

Overview of North Dakota

North Dakota has a captivating history featuring some of America's greatest leaders, adventurers, and warriors. At its many preserved forts, visitors discover the stories of Native Americans led by Sitting Bull, fighting to preserve the plains culture, as well as tales of soldiers who manned lonely outposts.

History buffs can retrace Lewis and Clark's journey along the Missouri River, beginning at Fort Mandan, where their expedition acquired as a member Sacajawea, also known as Sakakawea, a Shoshone interpreter best known for being the only woman on the Lewis and Clark Expedition into the American West, and one of the most famous North Dakotans.

Today, North Dakota has one of the highest populations of Native Americans in the country. Their reservations are rich cultural destinations, with traditional powwows held throughout the year. The state's heritage also encompasses the traditions of Scandinavia and Germany, the homelands of many of the state's original pioneers.

North Dakota's pristine land seems to stretch forever, with immigrants surely lured by the same vista that tempts today's athletes and outdoorsman. One of the best places to experience the state's natural beauty is in the Badlands of the Theodore Roosevelt National Park, in western North Dakota.

Roosevelt was a rancher here for a time, and his memories of North Dakota would later fuel his passion for conservation. Visitors to the stark cliffs and buttes of the Badlands can camp, view species such as bison and elk, or bike the Maah Daah Hey Trail. Lake Sacajawea is another scenic spot, so expansive it can accommodate sailors as well as avid sport fishermen.

Winters this far north can seem formidable. North Dakota looks stunning lightly blanketed by pure-white snow, and the snowshoeing, snowmobiling, cross-country skiing, and ice fishing is unparalleled.

In the summer, the 2,339-acre (946 ha) International Peace Garden is a serene place to visit. Situated on the world's longest unfortified border between the United States and Canada, it is a symbol of peace and friendship.

Though many may be surprised to hear it, North Dakota does have more to offer than history and the great outdoors. The Indian reservations, reservoirs of cultural knowledge, are also home to a number of glitzy casinos.

Fargo and Grand Forks are college towns, complete with arts scenes, bars, and clubs. Grand Forks is home to University of North Dakota Fighting Sioux ice hockey team, the state's major sports competitor.

The Enchanted Highway is the most unusual attraction in North Dakota. It's a 32-mile (52km) stretch of lonely road, erected along which are the world's largest metal sculptures that capture the surprising quirks waiting to charm visitors to North Dakota.

Key Facts

Language:

English is the most common language spoken but Spanish is often heard in the south-western states.

Passport/Visa:

It is highly recommended that travellers' passports have at least six months' validity remaining after the intended date of departure from their travel destination. A visa is required for short visits unless travellers qualify for entry under the Visa Waiver Program. The Visa Waiver Program (VWP) enables citizens of certain countries to travel to the US for a stay of up to 90 days without a visa. Visitors under the VWP need to register online three days before travel and have an Electronic System for Travel Authorization (ESTA). This allows the US government to screen all visitors before travel. Visitors entering the country under the VWP must have a machine-readable passport (MRP) that has a barcode on the photo page. Travellers under the VWP must have passports that include biometrics if they wish to enter the country without a visa, which means that passports must contain unique personal data such as fingerprints or iris details. All passports must contain a digital photo image in order to travel visa-free. All visitors to the USA have a photograph and two fingerprints taken by an inkless scanner on arrival, including those travelling visa-free under the VWP. As part of the Western Hemisphere Travel Initiative (WHTI), all travellers travelling between the United States and Canada, Mexico, Bermuda, and the Caribbean region are required to present a passport or other valid travel document to enter or re-enter the United States. If departing from the USA, a valid passport is required by immigration authorities. Immigration officials often apply different rules to those stated by travel agents and official sources.

Currency:

The official currency is the US Dollar (USD), which is divided into 100 cents. Only major banks exchange foreign currency. ATMs are widespread and credit cards are widely accepted. Banking hours are Monday to Friday 9am to 3pm.

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Electricity:

Electrical current is 120 volts, 60Hz. Plugs are mainly the type with two flat pins, though three-pin plugs (two flat parallel pins and a rounded pin) are also widely used. European appliances without dual-voltage capabilities will require an adapter.

Travel to North Dakota

Climate for North Dakota

North Dakota has a continental climate with four distinct seasons. Its average temperature is cool, ranging from 37 to 43F (3 to 6C). Winters are dry and sometimes bitterly cold, especially in January. However, the state has a longer temperate season than many imagine.

