



Legendary Story Ideas & Themes

Below is a list of story ideas and some themes they might fall under: City, Culture, History, Outdoors, Unique and Western. This is by no means an exhaustive list, but we hope these concepts will serve you well as you look to develop and pitch stories about North Dakota.

AgriTourism (Theme: Outdoors)

With agriculture being the number one industry in North Dakota, it tends to lure visitors to the state while providing legendary outdoor experiences. These operations located across the state encourage the public to share in their bounty.

- Red Barn & Berry Farm, Kindred
- Dakota Sun Gardens, Carrington
- Riverbound Farm, Mandan
- Red Trail Vineyards, Buffalo

Arts (Theme: Culture)

From the refined to the funky, North Dakota boasts a lively arts scene. Enjoy the eclectic art you'll find during the Fargo-Moorhead Visual Artists Studio Crawl or the colorful pieces of pottery from Prairie Fire Pottery.

- Prairie Fire Pottery, Beach
- Fargo-Moorhead Visual Artists Studio Crawl
- Grand Forks Art & Wine Tour
- Davy Pottery, Burlington
- Sundog Glass Design, Park River

Birding (Theme: Outdoors)

With more wildlife refuges than any other state, North Dakota is a premier destination for birds and birders. Millions of birds travel through North Dakota in the Central Flyway, including the endangered whooping crane, North America's tallest bird. The 365 species making the North Dakota Birdwatchers' Checklist include Bairds' sparrow, Le Contes' sparrow, Spragues' pipit, piping plover, ferruginous hawk, least tern, upland sandpiper, chestnut-collared longspur, bobolinks and prairie chicken. Find tours, walks and workshops at Sully's Hill Birding and Nature Festival in June - one of many opportunities for bird enthusiasts in North Dakota.

Canoeing (Theme: Outdoors)

The abundance of rivers and lakes in North Dakota makes it a paradise for water recreation. Whether you prefer to glide across the lake waters, venture through smaller tributaries or roar up and down the last free-flowing stretch of the Missouri River, you will see an abundance of scenery along the way. Some waters to consider:

- Sheyenne River
- Little Missouri River
- Pembina River
- Red River
- Mouse River
- Lake Metigoshe

Cowboy Country (Themes: History, Western)

Can there be a better way to experience the authentic Old West than on horseback? Try the trail rides in Theodore Roosevelt National Park, a working guest ranch or the Maah Daah Hey Trail.

If you would rather watch the ponies than ride, rodeos abound in North Dakota year-round. Or visit the ND Cowboy Hall of Fame in Medora - our quintessential cow town. After immersing yourself in trail drivers, homesteaders and rodeo heroes of the Hall of Fame, walk the streets of old-fashioned Medora and be sure to catch the world-famous musical.

Our cowboy legends include General Custer and Louis L'Amour, who grew up in Jamestown during the final days of the American frontier, and Theodore Roosevelt, who first came to the Badlands in September 1883. The ol' Roughrider furthered North Dakota's cowboy legacy by his presence and his accolades. As he said, "I never would have been president if it had not been for my experiences in North Dakota."

Dining - Dakota Style (Theme: City Experience)

Whether you are interested in a family meal out, an upscale dining experience, or a western culinary adventure, North Dakota has a number of flavorful options.

- **Buckskin Bar & Grill, Killdeer:** Owner Eric Kehr came to North Dakota from out East to raise horses, and found that owning a bar helped him meet people. The Buckskin Bar has been a fixture in Killdeer since time immemorial, but Kehr's Buckskin Bar & Grill has truly become legendary. Chefs operate in full view of the guests, and the food is savory and plentiful. On an average night, 200 meals are served to people who drive 20, 50, 100 miles to eat Kehr's original recipes. The western décor includes framed photos of local rodeo champions - any of whom may be sitting at a table nearby.
- **Buffalo City Grill, Jamestown:** The Buffalo City Grille offers classic American cuisine in one of Jamestown's historic landmark buildings. The décor creates a personality that could only have been born on the great North Dakota prairie. The preserved original brick arches from the late 1890s along with restored gold tin ceilings and pendant lighting create a warm and inviting atmosphere. Great food, friendly service and the historic setting provides guests the ultimate dining experience.
- **Outlaws' Bar & Grill and Six Shooters Showhall & Café Complex, Watford City:** Outlaws' is a one-of-a-kind restaurant in North Dakota, with a unique theme and menu and a fun, family atmosphere. It'll take you back to the days of the Wild West when outlaws ran rampant. With a timber-lodge look throughout, this one-of-a-kind restaurant features legendary outlaws of local and national fame, a coatroom jail cell and a mouth-watering steak-house menu. Six Shooters' Showhall & Café is a two-screen movie theater with a café offering sandwiches and other simple meals.
- **Pirogue Grill, Bismarck:** A locally owned restaurant with quaint, worldly atmosphere, Pirogue features "prairie cuisine" using local fruit, vegetables and meat (think venison and bison). The tantalizing menu changes seasonally. Chef/proprietor Tracy Stuart graduated from the Culinary Institute of America in New York City and was chef at the Sonoma Mission Inn and Spa in Sonoma, Calif. Most recently, Stuart was chef at The Rivery, a corporate retreat and conference center in Linton, N.D.

