

Vacations & Travel

Your Essential Guide to Idaho & North Dakota



ROAD TRIPS
FIRST NATIONS
THE GREAT OUTDOORS
THE ROUTE OF THE HIAWATHA
THE MAAH DAAH HEY TRAIL

IN ASSOCIATION WITH



THE GREAT
AMERICAN WEST®

DISCOVER THE UNEXPECTED

Places like Blue Heart Springs in the Hagerman Valley, Idaho, offer beautiful vistas with plenty of elbow room. Accessible only by water, social distancing is not a problem here.

Adventure awaits when the time is right.

Vacations & Travel

IN ASSOCIATION WITH



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COVER IMAGE

Horseback riding in Theodore Roosevelt National Park. Courtesy North Dakota Tourism.

ABOUT IDAHO & NORTH DAKOTA

Idaho and North Dakota are two book-end states of the northwestern region of the USA best known as the Great American West. Idaho, the Gem State, and Legendary North Dakota are brimming with diverse scenic and pristine nature, from forests, waterfalls and trails to lakes, rivers and canyons. The backdrop for adventure, history and authentic Western culture, these states are the perfect canvas for exploration and discovery.

ABOUT VACATIONS & TRAVEL

Vacations & Travel is Australia's longest-running travel magazine, creating inspirational lifestyle content for more than 30 years.



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Contents

24

06 INTRODUCTIONS

10 MAP

12 **IDAHO DISCOVERY** Sometimes it's the places you know nothing about that make the biggest impression.

18 **FRONTIER DAYS** From cowboys to hipsters, a North Dakota road trip is a journey of surprises.

24 **THE GREAT OUTDOORS** The wide-open spaces of Idaho and North Dakota have something for every adventure.

30 **FIRST NATIONS FIRST** The Native American history of these states makes for a truly fascinating tour.

36 **GOING TO TOWN** It's easy to hop around the many attractions of these surprising states.

40 **STANDOUT PLACES TO STAY** From fire towers to yurts, Idaho and North Dakota have you covered.

46 **THE ROUTE OF THE HIAWATHA** Take beautiful scenery, add a disused railway track and some bicycles.

48 **MAAH DAAH HEY TRAIL** The Maah Daah Hey Trail is North Dakota's best-kept secret.

50 **WINTER WONDERS** From ice fishing to snowmobiling, these two states turn it on in winter.

54 **FUN FACTS** Surprising things you didn't know about Idaho and North Dakota.



ABOVE: Redfish Lake in the Sawtooths
BELOW: United Tribes International Pow Wow in Bismarck

30



W

E LOOK FORWARD TO WELCOMING YOU TO IDAHO.

A visit to our beautiful state is an adventure not to be missed!

Idaho is blessed with unmatched geological diversity – stunning mountain peaks, deep river gorges, thundering whitewater rapids, pristine lakes and more soakable hot springs than any other state. Idaho is home to National Park Service sites, more scenic byways than any other state, the country’s only International Dark Sky Reserve and more miles of designated wilderness areas than you’ll find anywhere else in the contiguous United States. One-of-a-kind natural attractions include Shoshone Falls, Hells Canyon National Recreation Area and Craters of the Moon National Monument, which remain uncrowded yet inviting and accessible.

Virtually every kind of outdoor recreation imaginable can be found in Idaho: 18 ski resorts (including the United States’ first destination ski resort, Sun Valley) provide both winter and summer fun; outstanding trails traverse the state for hiking, biking, horseback riding and backpacking; and rivers tumble through timbered canyons for exhilarating jet boating and whitewater rafting.

Idaho’s rich Western heritage and pioneer spirit are on display, with national trails and monuments, historical parks, natural and developed hot springs and cultural events telling our story. Vibrant urban centres and small towns showcase Idaho’s bounty with culinary offerings, including wines, craft beers, ciders and spirits. Local artists and musicians provide the perfect accompaniment to your senses.

We are excited to welcome you and share the many facets that make up the hidden gem we call Idaho.

Start planning your adventure now!

Nancy Richardson

Nancy Richardson

Senior International Tourism Specialist
Idaho Tourism



ABOVE: Goldbug Hot Springs,
Salmon, Idaho © BVergely

T

RAVELLERS LOOKING FOR A DESTINATION THAT combines wide-open spaces, exciting year-round outdoor activities, breathtaking scenery and warm, inviting people will find all, and more, right here in North Dakota.

Adventure-seekers hike and bike a vast trail system, including the renowned Maah Daah Hey Trail through the rugged Badlands of western North Dakota. In the east, the North Country National Scenic Trail weaves through the state on its 7,400-kilometre journey to Vermont.

In the winter, people shift gears to snowshoeing and cross-country skiing at one of our state parks and downhill skiing at one of four resorts.

Our museums detail the story of North Dakota's colourful past and its rich cultural diversity. Learn more about prominent Native Americans and European settlers who thrived on the Northern Plains at the North Dakota Heritage Center and State Museum in Bismarck.

Marvel at the endless fields of crops in the pancake-flat Red River Valley in the east; the countless prairie lakes and potholes filled with nesting and migrating ducks and geese in central North Dakota; and the rough and rugged Badlands in the west.

Legendary figures like Theodore Roosevelt, Sitting Bull, Custer, Sakakawea, and Lewis and Clark left an everlasting imprint here, and their contributions are kept alive at places like Theodore Roosevelt National Park, the Lewis and Clark Interpretive Center and Knife River Indian Villages National Historic Site.

Drive through the north and south units of the national park for a close-up look at the eagles, deer, prairie dogs and large herds of bison that roam free. Wild horses also are a common sight in the south, bordered by the historic town of Medora. There, the Medora Musical and Pitchfork Steak Fondue are held nightly throughout the summer.

For a time of quiet reflection, visit the International Peace Garden, which straddles the USA-Canada border. Stand in both countries at the same time and enjoy the many attractions dedicated to peace along the longest undefended international border in the world.

Follow your curiosity, not the crowds, to North Dakota.

Fred Walker

Fred Walker
Global Marketing Manager
North Dakota Tourism

LEFT: Stars over Fort
Abraham Lincoln State Park

Great American West

#MAP
#NORTH DAKOTA
#IDAHO



Most Australians would fly into one of the main international hubs, then fly to Boise, Idaho or Bismarck, North Dakota. You can also go by train with Amtrak or hire a car and drive.



Idaho #IDAHO #ROADTRIP discovery

Sometimes it is the places you don't know anything about that make the biggest impression. Idaho is one of those places for *Helen Hayes*.

O

ON THE DRIVE TO VICTOR, Idaho, my head and heart are full of the sights I have just seen. I have been in Yellowstone National Park for three days and seen grizzly bears and black bears and bison and elk and scenery that blew my mind as often as Old Faithful blows its top.

Victor is under two hours' drive from Yellowstone's west entrance, and the journey is spectacular, with the striking Grand Tetons soaring majestically above the rich green farmland. We stay at the Teton Springs Lodge & Spa, which delights with all the luxury accoutrements, as well as two golf courses.

Guests here are spoiled for choice, with fly fishing in the Snake or Teton Rivers, hiking on the doorstep of the lodge in the Caribou-Targhee National Forest or on the scenic trails at Grand Targhee. Not to mention wildlife-spotting in Grand Teton National Park, which is just mind blowing.

SURPRISING ARCO

Our next leg is from Teton Springs to Twin Falls, a place I know zip about. The drive is grand, sweeping through lush farmland before turning into a more desolate, isolated, open landscape. We are driving on the Peaks to Craters Scenic Byway, one of 31 in Idaho, and the diversity of the landscape is marked. In the middle of nowhere, we stop for lunch at the quirky Pickle's Place diner in the little town of Arco. We find out that Arco was the first place in the world to be lit by atomic power back in 1955. You can learn all about it on a visit to the [Experimental Breeder Reactor 1 Atomic Museum](#). We also learn that Pickle's Place has amazing burgers and love their homemade spices so much we buy several bottles of the 'redneck' blend to take home.

The area around Arco has more surprises in store when we explore the [Craters of the Moon National Monument](#). This weird landscape is an ocean of lava flow from volcanic eruptions between 2,000 and 15,000 years ago. The area was thought to resemble the moon so much that NASA astronauts visited the area in 1969 before flying off to the real thing. It is a fascinating place with highlights including the view from the top of the Inferno Cone, the Indian Tunnel, the



Beauty Cave, the wildflowers that give bursts of colour from the ashen grey, and the many hikes around the area.