Due to its northern latitude, the sun rises before 6am and sets after 9.30pm. Summers are sunny and can be quite hot at times, and thunderstorms are common, but North Dakota is one of the driest states in the US.

Health Notes when travelling to United States of America

There are no specific health risks associated with travel within the USA. Medical facilities are excellent, but expensive. Only emergencies are treated without prior payment and treatment can be refused without evidence of insurance or proof of funds. Good medical insurance is essential. Visitors must be fully vaccinated with the primary series of an accepted COVID-19 vaccine to travel to the United States by plane if they are non-U.S. citizens.

Safety Notes when travelling to United States of America

Travel within the United States is generally trouble-free, though travellers should be aware that the US shares with the rest of the world, an increased threat from terrorist incidents. Security has been heightened, particularly at airports. Restrictions on hand luggage apply and travellers are advised to check on the latest situation with airlines in advance. Travellers should also be alert to the dangers of car and street crime in cities and should use common sense and take basic precautions. Hurricanes are common between June and November, putting the southern USA, including the Gulf Coast and the eastern US at risk. There is a risk of wildfires in many dry areas in the US, particularly on the West Coast from March to November.

Customs in United States of America

Laws vary from state to state, including speed limit, fines and punishment. The age at which alcohol may be legally bought and consumed is 21 years.

Duty Free in United States of America

Travellers to the United States who are returning residents of the country do not have to pay duty on articles purchased abroad to the value of \$800 provided their stay was longer than 48 hours and their duty-free allowance was not used in the 30-day period prior. For passengers arriving from Samoa, Guam and the U.S. Virgin Islands, a duty-free allowance of \$1,600 is allowed. The following items are included in this: 50 cigarettes and 10 cigars and 150 millilitres (5 fl. oz.) of alcoholic beverages or 150 millilitres (5 fl. oz.) of perfume containing alcohol. Restrictions may apply to goods from Cuba, Iran, North Korea, Burma (Myanmar), Angola, Liberia and Sudan. It is prohibited to import Cuban cigars from any country.

Travellers to the United States who are non-residents do not have to pay duty on the following items: 50 cigars or 200 cigarettes and gifts to the value of \$100 provided their stay in the USA is not less than 72 hours and that the allowance has not been used in the preceding six-month period.

Prohibited items for residents and non-residents include meat or meat products, poultry, narcotics, absinthe, plants, seeds, vegetables, fruits, soil, live insects and other living plants or animal pests. Fish is prohibited unless it carries disease-free certification. Wildlife and animals or their by-products carry restrictions. Dairy products and eggs from specified countries are not allowed. Firearms and ammunition are not allowed without the necessary license and permit.

Doing Business in United States of America

In such a large country, filled with so many diverse groups, business practices may differ according to each state, however rarely to any large degree. The East Coast is traditionally more formal than the West Coast, though in states such as California, dress code and conservative appearance are as common as they would be in New York. Punctuality is important throughout the country and it is considered rude to be late for a meeting. Gift-giving is uncommon as it may be construed as bribery. Appropriate titles (Mr, Mrs, Ms) are used upon introduction and until otherwise stated. Americans favour politeness and greetings of 'Hello' and 'How are you?' are often expressed with sincerity. Business hours may vary in each state, but an 8am start and 5pm finish Monday to Friday is the most common with an hour over lunch.

Status and age are not necessarily indicative of seniority, nor do they carry much weight in themselves. Those doing business in the States should be mindful of this fact; foreigners should never make assumptions about someone's position or rank. Best practice is to be respectful to all parties. That said, the US upholds a hierarchal business structure, in which 'the boss' is the ultimate decision-maker. Senior leaders have the power of the last word, and can go against the grain just as easily as they can follow popular opinion. Foreigners should concentrate on winning over this individual, even if the greater group seems unsupportive. Americans value a direct style of communication. In this fast-paced, consumer culture 'time is money', and small-talk is viewed as unnecessary and wasteful. It's best for foreigners to get to the point quickly, speak about issues in a frank and open manner, and to avoid taking offence if someone questions or challenges them outright.

Communication in United States of America

The international country dialling code for the United States is +1. Mobile networks cover most of the country, especially all urban areas, and WiFi is widely available.

Tipping in United States of America

A 15 percent tip is expected by taxi drivers, bartenders, hairdressers and waiters, but travellers shouldn't tip in fast-food or self-service restaurants. In expensive restaurants or for large parties, the tip should be 20 percent of the bill. It is normal to tip staff such as valets and porters in hotels; this is discretionary, although a minimum of \$5 is expected. Most services are customarily tipped if the service is good.