Downtown Fargo (Theme: City Experience)

Worldly and stylish. Fargo's downtown is a vibrant and revitalized retail and residential area providing unique opportunities for shopping, dining and entertainment. Visitors can browse the array of boutique shops, grab a bite at a local pub or deli, sink into the comfort of an upscale restaurant and enjoy the nightlife at hotspots with styles that range from beer and darts to martinis and leather couches.

Education Vacations (Themes: Culture, History, Outdoors, Unique)

Visitors to North Dakota have a new way to learn about the state's culture and heritage – by getting out of their cars and tour buses and into fields, kitchens and canoes. Activities might include working on a farm, learning how to make glass designs, joining an archaeological dig, making your own jams and jellies with berries grown in North Dakota, or photographing a spectacular North Dakota prairie sunset.

- Becoming an Outdoors Woman, Bottineau
- Burnin' Daylight Adventures, Killdeer
- Guided Tours of Fossil Sites and Paleontological Activities, Bowman
- From Field to Table: Exploring North Dakota Native Prairie and Agriculture Production, Black Butte Adventures, Velva

Fishing (Theme: Outdoors)

North Dakota offers world-class walleye and perch fishing in great fisheries like Lake Sakakawea and Devils Lake. Below Garrison Dam, the Missouri River produces record Chinook salmon, and brown, rainbow and cutthroat trout. Walleye are found in this entire stretch of river. And best of all, the season never closes. In the winter, ice anglers come from far and wide in quest of perch that push two pounds and walleye and northern pike that add excitement to a winter's day.

Food (Theme: Culture)

Who doesn't love food? Whether it represents North Dakota's heritage or simply the imagination of our people, you'll love what our state has in store for you!

- **Chippers - Widman's Candy, Grand Forks:** A North Dakota tradition: Potato chips, made from potatoes grown in North Dakota's fertile Red River Valley, dipped in chocolate made from a special family recipe. What may sound strange proves to be an addicting snack that leaves you wanting more. Widman's Candy Shop was founding in 1949 by George, Jr. and Betty Widman.

- **Freddy's Lefse, West Fargo:** Made from mashed potatoes, lefse is a traditional Scandinavian flat bread. Spread a little butter on it, sprinkle some sugar and then roll it up. It's great as a snack or with a meal.
- **Ukrainian Cultural Institute, Dickinson:** Kase knoeph, cheese buttons or varenyky-pyrohy. Whatever you call them, they are delicious! No dish is more tempting to feast upon than well-filled, plump varenyky-pyrohy made with soft dough and served with generous portions of cream. Another benefit is that the varenyky-pyrohy can be prepared in a few minutes thus enabling working people a home-made meal quickly.

Fossil Digs (Themes: History, Outdoors)

North Dakota hosts annual public fossil digs in the northeast corner of the state near Pembina and in the southwest corner of the state in the famous Hell Creek Formation (famous for triceratops and T-Rex).

- Pioneer Trails Regional Museum, Bowman
- Public Fossil Dig, Medora
- Dig near Pembina conducted by Pioneer Trails Regional Museum

Frost Fire Summer Theatre, near Walhalla (Themes: Culture, Unique)

On summer weekends, visitors can spend the day shopping, golfing or trekking through the hills and then settle in for the evening performance at the covered Frost Fire amphitheater, which has captured the heart of summer weekend visitors for years.