FALLING FOR TWIN FALLS

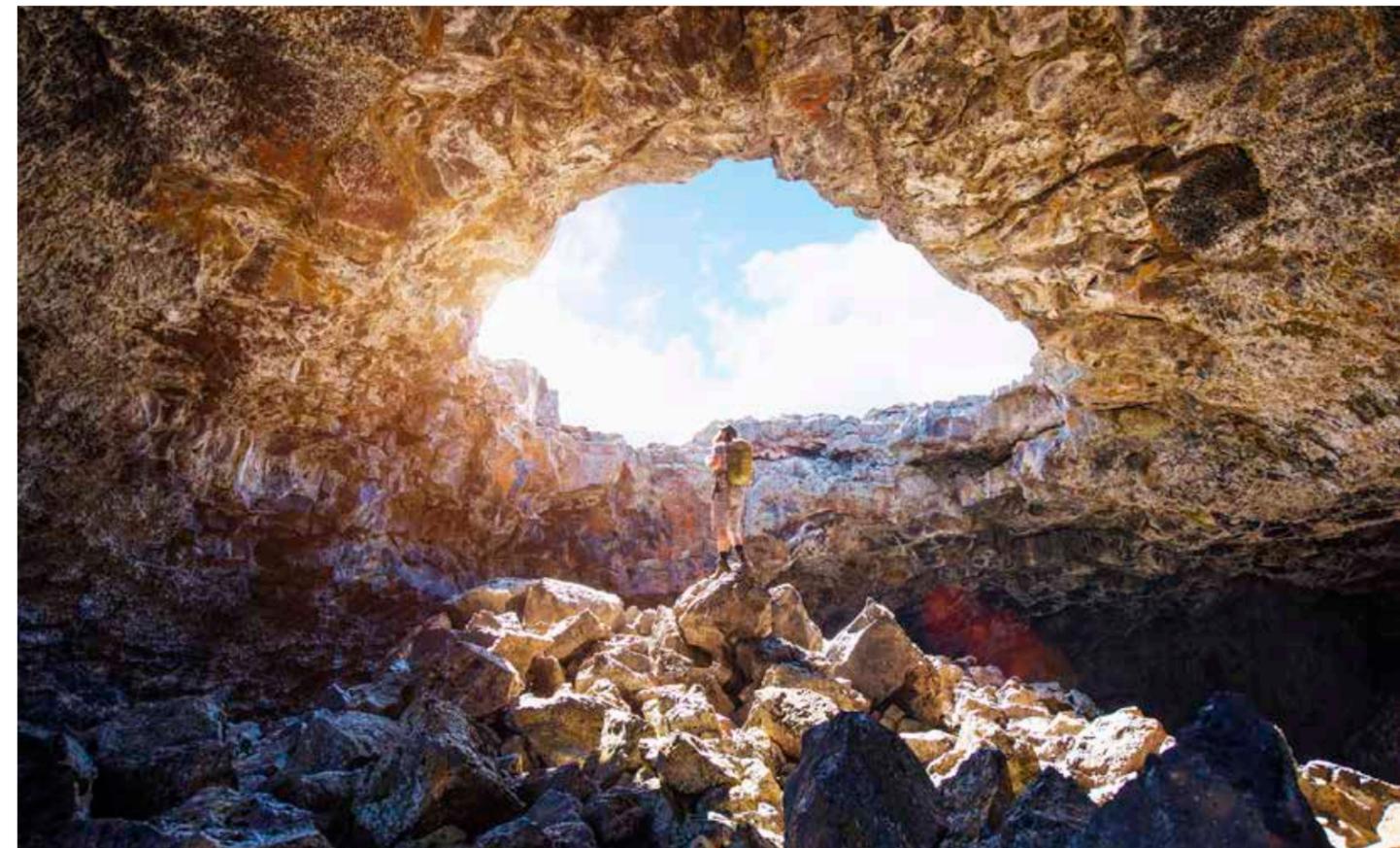
Driving over the bridge into [Twin Falls](#), we do a double-take as we marvel at the spectacular [Snake River Canyon](#) below. At the base in pretty Centennial Park, we watch kayakers on the tranquil Snake River, take countless shots of the Perrine Coulee waterfall that falls like Rapunzel's hair down the ramrod-straight cliff, ooh and aah over the cute little

marmots grazing on the grass and find the monument to Evel Knievel who tried – and failed – to leap the canyon in a rocket-powered motorbike. Then, in true Evel spirit, we watch heart-in-mouth as BASE jumpers leap off the Perrine Bridge – the only place in the USA where it is legal to do so without a permit. On the top of the rim there are 30 kilometres of hiking and biking tracks, but we choose to take in the view from the Elevation 486 restaurant, toasting the sunset with a good glass of white.

The prettiest sight of all is [Shoshone Falls](#), which are 275



OPENING SPREAD: Shoshone Falls at Twin Falls
TOP: The Perrine Bridge makes a stunning entrance to Twin Falls. ABOVE: A marmot snacks near Twin Falls
LEFT: Perrine Coulee Falls
RIGHT: The Indian Tunnel at Craters of The Moon National Monument





LEFT: On top of the dune at Bruneau Sand Dunes State Park
 RIGHT: A map showing Idaho's highlights

we ride electric scooters on the 40-kilometre Boise River Greenbelt, over pretty bridges and through parks, with cotton from the cottonwood trees floating snow-like through the air. We visit the haunted Old Boise Penitentiary that hosted four Australian “guests” during its many hard years, marvel at the tracks left from wagon wheels on the Oregon Trail, and admire the glistening Capitol building – the only one in the USA heated by geothermal heat.

Boise has a rich Basque history, with the Basque block featuring a museum and a host of Basque restaurants. Boise also has the Jaialdi Basque Festival, the world’s largest celebration of Basque culture, next scheduled for late July 2022.

The World Center for Birds of Prey is another incredible find. Home of the Peregrine Foundation and the world’s biggest falconry archive, we learn how the peregrine falcon was saved from extinction, and about the current fight to save several other endangered species. 🦅

We ride electric scooters on the 40-kilometre Boise River Green Belt, over pretty bridges and through parks ...

metres wide and 64 metres high. Surprisingly, that makes them higher than Niagara Falls. No wonder even the pioneers on the Oregon Trail detoured to witness this natural wonder.

ONE FOR THE BOISE
 After a too-short stop at the impressive Bruneau Dunes State Park – home to the tallest freestanding sand dune in North America – we hotfoot it to Boise. From the first view over the city from the old Boise Depot, it was love at first sight. From our base at the Hotel 43 in the CBD,





#ROADTRIP #NORTHDAKOTA

Frontier Days

From lonesome cowboys of the Wild West to funky urban hipsters, a road trip through North Dakota is a journey of surprises, *writes Julie Miller.*

I

N 1883, THE LIFE OF an asthmatic, bespectacled 24-year-old New Yorker was transformed during a hunting trip to North Dakota, as the future President of the United States, Theodore Roosevelt, fell in love with the American frontier and embraced his inner cowboy. “I have always said I would not have been president had it not been for my experience in North Dakota,”

he would later say; today, the legacy of the ‘conservationist president’ lives on in more than 93 million hectares of wilderness he formally protected during his tenure.

Standing on a windswept bluff in the national park established on his former ranch and named in his honour, I, too, find myself falling under the spell of this haunting landscape. Herds



OPENING IMAGE: The Badlands in Theodore Roosevelt National Park
ABOVE: Riding at Black Leg Ranch
RIGHT: Hiking on the Maah Daah Hey Trail
TOP RIGHT: Bison traffic jam
BELOW: Medora



of bison and wild horses graze on waving golden grasslands – in the distance, the sculpted peaks and troughs of rugged Badlands are painted by shifting light, their desolate beauty described by Roosevelt as ‘looking like Edgar Allan Poe sounds.’

Divided into two units spanning 285 square kilometres in western North Dakota, Theodore Roosevelt National Park epitomises the American West: wild, free and lonesome. During my two-day visit, I barely



encounter another tourist, despite it being the peak of summer – it’s certainly a fitting introduction to my road trip across the fourth-least-populated state in the US.

SHOWTIME AT MEDORA

At the gateway to the South Unit of the national park is Medora, a city famed for its historic wooden shopfronts and a quirky outdoor theatre event, the Medora Musical. An unashamed ode to patriotism, Teddy Roosevelt and the great American West, this dinner show under the stars is as cheesy



as it gets – but irresistibly fun in a knee-slappin’, toe-tappin’, rootin’-tootin’ way.

Just south of Medora is the jumping-off point for the Maah Daah Hey Trail, a 232-kilometre hiking, biking and horseback track that traverses prairie and Badlands, following the Little Missouri River and connecting the south and north units of the Theodore Roosevelt National Park.

ENCHANTED HIGHWAY

With limited time, we head east to the town of Dickinson before detouring on the Enchanted Highway, a 51-kilometre route through

farmland featuring some of the world’s largest scrap metal sculptures. Created by artist Gary Greff to attract traffic and breathe life into his struggling hometown of Regent, the highway features

Theodore Roosevelt National Park epitomises the American West: wild, free and lonesome

seven whimsical sculptures, including a flock of geese, giant grasshoppers, a tin family and, of course, Teddy Roosevelt on a rearing horse.

Looping back to the Interstate 94, I suddenly find

myself in the veritable big smoke – North Dakota’s capital of Bismarck. With a beautiful, 19-storey art-deco State Capitol building at its centre, the state’s second-largest city takes pride in government institutions.

Still, this urban area is also pleasantly green, surrounded by parks and trails along the Missouri River, which Lewis and Clark paddled up during their exploration in 1804.