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Airports in North Dakota

Grand Forks International Airport (GFK)

Grand Forks International Airport

www.gfkairport.com

Location: Grand Forks The airport is located eight miles (13km) northwest of Grand Forks.

Time: GMT -6 (GMT -5 from mid-March to the first Sunday in November).

Contacts: Tel: (701) 795 6981

Getting to the city: Taxi services are available 24 hours a day. Travellers can arrange beforehand to have a taxi waiting or can call from the terminal once they arrive. A few local hotels provide shuttle services for guests, but make reservations prior to arrival.

Car rental: Car rental companies represented at the airport include Avis, Enterprise, Hertz, and National.

Airport Taxis: Metered taxis are available from a number of companies authorised to service the airport. However, it is advised to call ahead to have one waiting curbside. Most companies accept credit cards.

Facilities: Facilities at the airport include a gift shop, a restaurant, pet relief area, WiFi, and business work areas.

Parking: There are both short and long-term parking lots within walking distance of the terminal. The first 30 minutes are free, and each subsequent half hour costs \$1. Daily limits are \$10 in Lot A, and \$8 in Lots B and C. Weekly rates are also available. Cash and major credit cards are accepted.

Fargo Airport (FAR)

Hector International Airport

www.fargoairport.com

Location: Fargo The airport is five miles (8km) northwest of Fargo.

Time: GMT -6 (GMT -5 from mid-March to the first Sunday in November).

Getting to the city: There is no public transport from the airport into Fargo. However, many local hotels will arrange transfers by advance request. Jefferson Bus Lines and Amtrak provide intercity bus services from downtown Fargo.

Car rental: Car rental companies at Hector Airport include Alamo, Avis, Budget, Enterprise, Hertz, National, and Payless.

Airport Taxis: Approved taxi companies operating from the airport include Doyle's Yellow Checker Cab, Fargo Metro Taxi, FM Taxi, GoCab, and Lucky 7. It is advisable to call ahead in order to have a taxi waiting by the curb.

Facilities: Terminal facilities are basic, but include a gift shop, a snack bar and cafe, a game room, and business centres with free WiFi.

Parking: Short-term parking is charged at \$1 for 30 minutes, up to \$18 per day. Long-term rates are similar with a daily limit of \$8 and a weekly rate of \$48.

Minot Airport (MOT)

Minot International Airport

www.whyflyminot.com

Location: Minot The airport is located two miles (3km) north of Minot.

Time: GMT -6 (GMT -5 from mid-March to the first Sunday in November).

Getting to the city: Taxis provide transportation while several hotels offer free shuttle transfers.

Car rental: Car rental companies at the airport include Enterprise, Avis, National, and Hertz.

Airport Taxis: Taxi companies authorised to operate from the airport include Central Cab and Taxi 9000.

Facilities: Airport facilities include a restaurant, free WiFi, and a snack bar.

Parking: Short-term parking is free for the first 30 minutes and \$2 per hour, up to a maximum of \$14 per day. Long-term parking costs \$72 per week or \$12 a day.

Bismarck Airport (BIS)

Bismarck Municipal Airport

www.bismarckairport.com

Location: Bismarck The airport is located three miles (5km) southeast of Bismarck.

Time: GMT -6 (GMT -5 from mid-March to the first Sunday in November).

Getting to the city: There is no public transport to downtown Bismarck from the airport. Some local hotels provide free shuttle services to guests.

Car rental: Rental cars are available at the airport from Avis, Hertz, and Enterprise.

Airport Taxis: Taxis are available outside the terminal, although it is recommended to book one in advance.

Facilities: Airport facilities include ATMs, business kiosks, cafes and vending machines, WiFi, a nursing station, and the North Dakota Aviation Hall of Fame.

Parking: Short-term parking is free for the first 20 minutes, \$1.50 per half hour thereafter, and up to \$10 per day. Long-term parking is \$1 per hour up to a daily rate of \$8 and a weekly rate of \$40. The economy lot is \$1 per hour and goes up to a daily rate of \$7, with a weekly rate of \$35.

Fargo

Famous for being the setting of a Coen Brothers film, Fargo often surprises visiting tourists. The city is home to several universities, a minor league baseball team, several theatres, art galleries and museums, a zoo, and a horse-racing track.