The amphitheater musical runs on Saturday and Sunday, usually beginning the last weekend in June through the first weekend in August. Frost Fire has offered such classics as "Annie Get Your Gun," "I Do I Do," "Les Miserables," "Fiddler on the Roof" and many others.

Gardens (Themes: Outdoors, Unique)

North Dakota has a variety of options for flower lovers. From the International Peace Garden with more the 2,300 acres of colorful gardens to Gardendwellers Farm, where visitors can enjoy the gardens and explore the prairie. These attractions are located in the central part of the state -- providing a perfect route for a garden tour.

- **International Peace Garden, Dunseith:** The world's greatest tribute to peace can be found on the world's longest unfortified border, shared by the U.S. and Canada. See 2,300 acres of colorful gardens, landscapes and botanical areas. The Peace Chapel is a must-see and so is a memorial designed with remnants of wreckage from the World Trade Center towers.
- **Gardendwellers Farm, Church's Ferry:** Gardendwellers Farm is a gardening education and recreation center near Devils Lake. Whether you like bird-watching, learning about prairie history, gardening, picnicking or just being outdoors, the farm offers unique experiences. Walk a large labyrinth, explore many varieties of flowers and herbs, watch songbirds, or check out the ghost town of Church's Ferry.

Golf Courses (Theme: Outdoors)

You can play some of the best golf courses in the country in North Dakota – and you won't have to wait a week for a tee time. Our courses are uncluttered, inexpensive and stunningly beautiful.

- **Hawktree, Bismarck:** *Golf Digest* ranked Hawktree #2 on its list of "Best New Courses of 2001" and #19 on its list of "100 Greatest Public Courses."
- **Bully Pulpit, Medora:** *Golf Digest* named this course "America's Best New Affordable Public Course" in 2005.
- **Links of North Dakota, Williston:** Rated #2 in *Golf Digest's* "Best New Affordable Courses" for 1996.
- **King's Walk, Grand Forks:** Arnold Palmer design laid out in a natural prairie setting that evokes the great links courses in Scotland and Ireland.
- And 115 more courses statewide will challenge your game!

Guest Ranches & Lodges (Themes: Outdoors, Unique)

For those looking to get away and enjoy some R&R, a guest ranch is the perfect place. Peaceful days allow your mind to rest, and the beauty of the Badlands allows your spirit to renew.

- Rolling Plains Adventures, McKenzie
- Buffalo Gap Guest Ranch, Medora
- Eagle Ridge Lodge, Medora
- Naard Creek Ranch, Killdeer
- Moose Creek Lodge, Langdon
- Oahe Ranch Lodge, Linton
- Lakeview Meadow, Jamestown

Horse Owners (Themes: Outdoors, Unique)

North Dakota offers something rare to horse lovers: a chance to ride out on their own mounts on new trails with fresh vistas. Horse-friendly campsites and adventures are available throughout North Dakota for those who have horse trailers and are willing to travel. Some of the best options include:

- Theodore Roosevelt National Park
- Sully Creek State Park
- Little Missouri National Grassland
- Little Missouri State Park

Hotel Donaldson, Fargo (Themes: City, Culture)

The upscale boutique hotel is dedicated to the arts, with 50 regional artists featured. Each suite features the work of one artist. Along with unique suites, the hotel features upscale dining in the HoDo Restaurant. Many regional products, such as free-range chickens and root vegetables, are used in the delectable, high-quality cuisine. The HoDo lounge, Stokers – a wine and cordial bar – and an eclectic assortment of performances by musicians, poets and other artists add to the ambiance of The Don.

Hunting (Theme: Outdoors)

North Dakota contains all the ingredients for legendary hunting: thousands of potholes producing the most ducks in the nation, millions of geese along the most intensely traveled migratory paths, abundant habitat for upland game birds and large game, and seemingly endless expanses of public and private land to hunt.

Lewis & Clark Trail (Themes: History, Western)

Venture along the Lewis & Clark Trail to see where the intrepid duo and their entourage explored. You'll see sections of the Missouri River looking much as it did two centuries ago, as well as many interpretive sites that give a glimpse of life in those days. Some sites to consider include:

- American Legacy, Fort Abraham Lincoln State Park, Mandan
- Lewis & Clark Interpretive Center, Washburn
- Fort Union National Historic Site, Williston

Maah Daah Hey Trail, Medora (Theme: Outdoors)

On par with the mountain biking trails of Moab and Fruita, the Maah Daah Hey Trail was designated by the IMBA as an "Epic Ride" in 2001. Crossing the Badlands, almost 100 miles of trail connect the north and south units of Theodore Roosevelt National Park. The Maah Daah Hey also serves as a hiking and horseback riding trail.