SADDLE UP

The lure of the great outdoors is irresistible, however, and it’s time for me to release my inner cowgirl. Half an hour’s drive from Bismarck is Black Leg Ranch, a working cattle

and buffalo ranch that has been run by the Doan family for six generations. With his Brad Pitt-esque good looks, Dakotan drawl, low-strung Stetson and painted pony, North Dakota Cowboy Hall of Fame inductee Jay Doan certainly channels every Hollywood stereotype as he saddles my mount for the day, a beautiful black quarter horse

Jay Doan certainly channels every Hollywood stereotype as he saddles my mount for the day

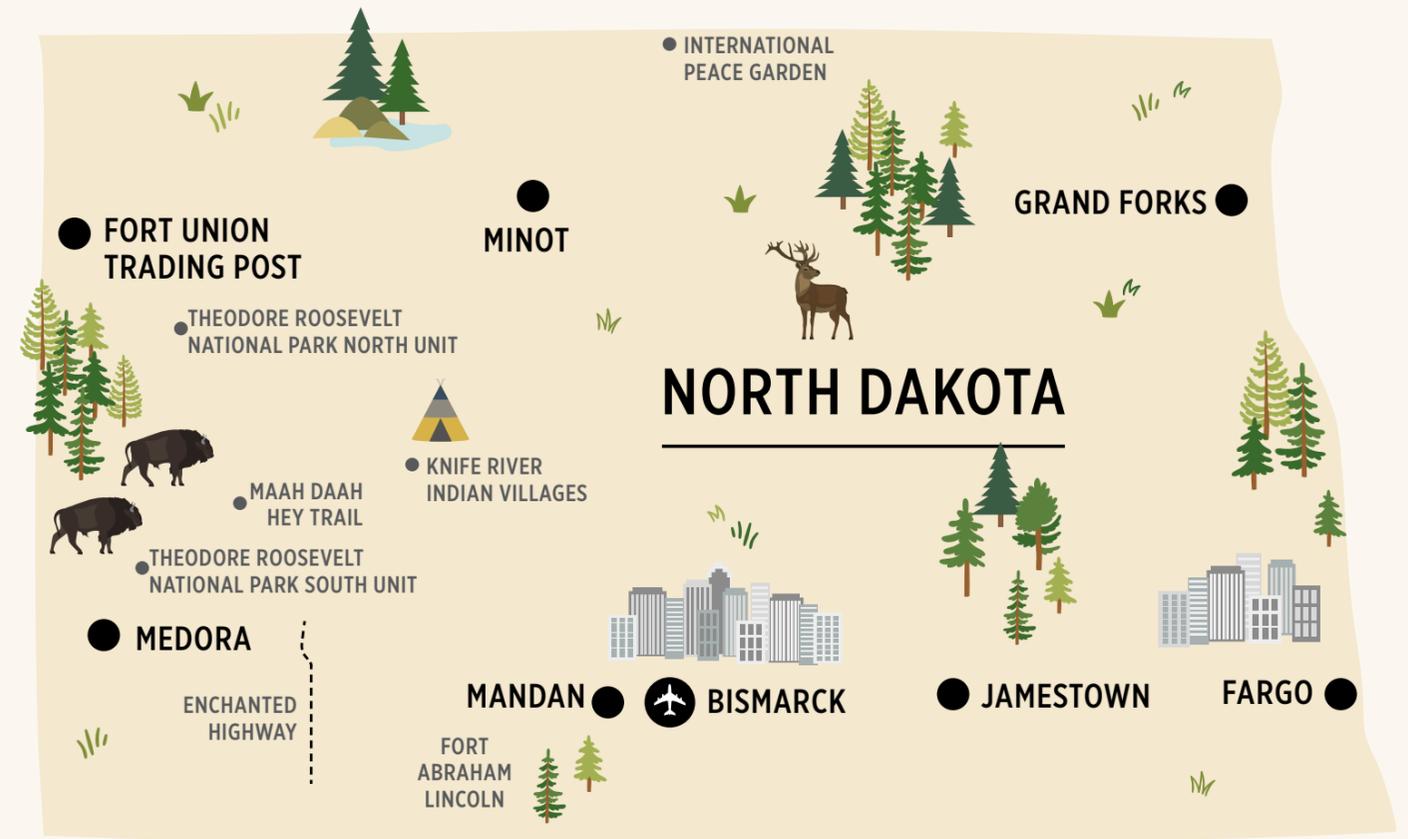
named Chance. On horseback, Jay and I explore hidden corners of the 6,880-hectare ranch, including old wagon trails, railroad relics and even a long-abandoned ghost town that paints a vivid picture of just how harsh pioneer life was in these northern realms.

Later, in a rustic yet grand century-old log lodge, I break five years of a vegetarian diet to indulge in a home-grown steak (admittedly delicious, and justified by being ethically produced) before retiring, exhausted, to a bed made from lodge poles. I'm soon dreaming about final frontiers...

NORTH OF NORMAL
My last destination, however, gives a completely different take on the North Dakota

experience. Located right on the border of Minnesota, Fargo is the largest city in the state, and is surprisingly progressive with a strong hipster vibe and a lively entertainment scene based around a revitalised Downtown hub.

Fargo's slogan, 'North of Normal', gives some idea of what to expect – the unexpected. Odd and offbeat are worn with pride here, with a slew of creative endeavours including street art, cool galleries and funky restaurants including Vinyl Taco, where innovative Mexican cuisine is served with a soundtrack of old-fashioned vinyl tunes. It's certainly a fitting finale to a road trip full of surprises. 🌄



TOP: The Enchanted Highway.
TOP RIGHT: A map showing North Dakota's highlights
ABOVE: Broadway area of Fargo
RIGHT: Wild horses in Theodore Roosevelt National Park

#ADVENTURE #WILDLIFE

22 things to do in the great outdoors

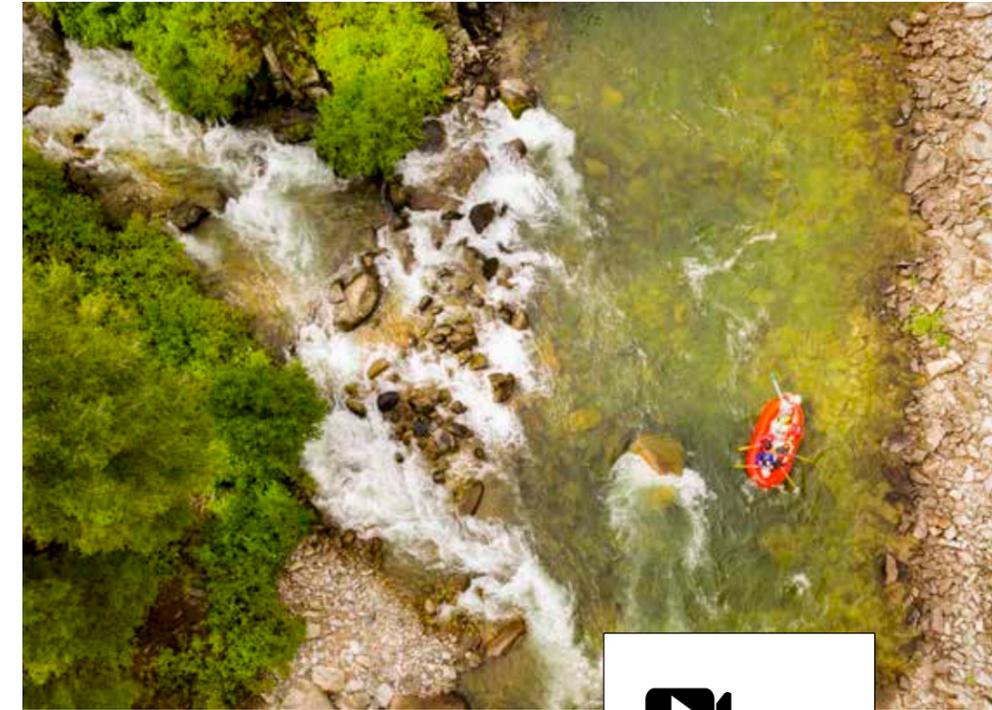
To escape the crowds, enjoy beautiful wilderness areas and get your fill of adventure, head for Idaho and North Dakota.



7 In winter, the Sawtooths also have has sledding, snowmobiling, cross-country skiing, heli-skiing, ice fishing, snowshoeing and ice skating. Skiers and snowboarders head for [Sun Valley](#).

8 The [Central Idaho Dark Sky Reserve](#) is located between Ketchum and Stanley. It is the first and only Gold Tier International Dark Sky Reserve in the USA.

9 Ride the Route of the Hiawatha, one of the most scenic rail trails in the USA.



WATCH

Pick your Idaho adventure here.

10 Seek out one of Idaho's 130 soakable springs, including [Blue Heart Springs](#) near Hagerman, Kirkham Hot Springs near Boise, Goldbug near Salmon and Frenchman's Bend Hot Springs near Ketchum.

11 Bird lovers will want to make a beeline to Morley Nelson Snake River Birds of Prey National Conservation Area near Boise. It has the world's densest populations of nesting eagles, hawks and falcons.

Idaho has more whitewater to paddle than anywhere else in Continental USA.

OPENING SPREAD: Camping at Elephants Perch near Stanley.
TOP LEFT: Pine Flats Hot Springs
ABOVE: Rafting near Stanley in the Sawtooth National Reserve
LEFT: A bear in Hells Canyon

IDAHO

1 Go whitewater rafting or jetboating in Hells Canyon, the deepest river gorge in North America. Idaho has more whitewater to paddle than anywhere else in Continental USA.

2 Take to the Salmon River for rafting, floating or kayaking. The Salmon is one of the longest free-flowing rivers in the country.