Fargo is on the border of North Dakota and Minnesota, and shares a metro area with the city of Moorhead across the border. With a number of universities and colleges between the two cities, the population of Fargo-Moorhead is always young and energetic, and ensures a bustling nightlife.

Buildings are designed to ensure people go outdoors as little as possible, as winters are notoriously harsh and inhospitable. Fargo is also a popular stop on road trips across the northern US, acting as a gateway to the outdoor pleasures and pursuits of North Dakota.

These activities include hiking, canoeing, fishing, golfing, horseback riding, biking, and camping in summer, and snowmobiling, skiing, and ice fishing in winter. A holiday in Fargo combines the best of both city and country life, making it an ideal destination for those who can't decide.

Getting around in Fargo

Public transport in the Fargo-Moorhead area caters specifically to the local university population. MATBUS operates 24 fixed routes around the region from Monday to Saturday. Getting around the Fargo-Moorhead area is easiest by car, however, and Lyft and Uber are also available.

Parking is easily available in most areas, and the city itself is easy to navigate, as it is set up in a classic grid pattern. Winter conditions can be extreme, and drivers unaccustomed to snow and ice are advised against hiring a car in the winter months.

Climate in Fargo

Fargo has the humid continental climate typical of the Great Plains, with four distinct seasons and huge swings in temperature throughout the year. The city experiences long, cold winters with heavy snow, and warm, humid summers with frequent thunderstorms.

Summers (June to August) have average temperatures between 55F (13C) and 82F (28C). May and June are the wettest months. Winters (December to March) are bitterly cold, with temperatures below freezing for weeks on end, and an average of 52 inches (132cm) of snow each season.

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North Dakota Attractions

Overview

While North Dakota is one of the least populated states in the US, that doesn't mean that there isn't a lot to see and explore. For lovers of history and the great outdoors, and perhaps even some scenic driving too, this state is certainly worth the visit.

The Theodore Roosevelt National Park is always the first stop on visitors' lists. This incredible park stretches 70,000 acres and offers some outstanding scenery and spots to hike and camp. There are painted canyons, unique rock formations, and rugged terrain to explore.

The Frontier Village and National Buffalo Museum is a great place to catch a sight of the rare albino bison and see the world's largest Bison Monument. Additionally, the Knife River Indian Villages National Historic Site is another historical gem found in the Peace Garden State on an old camping ground of the Mandan and Hidatsa Indians.

The North Dakota Heritage Center also offers tourists the opportunity to learn the history of North Dakota, from prehistoric to modern times. Lovers of art will enjoy the Plains Art Museum in Fargo. Home to a substantial collection of works, the museum offers wonderful exhibitions all year round.

A drive along the Enchanted Highway is also a well-liked activity among visitors who love the arts, introducing them to a 32-mile (52km) stretch of road with some incredible metal sculptures to view and admire.

Frontier Village and Albino Buffalo

Frontier Village showcases the lives of prairie pioneers, with original prairie town buildings housing many frontier antiques and artefacts. Features of the village include the Kirkpatrick Gallery, the Louis L'Amour Writer's Shack, and an outdoor amphitheatre, as well as stagecoach and pony rides. The National Buffalo Museum has a buffalo herd on its property with some albino bison. Native Americans traditionally hold the white buffalo as sacred and they are extremely rare.

Website: www.tourjamestown.com

Enchanted Highway

For a scenic drive and interesting art experience, travellers can head for the Enchanted Highway near Regent. The numerous whimsical metal sculptures along the road include *The World's Largest Tin Family*, *Pheasants on the Prairie*, and *Fisherman's Dream*, and were all constructed by artist Gary Greff. The works vary in style, as Greff thought the differences would make the experience more interesting, but they all celebrate some aspect of the Peace Garden State. Miniatures of each sculpture are available from the gift shop in Regent.

Cowboy Hall of Fame

The North Dakota Cowboy Hall of Fame pays tribute to Native American and cowboy cultures, including trail drives, ranching, and rodeo. This is where the memories of famous local cattlemen and rodeo stars will live on forever. There is a lovely patio available to visitors and meeting rooms can be booked as well. As a great complement to the Hall of Fame, visitors should head to the Burning Hills Amphitheatre to watch the famous Medora Musical, which celebrates Old West life.