Medora High-end (Themes: Unique, Western)

The ruggedness of the North Dakota Badlands is softened with upscale amenities.

- **The Rough Riders Hotel and Convention Center:** The renovated hotel combines rustic elegance with modern luxury and high-tech convenience. Enjoy quality amenities in an authentic turn-of-the-century Western atmosphere set in the stunning scenery of the Badlands. The conference room can accommodate anything from a small meeting to large gatherings of up to 264.
- **Theodore's:** For a fine dining experience, guests can enjoy the new taste of the Old West at **Theodore's**, located in the newly renovated Rough Riders Hotel and Conference Center. The Executive Chef tempts taste buds morning to night with his exquisite gourmet cuisine, including local favorites like bison ribeye, sirloin steaks or beef tenderloins.
- **Bully Pulpit Golf Course:** Designed in the spirit of Theodore Roosevelt, who often used the term "bully," Bully Pulpit is nestled in the rugged buttes and vistas of the Badlands and conforms to the surrounding terrain. Designed by world renowned golf course architect Dr. Michael Hurdzan, the 18-hole golf course's beautiful scenery and challenging holes have been the inspiration for many national accolades. Some include Best Modern Classic Course, *The Links*, April 2006; America's Best New Affordable Public Course, *Golf Digest*, Jan. 2006; and Top 10 New U.S. Golf Course, *Golf magazine*, Feb. 2005.

Medora Musical (Theme: Western)

This nightly, professionally produced musical variety show, featuring top-notch talent from all over the U.S., is staged in the modern Burning Hills Amphitheatre. Set into a canyon, the amphitheater offers a spectacular view of the Badlands. Drawing more than 100,000 people each year, the musical is North Dakota's biggest summer event.

Motorcycling (Theme: Outdoors)

There's no greater thrill than hopping on a motorcycle, rolling the throttle and cruising the open roads. Escape from the ordinary and experience the thrill of great scenery, light traffic and endless horizons. You will find all that and

more when you motorcycle in North Dakota. Tour the untapped hotspot for motorcycle enthusiasts with little to no heavy traffic. Motorcyclists are guaranteed a carefree ride, untroubled by smog, crime or traffic congestion.

Norsk Høstfest, Minot (Themes: Culture, History)

North America's largest Scandinavian festival draws more than 55,000 people over its five-day run. In between all the entertainment, visitors can enjoy the many booths featuring handmade and other items. There's also plenty of food to try. Don't forget to try the lutefisk and lefse!

Pembina River Gorge or Icelandic State Park (Themes: History, Outdoors)

The secluded valley of the Pembina Gorge has become a favorite destination for its miles of lush, unbroken forests. This region between the Canadian border and Walhalla is part of the scenic Pembina Hills and one of the few wilderness areas left in the state. Other ways to see the Gorge are by canoeing the Pembina River or by biking or hiking a local trail. The Pembina River is North Dakota's only "white water river." The meandering Pembina River is considered "tame," but does offer excellent canoeing and attracts canoeing enthusiasts to its secluded landscape.

Prairie Churches (Themes: Culture, History)

With their majestic steeples and vibrant stained-glass windows, prairie churches serve as cultural landmarks to the early pioneers who homesteaded the vast prairie. Drive anywhere in North Dakota and you'll see these striking spiritual havens - sometimes abandoned, sometimes bustling with Sunday services - nestled in the fields its founders once cultivated or in the heart of downtown districts.

Ralph Englestad Arena - Fighting Sioux Hockey, University of North Dakota, Grand Forks (Theme: City Experience)

UND fosters many championship athletics, including NCAA Division I hockey played at the magnificent Ralph Englestad Arena. This \$100 million arena is nothing but first-class with its granite floors and seats constructed of leather and cherry wood, and is considered by many to be the best Division I hockey facility in the nation.