3 Go kayaking or stand-up paddleboarding at Shoshone Falls and up the Snake River Canyon.

4 The [City of Rocks National Reserve](#) near Almo is known for its rock climbing and hiking.

5 Redfish Lake is popular for sailing, waterskiing, swimming or llama trekking. Yep – llama trekking. These beautiful animals carry your gear for you on multi-day treks.

6 Strap in for a host of activities in the [Sawtooth National Recreation Area](#), with hiking, boating, mountain climbing, biking, fishing and horse riding all available.



NORTH DAKOTA

1 Wildlife-watching is part of the deal when you go horseback riding, hiking, biking or driving around Theodore Roosevelt National Park. You'll see bison, elk, deer, eagles and wild horses.

2 North Dakota is all about wide-open spaces. There are 13 state parks, 63 wildlife refuges and 10 scenic byways and backways. The Killdeer Mountain Four Bears Scenic Byway is just one of the scenic drives, allowing visitors to hike, ride horses, kayak and visit some historic sites along the way.

3 Turn on paddle power by kayaking, canoeing or stand-up paddleboarding on the Little Missouri River, the Sheyenne, Pembina or Red rivers.

4 For a different kind of activity, visit a dinosaur dig site or actually join a dig yourself. See one of only six mummified dinosaurs in the world at the [North Dakota Heritage Center](#).

5 Ride, hike or go for a drive through the Badlands, which also includes part of the Maah Daah Hey Trail. The longest single-track mountain biking route in the United States, it caters to everyone from novices to experts.



6 Go fishing on Lake Metigoshe, Devils Lake, the Missouri River and Lake Sakakawea – the latter is also excellent for boating.

7 Saddle up for a [horseback ride](#) through the Badlands with Medora Riding Stables or sign up for a full cowboy experience at Black Leg Ranch, where you can go ridin', ropin' and stay at the ranch.

8 Get into the swing of golf by playing all 20 courses on the Lewis and Clark Golf Trail, which follows the route of the 19th-century explorers.

9 Visit the [International Peace Garden](#) in the Turtle Mountains on the US-Canada border. Its 930 hectares boast 155,000 plants, two lakes, hiking trails and its showstopping Formal Garden.

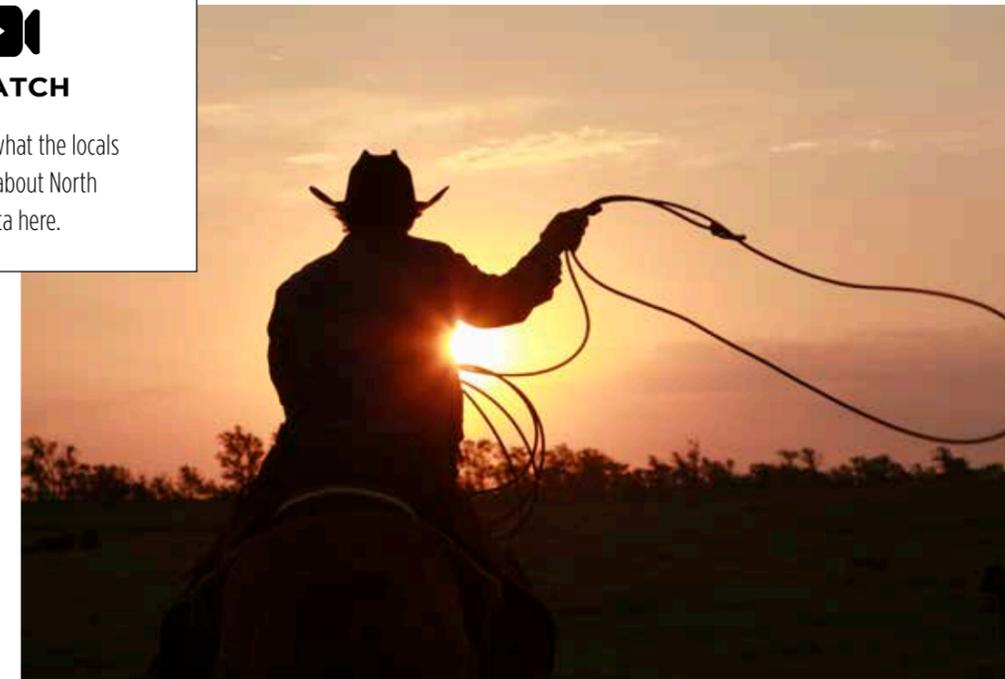
10 Go exploring at the Knife River Indian Villages National Historic Site, then go for a hike on the Two Rivers Trail.

11 Lake Sakakawea is the trailhead for the [North Country National Scenic Trail](#), a 7402-km-long trail that will take you through eight states from North Dakota to Vermont, with plenty of scenic and historic sites along the way. 📍



WATCH

See what the locals love about North Dakota here.



#FIRSTNATIONS

First Nations first

Keeping a focus on the Native American history of North Dakota and Idaho makes for a truly fascinating tour of these two stunning states.



I

N THE WESTERN states of North Dakota and Idaho, Native American history comes alive through a wonderful landscape of places to visit and experiences to try. They offer quite distinct and diverse histories and traditions, worth taking a little extra time to understand and imagine with the help of a raft of fantastic museums and tours.



OPENING SPREAD:
Pow wow at New Town
© Jason Lindsay
RIGHT: The United Tribes Pow
Wow BOTTOM RIGHT: Fort
Abraham Lincoln FAR RIGHT:
Fort Union Trading Post

NORTH DAKOTA

Making up about five per cent of the state's population, five federally recognised Native American tribes have unmistakably influenced the rich cultural traditions and atmosphere of North Dakota. Nearly 40 per cent of these 30,000-plus First Nations North Dakotans are aged below 30, giving fresh innovation and vibrance to their cultural contributions. For visitors interested in attending both special events and historic places with ties to the tribal nations of Spirit Lake Nation, Standing Rock Sioux Tribe, Three Affiliated Tribes of the Fort Berthold Reservation, Sisseton-Wahpeton Oyate and the Turtle Mountain Band of Chippewa, it is clear that Indigenous culture

in North Dakota is very much alive and present.

Each tribe possesses its own distinct customs, from language to history and even origin, which makes a tour of North Dakota's important First Nations sites and festivals especially enriching. The [United Tribes Technical College International Pow Wow](#) offers a chance to witness the tribes at their proudest and most exciting. Each September, this weekend event invites singers and dancers in full tribal regalia to represent the living traditions of their tribe.

At any time of year, a number of historical locations are available to visit to tell the stories of the Plains Indians. Exploring the prairies and waterways of the

[Knife River Indian Villages National Historic Site](#) gives a better understanding of this key tribal trade centre and farming and hunting ground. The site's walking trails meander through the easy, flat landscape; take the two-hour North Forest Trail or the slightly longer Two Rivers Trail.

Sacajawea a true heroine

Travellers are very welcome to visit the Fort Berthold Indian Reservation, home of the Three Affiliated Tribes (the Mandan, Hidatsa and Arikara Nation), situated right on the banks of the Missouri River. The reservation itself holds almost

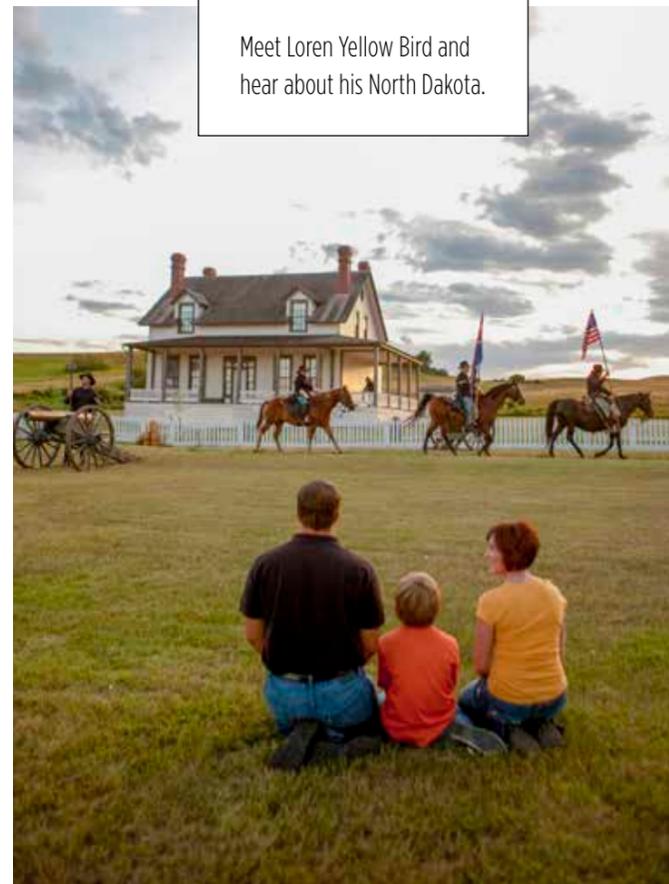
405,000 hectares, roughly half of which is owned either individually or communally by tribal members. Famed explorers Lewis and Clark stayed with the Mandan tribe through the winter of 1804-1805, most probably sheltering in their earth lodge homes, and it was here that guide and interpreter Sacajawea (also known as Sakakawea) joined their expedition. Her role in helping the explorers was so great that her image now graces the United States' dollar coin. The Three Affiliated Tribes Museum and the new MHA Interpretive Center in New Town are both helpful and informative visits, as is the Earth Lodge Village nearby on

the shore of Lake Sakakawea. Inside Fort Abraham Lincoln State Park, On-a-Slant Indian Village replicates a 400-year-old Mandan village, which thrived for at least 200 years. Touring its earth lodges gives a very effective peek into Mandan tribal life, hunting and farming these lands. For a glimpse into more recent history, the historic sites of Fort Abraham Lincoln and General Custer's House provide more than a slight shiver. The Custer House is a perfect and detailed reproduction on the original site, taking you back in time to 1875 thanks to an informative guide dressed in period costume talking you through prairie life.



