6465 Sunday 11AM-8PM; Monday Closed

[Jimmy’s Family Restaurant](#) 909 Minnesota Ave W, Walker, MN 56484 0.8 miles
218-547-3334 Sunday & Monday 7AM-2PM

[Outdoorsman Café](#) 511 Minnesota Ave W, Walker, MN 56484
218-547-3310 Sunday & Monday 6AM-2PM

Medical:

[Essentia Health—Walker Clinic](#) 110D Michigan Ave W, Walker, MN 56484 0.4 miles
218-547-6900 Sunday closed; Monday, 8AM–12:30PM, 1:15–5PM

[Sanford Medical Center Bemidji](#) 1300 Anne St NW, Bemidji, MN 56601 39 miles by car
218-751-5430 Emergency room open 24 hours a day

Attractions:

[Walker Bay Theater](#), 609 Minnesota Ave Lower Level, Walker MN 0.5 miles
218-547-4044 Sunday presentation of Ole and Lena at 3 PM, reservations required.

Many shops downtown with 0.5 miles of camping, mostly on Minnesota Avenue, including [Reed’s Family Outdoor Outfitters](#), [Walker General Store](#), and others without websites.

Heartland Trail

Monday, Thursday

[Paul Bunyan/Heartland bike trail map](#)—downloads as PDF file

Dining:

[Zappy's Café](#) 10 Marie Ave SE, Akeley, MN 56433
218-652-2233 All days 7AM-7PM

[Red River Bar & Grill](#) 31075 MN-34, Akeley, MN 56433
218-652-5222 All days 11AM-8PM

[Iron Horse Bar & Grill](#) 120 Bunyan Trails Rd, Nevis, MN 56467
218-652-3898 All days 11AM-12 AM

[Northwoods Café Nevis](#) 200 Bunyan Trails Rd, Nevis, MN 56467
218-652-3608 All days 6AM-7PM

[Dorset Chick'n Coop Restaurant & Bar](#) 20456 MN-226, Park Rapids, MN (located in Dorset)
218-732-4072 Thursday 4:30PM-8PM

See the Park Rapids and Walker pages for other dining options

Attractions:

[Paul Bunyan Historical Museum](#), open if volunteers available, Akeley MN just off the bike trail

Heartland Trailside (RV Park, Mini Golf, Ice Cream) 20429 Festival Trail, Park Rapids, MN
(located in Dorset)
218-252-0044

Pyrenees Route A 23-mile hilly, curvy loop of the Paul Bunyan/Heartland Trail through the Chippewa National Forest south from Walker that intersects the Heartland Trail. This loop will not be served by SAG due to limited road access.

Bemidji

Arrive Tuesday June 21, depart Wednesday June 22

[Bemidji Lakes Area Guide](#)

Distances shown are from camping

Camping: Beltrami County Fairgrounds, 7223 Fairgrounds Rd NW, Bemidji, MN 56601

Bike equipment shops

[Northern Cycle](#) 117 3rd St NW, Bemidji, MN 56601 5.8 miles
218-751-2453 Tuesday 9AM-5PM

Dining:

The first 2 were recommended by locals:

[Keg & Cork](#) 310 Beltrami Ave NW, Bemidji, MN 56601
218-444-7600 Tuesday 11AM-2AM

[Tutto Bene](#) 300 Beltrami Ave NW, Bemidji, MN 56601
218-751-1100 Tuesday 4PM-9PM

[Tara Bemidji—Thai Food and Craft Beer](#) 401 Beltrami Ave NW, Bemidji, MN 56601
218-444-8222 Tuesday 5PM-9PM

[Bar 209](#) 217 Minnesota Ave NW, Bemidji, MN 56601
218-751-2442 Tuesday 11:30AM-10PM

[Fozzie's Smokin Bar BQ](#) 114 3rd St NW, Bemidji, MN 56601
218-444-0069 Tuesday 11AM-10PM

Nearest to camping:

[Lazy Jack's](#) 6735 Fairgrounds Rd NW, Bemidji, MN 56601 0.6 miles from camping
218-333-3934 Tuesday 11AM – 1AM

Medical:

Sanford Medical Center Bemidji 1300 Anne St NW, Bemidji, MN 56601 3.1 miles
218-751-5430 Emergency room open 24 hours a day

Sanford Bemidji Walk-In Clinic 1611 Anne St NW, Bemidji, MN 56601 2.9 miles
218-333-4700 7:30AM-7:30PM

Attractions:

[Paul Bunyan & Babe the Blue Ox Statues](#) & [Visit Bemidji](#)
300 Bemidji Ave N, 300 Bemidji Ave N, Bemidji, MN
877-250-5959 Tuesday 10AM-5PM At the rolling rest stop MM33.7

See the [Fireplace of States](#) at the Visitor Center. They have brochures for self-guided map tours for downtown Bemidji.