Ronald Reagan Minuteman Missile State Historic Sites, Cooperstown (Themes: History, Unique)

AKA, Oscar Zero, named for military numeric sequencing, brings the cold war to life. Imagine getting on an elevator that descends 50 feet into a concrete capsule that was the control center for a cluster of 10 Minuteman missiles. Each warhead contains more destructive power than those dropped on Hiroshima and Nagasaki. Sites like these are recent history. Beginning in 1991, the Strategic Arms Reduction Treaty decommissioned all of the 15 command centers and 150 missile sites manned by the Grand Forks Air Force Base. Oscar Zero is one of two left to tell the story of an era that began in the mid-sixties.

RVing (Theme: Outdoor)

RVers are often able to take more time than other vacationers. They want affordable entertainment and scenic beauty, amenities that make things comfortable and a chance to know their surroundings on a deeper level. North Dakota offers a great cross section of those very opportunities - hidden gems like the Sheyenne River Scenic Byway and highly popular destination events like the Norsk Hostfest - as well as plenty of places to hook up and stay awhile. Named the most affordable destination by AAA, North Dakota has an array of great options for RV-ers - whether family focused or retired wanderers:

- Dinosaur Digs, Marmarth
- National & State Parks
- Education Vacations

Scenic Drives (Themes: Outdoors, Unique)

- **Lewis and Clark Scenic Drive:** To retrace the explorers' path, follow either highway 1804 or 1806 from the South Dakota and North Dakota border, north along the scenic Missouri River. Along this route, you can view On-A-Slant Indian Village, Fort Mandan, Lewis & Clark Interpretive Center, Knife River Indian Villages National Historic Site and Fort Union National Historic Site among others.
- **Sheyenne River Valley National Scenic Byway:** This is the first North Dakota scenic drive to be designated as a national byway. It extends 63 paved miles from north of Valley City south to Lisbon on State Highway 21. This section follows a wooded river valley, passes gorgeous sunflower fields and shows off scenic farmsteads. One of the highlights of the drive is Fort Ransom State Park, located near the historic town of Fort Ransom

Scheels All Sports, Fargo (Themes: City, Outdoors)

Considered one of the largest sports store in the world, Scheels All Sports features 88 sports specialty shops - more than four acres of shopping - all under one roof. Sports enthusiasts and families alike will spend hours discovering the 45-foot working ferris wheel, gun and archery shooting galleries, a sports simulator and much more.

Theodore Roosevelt National Park (Themes: History, Outdoors, Western)

It's the Grand Canyon of the North, with great opportunities for take-your-breath-away hiking, biking and scenic viewing. The 70,000-acre park and its rugged topography honor Theodore Roosevelt, who ranched in the Badlands and later established the national park system. The park has two large units. The South Unit has a 36-mile scenic loop that takes you past coal veins, prairie dog towns and panoramic views of the Badlands. The North Unit has a 14-mile drive to the much-photographed Oxbow Overlook and back. Wildlife abounds within the park, whose buttes have been carved by eons of wind and rain.

United Tribes International Powwow, Bismarck (Themes: Culture, History, Western)

The United Tribes International Powwow is one of the largest annual powwows in the United States. More than 70 tribes and 1,500 traditional dancers and drummers attend each year in Bismarck. The powwow attracts some 20,000 spectators every September.

Wagon Train (Themes: Unique, Western)

These aren't your typical hour-long rides, but multi-day excursions reminiscent of days gone by. View the same breathtaking scenery the explorers viewed long ago. Enjoy sleeping under the stars, campfire chats and nature lore.

- Fort Seward Wagon Train, Jamestown

Wineries (Theme: Unique)

North Dakota has several thriving wineries and vineyards that use native and nonnative fruits to create wines from sweet to dry. Stop by their tasting rooms and taste test. In the fall, enjoy a grape stomping festival.

- Pointe of View Winery, Burlington
- Bear Creek Winery, Fargo
- Dakota Hills Winery & Vineyard, Knox
- Prairie Wood Winery, Lisbon
- Maple River Winery, Cassleton
- Golden Prairie Winery, Bowman
- Red Trail Vineyard, Buffalo
- Dakota Breeze Vineyard, Wahpeton

For additional information about these and many other story opportunities, contact Kim Schmidt at ksschmidt@nd.gov or 1-800-435-5663 or visit www.ndtourism.com.

North Dakota
L E G E N D A R Y