WATCH

Meet Loren Yellow Bird and hear about his North Dakota.



IDAHO

Six First Nations peoples call Idaho home: the Coeur d'Alene, Kootenai of Idaho, Nez Perce, Shoshone-Bannock, Shoshone-Paiute and Lemhi-Shoshone. Although these tribes make up a much smaller percentage of the state's population here than in North Dakota, their cultural influence remains ever-present, with four federally recognised tribal reservations here.

Idaho's very diverse geography also makes for fascinating touring, from Salmon River country and the mountains through to the Great Plains and the Great Basin. It's no surprise that this differing landscape also shaped its different tribal settlers' traditions and histories.

Indeed, this is the birthplace of one of the United States' most celebrated horse breeds, the Appaloosa, with strong ties to Idaho's Nez Perce tribe. You can learn all about these spotted equine beauties at the [Appaloosa Museum](#) in Moscow, from its self-guided exhibits and theatre to its interactive kids' area and multimedia archive.

To learn more about the Nez Perce, visit the [Nez Perce National Historical Park Visitor Center](#) in Spalding, part of the massive Nez Perce National Historical Park that is spread across no less than four states. Not only can you enjoy the museum exhibits here, but you can



BOTTOM LEFT: The Cataldo Mission
LEFT: Nez Perce tribal members near the Appaloosa Museum
BELOW LEFT: The tribal warrior sculpture at the Veterans Memorial



WATCH

Learn about the heart and creativity of the Nez Perce



also get a trail map to enable further exploration of the surrounding historic district.

Lewis and Clark's famous guide and interpreter Sacajawea was, in fact, a Lemhi-Shoshone woman. Idaho's celebrated First Nations daughter is accordingly honoured at the [Sacajawea Interpretive, Cultural and Educational Center](#). More than a museum, this is a real centre for activity surrounding the Lewis and Clark Historic Trail area of Idaho. At the Center itself, there are Heritage Community Gardens, the Kids'

Garden, artifacts and scenic walking trails through the lovely 28-hectare parklands.

For visitors wanting to take in even more of Idaho's stunning great outdoors, the [Trail of the Coeur d'Alenes](#) gives a perfect opportunity. This is a point-to-point rail trail stretching just over 112 kms for hiking or cycling through forest, lakes and prairie, with campgrounds for the intrepid and wildlife spotting a must in this gorgeous area. It is worth stopping at the trailhead to pay your respects at the Veterans Memorial - a striking sculpture

of a tribal warrior on horseback hoisting a peace pipe, with nearby stones holding the names of the many tribal members who served in battles.

For those with a little less time to spare, a visit to Idaho's oldest building, the Cataldo Mission in Coeur d'Alene's [Old Mission State Park](#), is illuminating. The Jesuit church, parish house and the accompanying museum exhibits do much to illustrate the complicated relationship between European settlers and one of Idaho's most famed tribes. 🌐

#CITYLIFE

Going to town

The cities and towns of Idaho and North Dakota make it easy to hop around the many attractions of these surprising states, *writes Lisa Perkovic.*



IDAHO

It may have earned its nickname as the 'gem state' from the rich natural resources found within its state lines, but Idaho has plenty of other reasons to be considered a precious place to visit.

You'll find Boise, Idaho's capital city, on plenty of 'top places to live' lists, with Americans seeking out its mixed bag of culture, history and clean, fresh air. Visit the Basque Museum and Cultural Center for a history lesson on the city's European community, get decked out in the colours of the Boise State Broncos for a match during football season, or join joggers and bike riders on the 40-km Greenbelt trail that runs alongside the Boise River.

Living history

The old railway town of Ketchum's motto is 'small town, big life.' In winter the big drawcard is Sun Valley ski resort, just four minutes down the road. In summer, it's golf, hiking and biking in the spectacular Sawtooth National Recreation Area. Summer is also when the famous Wagon Days Parade rolls into town - it is the longest non-motorised parade in the Pacific Northwest.

Silver mining put Wallace on the map, and a beautifully preserved downtown has kept it there. Listed on the National Historic Register,



LEFT: Boise skyline. ©Boise Convention & Visitors Bureau ABOVE: The Big Hltch is part of Wagon Days Parade in Ketchum. © Carol Waller

the town's Queen Anne-, Art Deco- and Arts-and-Crafts-style properties are dripping in country charm. If they look familiar, it's because they hit the big screen in the 1997 film, *Dante's Peak*. The town also holds the self-proclaimed title of 'Centre of the Universe,' a claim that is celebrated every year by proud locals.

Whatever the season, the historic logging town of McCall has an outdoor activity on offer. Whether you're hiking to Goose Creek Falls, rafting the Payette River or skiing Brundage Mountain, there are only 3,500 residents, so you can expect plenty of space to yourself.

Water, water, everywhere

It's all about lake life in Coeur d'Alene, with fishing, kayaking and boating on the 129-sq-km lake the name of the game in summer. And then there are the 55 other surrounding glacial lakes to keep you busy!

The name Twin Falls says it all. Standing in the shadow of the mighty Shoshone Falls, this town is made for thrillseekers. Kayak to the base of the falls, zipline through the Snake River Gorge, or be brave and base jump off the I.B Perrine Bridge - the only bridge in the USA where this is legal.

NORTH DAKOTA

If you're looking for wide-open spaces and big sky, look no further than North Dakota. Its cities and towns are blessed by easy access to the great outdoors alongside their own special charms.

History buffs will be busy in Bismarck, North Dakota's capital city. Expeditioners Lewis and Clark paddled the

Missouri River back in 1804, and today you can join a paddlewheeler steamboat on the river before heading to Fort Abraham Lincoln State Park to wander the reconstructed historic villages and check out Custer's Cottage. Save time for a trip to the North Dakota Heritage Center and State Museum, nicknamed the Smithsonian of the Plains.



Urban Arts

Fame has certainly found Fargo, but the town's distinct personality outstrips its namesake movie and TV shows. *Fargo* movie lovers should make a beeline for the Fargo-Moorhead Visitors Center, where the woodchipper prop is displayed in all its gory glory. Meanwhile, art lovers are well looked after in Fargo: visit Rourke Art Museum's substantial collection of American modern art before hitting the streets, where you'll find murals around every corner. Find your way to Fargo Brewing Co., where you can whet your thirst with a Woodchipper IPA or a Yoga on Tap class.

The Wild West

The small town of Medora off Interstate 94 lends its name to the Medora Musical, an annual open air summertime spectacular bringing the Wild West to life since the 1960s. Stick to the theme with a visit to the North Dakota Cowboy Hall of Fame before heading off on your own adventure in Theodore Roosevelt National Park.

You might have been to the Big Banana back home, but have you been to the World's Largest Buffalo? Dakota Thunder is nearly eight metres tall and makes for a fun stop when you're visiting Jamestown, a town that's big on buffalo. Check out the National Buffalo Museum for



OPPOSITE PAGE:
The North Dakota Heritage
Center and State Museum
TOP: The Medora Musical
RIGHT: Fargo

a history lesson, then head to Sabir's Buffalo Grill to continue your education.

Northern Roots

Vikings are probably not what you'd expect to find in Minot, but each autumn the town is overrun by them when the Norsk Hostfest, a celebration of North Dakota's Nordic heritage and culture, takes over. Year-round, you can visit the Scandinavian Heritage Park, home to a full-size Stave Church replica.

Home to the Grand Forks Air Force Base and the University of North Dakota, Grand Forks, which sits pretty on the banks of the Red River, has a burgeoning brewing scene. The Rhombus Guys brewpub has given the town's historic Opera House a new lease on life. 🍷



WATCH

Josh Duhamel, who is a native of Minot, North Dakota, spent the night at the North Dakota Heritage Center and State Museum in Bismarck. Check it out here!



#PLACESTOSTAY

Standout places to stay

From cities to the wilderness, there is a great selection of weird and wonderful places to stay in Idaho and North Dakota, *writes Jac Taylor.*

RIGHT: Stay in a chuckwagon at Downata Hot Springs in Idaho.
ABOVE: Black Leg Ranch,
North Dakota





NORTH DAKOTA

North Dakota has its share of quirky places to stay, including a choice of cosy yurts and tipis at [Cross Ranch State Park](#), in medieval comfort at the [Enchanted Castle](#) in Regent, and one for the twitchers – [Pipestem Creek Garden Lodging](#) for bed and birding in Carrington. Here are some of our favourites.