[Outdoor Sculpture Walk](#) Outdoor locations around downtown Bemidji—see [map](#) 6.0 miles from camping but close to ride through Bemidji

Park Rapids

Arrive Wednesday June 22, depart Friday June 24 (also Monday for dining)

[Park Rapids Discovery Guide](#)

Distances shown are from camping

Camping: Park Rapids High School, 401 Huntsinger Ave, Park Rapids, MN 56470

Bike equipment shops

[Northern Cycle](#) 100 Mill St, Park Rapids, MN 56470 0.9 miles
218-732-5971 Monday closed; Wednesday-Friday 9AM-5PM

[Pedego Electric Bikes Park Rapids](#) 209 Main Ave S, Park Rapids, MN 56470
218-237-7603 Monday closed; Wednesday-Friday 10AM-6PM

Dining: There are many restaurants downtown, a few with varied hours are listed here.

[The Good Life Café](#) 220 Main Ave S, Park Rapids, MN 56470 0.6 miles
218-237-4212 Monday, Wednesday-Thursday 11AM-9PM

[Necce's Italian Ristorante](#) 311 Main Ave S, Park Rapids, MN 56470
218-237-4625 Monday, Wednesday-Thursday 4PM-8PM

[Bella Caffè](#) 116 3rd St W, Park Rapids, MN 56470 0.6 miles
218-732-7625 Monday, Wednesday-Thursday 7AM-6PM

[Great Northern Café](#) 218 1st St E, Park Rapids, MN 56470 0.7 miles
218-732-9565 Monday, Wednesday-Thursday 6AM-2PM

Medical:

CHI St. Joseph's Health Emergency Room 600 Pleasant Ave S, Park Rapids, MN 0.8 miles
218-732-3311 Open 24 hours

[Essentia Health Walk-in Care-Park Rapids](#) 1103 1st St E, Park Rapids, MN 56470 1.5 miles
218-732-2800 Monday closed; Wednesday-Friday 8AM-6:30PM

Laundromat:

Kinkel Laundry 1008 1st St E, Park Rapids, MN 56470 1.3 miles
218-237-5800 7AM-9PM

Longhandles 808 1st St E, Park Rapids, MN 56470 1.1 miles
218-732-9019 6AM-8PM

Attractions:

[Hubbard County Historical Museum](#) 301 Court Ave, Park Rapids, Minnesota 0.5 miles
218-732-5237 Monday closed; Wednesday & Thursday 11AM-4PM

[Nemeth Art Center](#) 301 Court Ave, Park Rapids, MN 56470 0.5 miles
218-732-2300 Monday & Wednesday closed; Thursday 10:30AM-4:30PM

[Evergreen Fun Park](#) 26468 US-71, Park Rapids, MN 56470 10.3 miles
218-732-9609 All days 11AM-4PM

Staples

Arrive Friday June 24, depart Saturday June 25

[Discover Staples](#)

[Staples-Motley Chamber of Commerce](#)

Distances shown are from camping

Camping: Staples-Motley High School, 401 Centennial Dr, Staples, MN 56479, United States

Bike equipment shops

None

Dining:

[Beck's Burger Company](#) 119 3rd St NE, Staples MN 56479 0.2 miles
218-296-5191 Friday 11AM – 1AM

[Los Corrales](#) 304 2nd Ave NE, Staples Minnesota 56479 0.2 miles
218-541-5800 Friday 11AM – 10PM

[Tower Pizza](#) 414 2nd Ave NE, Staples MN 56479 0.3 miles
218-894-3299 Friday 11AM – 8:30PM

[Timbers Restaurant](#) 1212 2nd Avenue NE, Staples MN 56479 0.8 miles
218-895-1300 Friday 11AM – 9PM, breakfast all day

Medical:

[Lakewood Health System](#) 49725 County 83 Staples, MN 56479 2.9 miles
218-894-1515 Emergency open 24 hours

Attractions:

[Living Legacy Gardens](#) 26505 Co Rd 2, Staples, MN 56479 2.8 miles
218-296-2795 Download the [Self-guided tour map](#)
Open, no charge--guided tours by appointment: Tammy Rick at trick@clcmn.edu

[World's Longest Fishing Pier](#) 24621-24939 Thunder Rd, Staples, MN 56479 2.8 miles
218-894-2553 Within [Dower Lake Park](#)

[Barn Quilts of Central Minnesota Trail](#) See the [Map](#) that shows the location of many options around Staples

Appendix 1: Tour of Minnesota Detailed Itinerary 2022

Updated June 7, 2022

Mileage from Ride with GPS map is shown in parentheses preceded by ~ and may be rounded to the nearest mile marker.

June 18--DAY #0 (Saturday) Crow Wing County

Fairgrounds (2000 SE 13th St., Brainerd)

Check-in (4-6 p.m.)

Welcome & Safety Meeting Fairgrounds (6 p.m.)

Dinner: **ON YOUR OWN**

Camping: Crow Wing County Fairgrounds

June 19--DAY #1 (Sunday) Brainerd to Walker (~66 miles)

Breakfast: (~2) American Legion (Brainerd)

Optional Rolling Rest Stop: (~20) water and bathrooms (Nisswa)

Rest Stop: (~26) Trailside Park (Pequot Lakes)

Lunch: (~52.5) American Legion (Hackensack)

Camping: Tower Park (301 4th St, Walker)

Dinner: Walker High School cafeteria

June 20--DAY #2 (Monday) Walker out & back to Park Rapids (~22-60 miles)

[Paul Bunyan/Heartland bike trail map](#)—
downloads as PDF file

Breakfast: at Walker High School (cafeteria)

Water Stop: (~ 11) Paul Bunyan Museum (Akeley)

Rest Stop: (~17) Tiger Muskie Park (Nevis)

Water Stop: (~ 22.6) (Dorset)

Lunch: ON YOUR OWN-many restaurants along the way, in Park Rapids and Walker

Camping: Tower Park (301 4th St, Walker)

Dinner: at Walker High School (cafeteria)

June 21--DAY #3 (Tuesday) Walker to Bemidji (~40 miles)

Breakfast: at Walker High School (cafeteria)

Rest Stop: (~20) Guthrie Town Hall Pavilion (44255 Rail Rd., Guthrie)

Water Stop: (~33.7) Bemidji Visitor Center

Lunch: (~40) Beltrami County Fairgrounds

Camping: Beltrami County Fair Grounds_(7223 Fairgrounds Rd., Bemidji)

Dinner: ON YOUR OWN

June 22--DAY #4 (Wednesday)-Bemidji to Park Rapids (~63 miles)

Breakfast: Beltrami County Fair Grounds

Rest Stop: (~26) LaSalle Recreational Area (10899 Cty Rd 9, Solway)

POI: (~36) Path to Headwaters starts behind visitor center

Lunch: (~37) Itasca State Park picnic shelter (36750 Main Park Dr.)

Water Stop: (~56) Summerhill Farm Adventures

Camping: Park Rapids High School (310 Huntsinger Ave., Park Rapids)

Dinner: ON YOUR OWN

June 23--DAY #5 (Thursday) Rest Day

Breakfast: ON YOUR OWN

Lunch: ON YOUR OWN

Camping: Park Rapids High School (310 Huntsinger Ave., Park Rapids)

Dinner: ON YOUR OWN

June 24--DAY #6 (Friday) Park Rapids to Staples (~55 miles)

Breakfast: at Park Rapids High School (cafeteria)

Rolling Rest Stop: (~19)

Rest Stop: (~31) Town Picnic Shelter (Nimrod)

Lunch: Staples High School cafeteria (401 Centennial Drive, Staples)

Camping: Staples High School football field

Dinner: at Staples High School (cafeteria)

June 25--DAY #7 (Saturday) Staples to Brainerd (~40 miles)

Breakfast: at Staples High School (cafeteria)

Rest Stop: (~20) Lake Pillager Rec. Area (12170 Co Rd 1, Pillager)

Return to Crow Wing County Fairgrounds (2000 SE 13th St., Brainerd)