Website: www.northdakotacowboy.com

Knife River Indian Villages National Historic Site

Native Americans inhabited the Knife River area for over 11,000 years, with the attraction's full-scale reconstructed Earthlodge, Hidatsa garden and village sites illustrating that legacy. The area is said to have been the home of Sacajawea, the Native American woman who was an invaluable member of the Lewis and Clark Expedition, which was tasked with exploring lands west of the Mississippi River. Among other things, visitors can explore the museum and learn about the history of the Hidatsa people, hike various trails, or enjoy a few peaceful hours of bird watching.

Website: www.nps.gov/knri

Currency

The official currency is the US Dollar (USD), which is divided into 100 cents. Only major banks exchange foreign currency. ATMs are widespread and credit cards are widely accepted. Banking hours are Monday to Friday 9am to 3pm.

Exchange rate for 1 USD - U.S. Dollar

0.00 BMD Bermudan Dollar	0.93 EUR Euro	0.80 GBP U.K. Pound Sterling	152.99 JPY Japanese Yen	1.37 CAD Canadian Dollar	0.91 CHF Swiss Franc
1.52 AUD Australian Dollar	39.40 UAH Ukrainian Hryvnia	443.91 KZT Kazakhstani Tenge	93,075.00 LBP Lebanese Pound	4.86 LYD Libyan Dinar	6.86 BOB Bolivian Boliviano
0.00 NPR Nepalese Rupee	0.00 OMR Omani Rial	0.00 QAR Qatari Rial	1.35 SGD Singapore Dollar	10.82 SEK Swedish Krona	0.00 TTD Trinidad Tobago Dollar
0.00 VEF Venezuelan Bolivar	58.11 DOP Dominican Peso	0.00 HRK Croatian Kuna	16.95 MXN Mexican Peso	610.53 XOF West African CFA Franc	0.00 PGK Papua New Guinean kina
0.00 BSD Bahamian Dollar	0.00 FJD Fiji Dollar	0.00 HNL Honduran Lempira	133.87 DZD Algerian Dinar	0.00 MMK Myanma Kyat	0.00 BWP Botswana Pula
3.72 PEN Peruvian Nuevo Sol	938.44 CLP Chilean Peso	386.84 AMD Armenia Dram	23.29 CZK Czech Koruna	17.63 MDL Moldova Lei	139.89 ISK Icelandic Krona
12,582.40 UZS Uzbekistan Sum	3.72 ILS Israeli New Sheqel	0.71 JOD Jordanian Dinar	0.00 KWD Kuwaiti Dinar	38.15 UYU Uruguayan Peso	0.00 MUR Mauritian Rupee
0.00 NIO Nicaraguan Córdoba	10.88 NOK Norwegian Krone	4.03 PLN Polish Zloty	3.75 SAR Saudi Riyal	0.00 LKR Sri Lanka Rupee	36.79 THB Thai Baht
3.66 AED U.A.E Dirham	5.09 BRL Brazilian Real	4.63 RON Romanian New Leu	7.81 HKD Hong Kong Dollar	610.53 XAF Central African CFA Franc	25,405.70 VND Vietnamese Dong
878.36 ARS Argentine Peso	0.00 XCD East Caribbean Dollar	0.00 GTQ Guatemalan Quetzal	10.06 MAD Moroccan Dirham	0.00 BHD Bahrain Dinar	1.00 PAB Panamanian Balboa
1.70 AZN Azerbaijan Manat	3,920.00 COP Colombian Peso	88.42 KGS Kyrgyzstan Som	362.00 HUF Hungarian Forint	10.89 TJS Tajikistan Ruble	16,073.70 IDR Indonesian Rupiah
47.95 EGP Egyptian Pound	1,358.84 KRW South Korean Won	7,456.52 PYG Paraguayan Guaraní	4.74 MYR Malaysian Ringgit	508.31 CRC Costa Rican Colón	1.67 NZD New Zealand Dollar
277.87 PKR Pakistani Rupee	91.39 RUB Russian Rouble	18.51 ZAR South African Rand	3.13 TND Tunisian Dinar	0.00 BBD Barbadian Dollar	1.82 BGN Bulgarian Lev
32.33 TRY Turkish Lira	57.28 PHP Philippine Peso	32.31 TWD New Taiwan Dollar	1,164.84 NGN Nigerian Naira	0.00 XPF CFP Franc	0.00 GHS Ghanaian Cedi
0.00 JMD Jamaican Dollar	0.00 ANG Neth. Antillean Guilder	0.00 BND Brunei Dollar	108.90 RSD Serbian Dinar	7.24 CNY Chinese Yuan	6.94 DKK Danish Krone
3.49 TMT New Turkmenistan Manat	83.42 INR Indian Rupee				