Rough Riders in Medora

This is the Wild West come to life. Named after the volunteer cavalry unit headed by US President Theodore ‘Teddy’ Roosevelt, this building is brimming with history. Roosevelt is rumoured to have delivered one of his famed speeches from a balcony here, and the extensive private library has a plethora of books either on or written by him. Dine by the fire in Theodore’s Dining Room and put aside some time to visit the Wild West Museum just down the road.



Black Leg Ranch

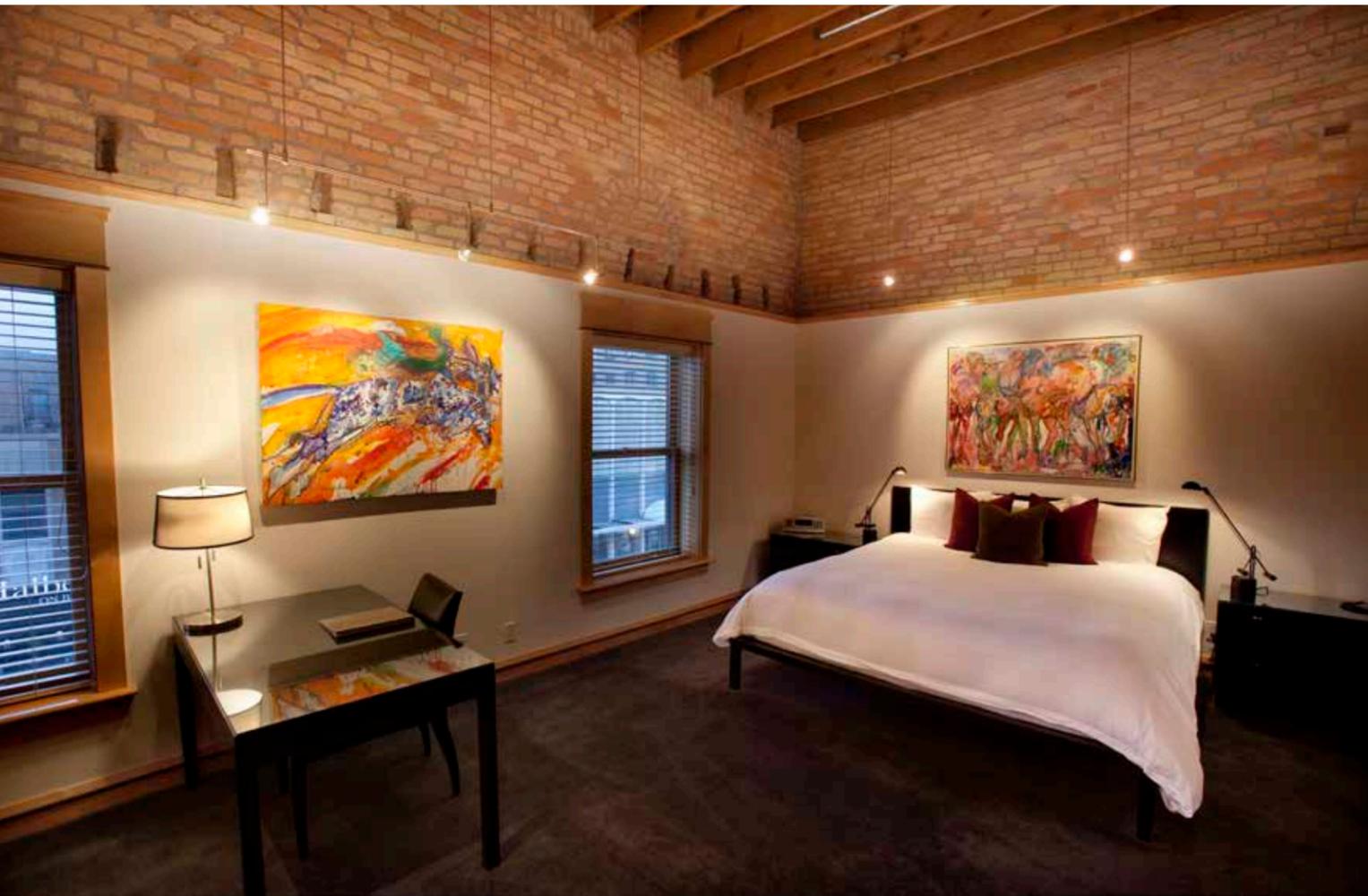
Chew some beef jerky or bison, sample the micro-brews at the resident Black Leg Brewery and enjoy a stay in a timber-clad lodge at this all-ropin’, all-ridin’ ranch. The motto of Black Leg Ranch is ‘preserving the prairie,’ a philosophy that enhances the ambience of this fifth-generation cattle ranch and homestead. Both bison and cattle are ranched here, and you can tag along with real-life cowboys on horseback, and try your luck at ropin’.

Hotel Donaldson in Fargo

If you come to Fargo expecting the chaos of the eponymous film, you’ll be pleasantly surprised with the classy, art-filled Hotel Donaldson. Located in the city’s thriving dining, entertainment and arts centre, the ‘HoDo’ brings its artistic flair to everything from room décor to artisanal cuisine. Pair a stay here with a visit to Fargo’s Plains Art Museum, or just take in the many exhibits, performances and events featuring local artists at the hotel itself.

Coteau des Prairies Lodge

It’s hard to imagine a better spot from which to take in the full splendour of the North Dakota prairies. This stunning log lodge perches on the ridge of the Coteau des Prairies, a 320-kilometre-long plateau rising above the flatlands of the state imbued with folklore and local pride. There are only 13 bedrooms here, owned and stewarded by a local family of ranchers who ensure your stay contains as much adventure as you could wish for.

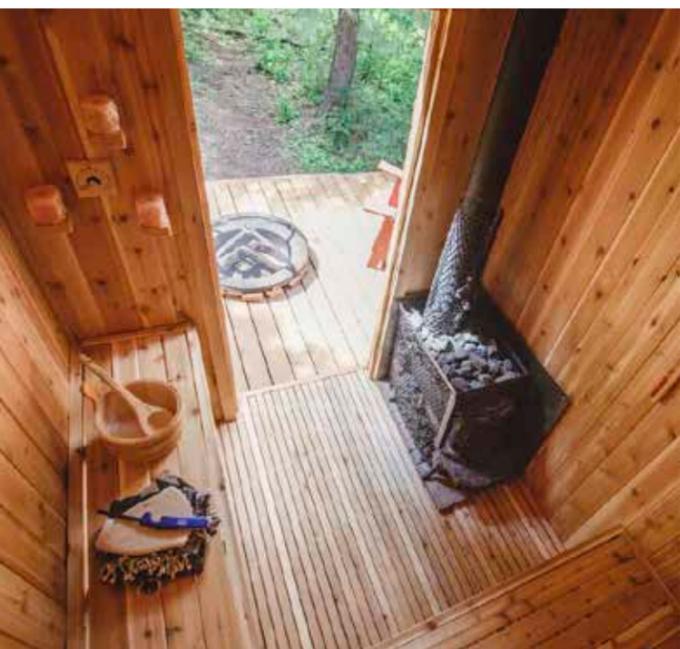


TOP LEFT:
Coteau des Prairies Lodge
LEFT: Hotel
Donaldson in Fargo
TOP RIGHT:
Black Leg Ranch



IDAHO

In a place as filled with character and interest as Idaho, it makes perfect sense that a stock-standard hotel room doesn't always cut it. Indeed, Idaho offers several wonderfully quirky places to stay, including inside the world's biggest beagle at [Dog Bark Park Inn](#). You'll literally be in the dog house! You can also stay in a replica chuckwagon at [Downata Hot Springs Resort](#). Here are four other unique places that are Idaho through and through.



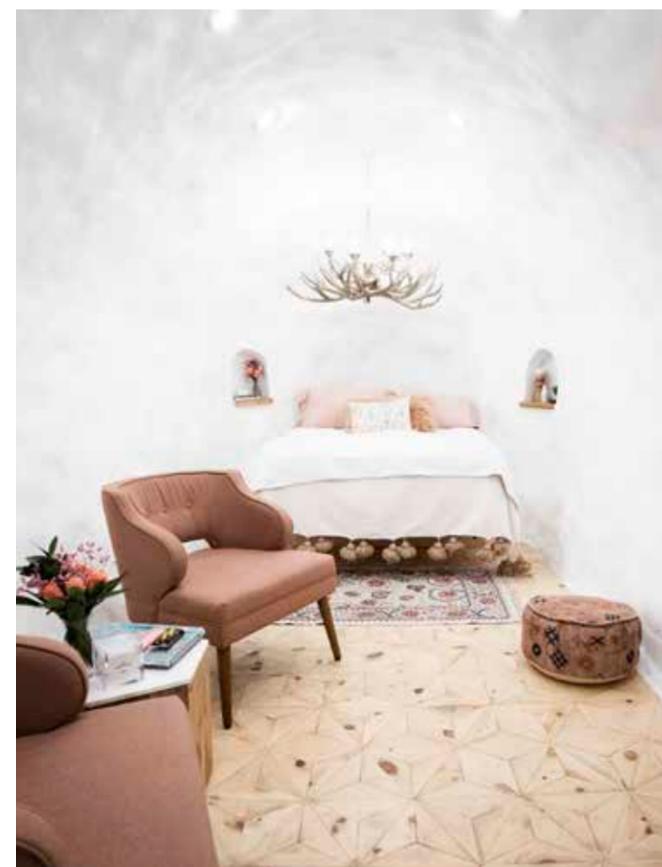
CLOCKWISE FROM TOP: Crystal Peak is a former fire-spotting tower; Teton Springs Lodge & Spa; The Big Idaho Potato; The interior of the bathroom at Crystal Peak.

Big Idaho Potato

Somehow, we know you won't be astonished to find out this is the only potato hotel in the world. What may surprise you, however, is the interior of this six-tonne concrete, steel and plaster replica vegetable is very tastefully done. After a seven-year tour of the country promoting Idaho's spuds, it has retired in tiny-house form, complete with air-con, just 32 km outside Boise. The bathroom is in a nearby silo and features a fireplace and a luxe whirlpool.

Crystal Peak Lookout

Thanks to a beautiful recent remodel of one of northern Idaho's forest fire-spotting towers, you can now play treehouse in Crystal Peak's cedar-filled mountainside. You have a full five hectares to spot bluebird nests in spring, pick huckleberries in summer and, in winter, track moose in the snow, take a ride in the vintage 1960s snowcat vehicle (the best way to access the property) and, at night, enjoy the wood-fired sauna.

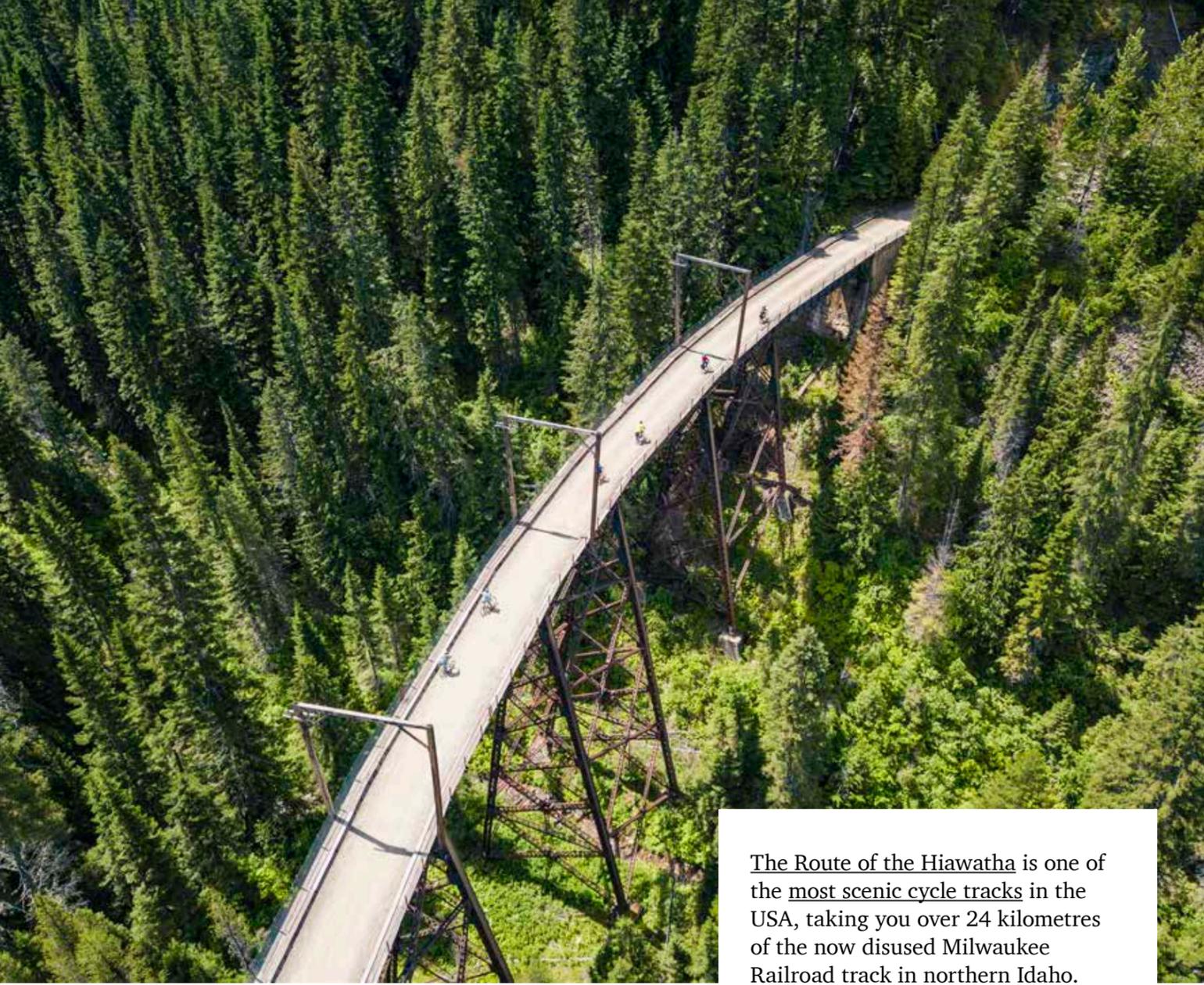


Inn at 500 Capitol

This chic and very hip boutique hotel in the heart of Boise has something for everyone. Amongst its lush rooms, you can try the dog-themed Best Friend room, the moody Egyptian Theater room, the Boise Art Museum room, the film-buff Flicks Room and even the Farmers' Market room, complete with a metal rooster 'crowing' at the head of the bed. Unlike some themed-room hotels, these rooms are done with all the style and grace of the rest of the establishment.

Teton Springs Lodge and Spa

Located in Victor, near the border with Wyoming, this is your gateway to big-ticket sights such as Yellowstone and Grand Teton national parks, as well as Idaho's fantastic ski fields. The lodge itself is an upscale construction of cosy timber, with separate mountain log homes providing more individual cabin-style accommodation amongst the mountains and providing easy access to the golf course. 🌲



LEFT AND BELOW RIGHT: There are seven trestle bridges on the Route of the Hiawatha

The Route of the Hiawatha is one of the most scenic cycle tracks in the USA, taking you over 24 kilometres of the now disused Milwaukee Railroad track in northern Idaho.

The trail is held in such high regard that it was named as a 'Hall of Fame' trail by the Rails-to-Trails Conservancy, along with the 117-km Trail of the Coeur d'Alenes.

#RAILTRAIL

Route of the Hiawatha

Take beautiful scenery. Add a disused railway track once referred to as 'the best darn railroad in the world' and some bicycles. The end result is a spectacular adventure.

ON THE TRAIL

The Route of the Hiawatha starts at the Lookout Pass Ski Area on the Idaho-Montana border and follows the Bitterroot Mountains between the two states. The mostly downhill trail takes riders through 10 tunnels – the longest of which is the 2.7km St. Paul Pass Tunnel – also known as the Taft Tunnel. You'll definitely need bright headlamps as it is as black as pitch inside. At the western end of the tunnel, there is a waterfall providing a great photo opportunity.

As if that is not adventurous enough, the trail also takes riders over seven trestle bridges up to 70 metres high. As you can imagine, the views are spectacular.

The trail takes you past soaring snow-topped peaks, lush forests of spruce, pine and fir, and gurgling creeks below, and gives the chance to spot wildlife including squirrels, mule deer, moose and the occasional bear. You might even see deer IN the tunnels!

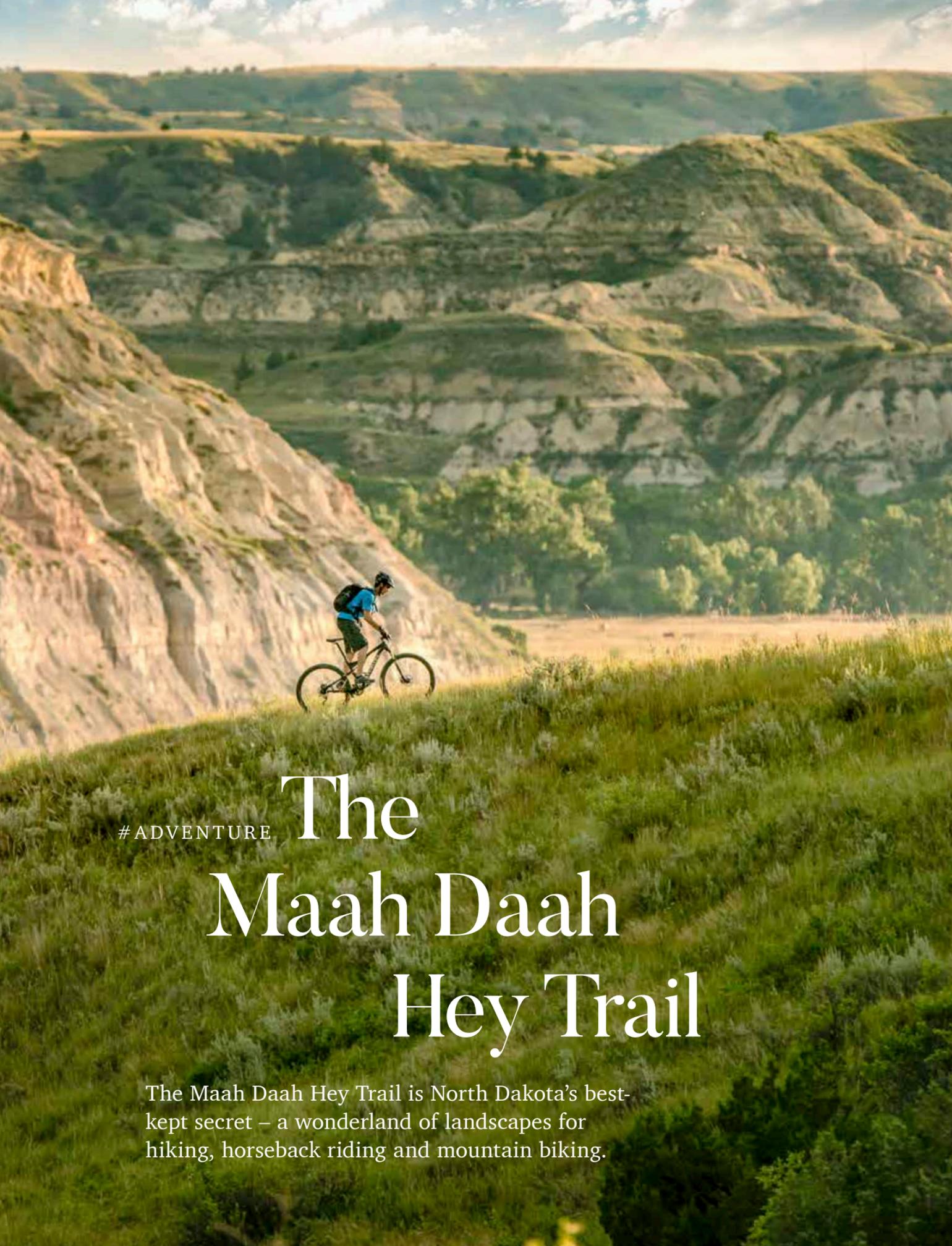
TRAIL HOW-TOS

Stop off at the Lookout Pass Ski Area, where you can hire mountain bikes, helmets and lights and pick up a complimentary bike rack to put on your car to drive to the trailhead. Most riders choose to start at the East Portal by the Taft Tunnel as that means you are riding downhill the whole way. Don't worry – there is a shuttle bus to take you back to the parking lot at the top. If you don't have a car, it is possible to organise a tour – check with your accommodation.

The best place to stay to access the trail is in the historic town of Wallace. The whole town is listed on the National Historic Register and also has quirky elements such as a self-proclaimed title of 'Center of the Universe.'

After taking in the beauty of the Route of the Hiawatha, you just might agree! 🍷





#ADVENTURE **The
Maah Daah
Hey Trail**

The Maah Daah Hey Trail is North Dakota's best-kept secret – a wonderland of landscapes for hiking, horseback riding and mountain biking.

The Maah Daah Hey Trail is a 230-kilometre adventure playground in western North Dakota. It starts near Amidon and finishes south of Watford City, connecting the north and south units of the Theodore Roosevelt National Park and running through the Little Missouri Grasslands and the rugged Badlands, the area Theodore Roosevelt fell in love with back in the 1880s.

The trail gets its name from the Native American Mandan language, and means 'grandfather' or 'something that will be around for a long time.' The symbol used on trail signage is a turtle, adopted from the Lakota Sioux Indians and representing patience, determination, fortitude and protection – things that will help anyone tackling the entire length of the trail.

The landscape along the trail is diverse, covering the artistic formations of the Badlands shaped by millions of years of wind, rain, erosion, fire and the meandering Little Missouri River. Then there are grassy ridges, endless prairies, majestic views and wildlife-spotting along the way.

LEFT: The Maah Daah Hey Trail is a mountain biker's dream. TOP RIGHT: Hiking on the Maah Daah Hey Trail. © North Dakota Tourism



TACKLING THE TRAIL

The trail system consists of nine segments, ranging from the 250-metre Overlook to the 30-kilometre Buffalo Gap section. There are 18 trailheads from which to access the trail, as well as 12 campgrounds.

Mountain bikers come from near and far to ride this now-famous trail, the longest single-track mountain biking route in the United States. Most experienced riders will do it over four or five days, either carrying their own camping gear or organising someone to take it for them. If you prefer to go with a group and not worry about whether you are going the right way, organise a ride through Dakota Cyclery at Medora.

If you don't fancy long stretches of hiking or biking, you can stay in Medora and drive to some of the more scenic spots visible from the road.

SIGHTS TO BEHOLD

The Maah Daah Hey Trail attracts nature-lovers, photographers, birdwatchers and people who just love being in the wild. The China Wall, Hanson Overlook, Midway Marker and Devil's Pass will all have you reaching for the camera, while other places of interest include the Ice Caves and Theodore Roosevelt's Elkhorn Ranch, accessed from the Elkhorn Trailhead. Only the foundations remain, but the view is the same one he fell in love with. 📷



#WINTER #ADVENTURE

Winter wonders

The states of North Dakota and Idaho have a lot to offer in the winter months.

SKIING AND SNOWBOARDING

It might surprise people to know that Idaho has one of the best ski resorts in the USA. Sun Valley has everything you could possibly want in a ski resort, and also has serious Hollywood credibility, promoted in its infancy by Ernest Hemingway as a getaway for the stars. Sun Valley has two mountains, Dollar and Bald, and opened new terrain in late 2020. The luxurious star-studded Sun Valley Lodge is stunning, as are the gorgeous European-style on-mountain lodges

and the fun vibe of nearby Ketchum – including its famous Pioneer Saloon.

There are lesser-known resorts in northern Idaho, including Schweitzer Mountain Resort in Sandpoint, Silver Mountain in Kellogg and Lookout Pass near Wallace.

North Dakota also has places to strap on your skis, including Frost Fire Mountain, Huff Hills and Bottineau Winter Park. Cross-country skiers are not forgotten, with Cross Ranch State Park offering magnificent trails. Afterwards, warm up or even stay in a yurt.



FAR LEFT: Fishing on Redfish Lake, Idaho ABOVE: Snowshoeing near Victor, Idaho BELOW: The Northern Lights



WATCH

Winter will wow you in Idaho



UNDER THE STARS

It might come as a surprise to know that North Dakota is a great place to see the Northern Lights (Aurora Borealis). These spectacular lights dance across a black background in vivid green, purple and blue, and compete with a background of a zillion stars. Not to be outdone, Idaho's night skies are just as bedazzling, with the Central Idaho Dark Sky Reserve lighting up the crisp winter nights over the towns of Ketchum, Hailey and Sun Valley.



WATCH

Discover winter
in North Dakota.



LEFT: Stay in a yurt in the snow near Idaho Falls
BELOW: Snowmobiling at Island Park, Idaho
RIGHT: Fat tire biking at Lake Metigoshe, North Dakota

EVENTS

Fargo, North Dakota, has the Frostival Festival, an event that celebrates the cool of winter in a typical 'North of Normal' way. Frostival has a range of outdoor events, concerts and family-friendly activities over six weeks.

In Idaho, the McCall Winter Carnival is a 10-day celebration at the end of January that includes the Mardi Gras Parade, the Children's Torchlight Parade, live music and traditional snow sculptures.

Not to be outdone, Lava Hot Springs has the Fire & Ice Winter Fest, with one of the most popular and crazy events being the Polar Float Parade, where locals dress up in costume and float down the freezing waters of the Portneuf River. 🌊

ADVENTURES ON SNOW

Sun Valley's Nordic and Snowshoe Center is the base for a vast array of trails that take you around the scenic valley. Afterwards, head for Ketchum's Sawtooth Brewery or the Warfield Distillery & Brewery for a beverage or two. In North Dakota, fat biking is popular at Lake Metigoshe State Park with oodles of trails.

Snowmobiling is really popular in North Dakota's Turtle Mountains, with 284 kms of trails that link up with trails at the International Peace Garden. In Idaho, peak snowmobiling action can be found in Bear Lake, Island Park and Lake Cascade.

ON THE ICE

Ice Fishing is a thing, and in North Dakota one of the best spots is Devils Lake. Go out with a guide and fish in a cosy tent or cabin on the ice.

For a more active adventure, lace on your ice skates and make like Torvill and Dean at one of the many ice rinks, such as Town Square in downtown Grand Forks, Fargo, and at Icelandic State Park. In Idaho, the best rink is at Sun Valley, where you can skate all year round; in summer, watch champions of the sport in action at the famous Sun Valley Ice Shows.





LEFT: Starry skies over Hell Roaring Lake in Sawtooth National Recreation Area, Idaho

Idaho

- 1** **Hells Canyon** is the deepest canyon in America. Yep – deeper than the Grand Canyon.
- 2** Idaho's **Central Idaho Dark Sky Reserve** is home to the nation's first and only International Dark Sky Reserve – one of only 18 in the world.
- 3** In **Soda Springs**, you can find the largest captive geyser in the world – it erupts every hour on the hour, reaching heights of over 33 metres.
- 4** There are over **130 soakable hot springs** in Idaho.
- 5** Idaho has 72 types of **precious and semi-precious stones**, which is why it is known as The Gem state.

- 6** Idaho is the **home of the Appaloosa** (spotted horse). The Appaloosa Museum and Heritage Center is located in Moscow (not that Moscow – the one in Idaho).
- 7** NASA astronauts visited the **Craters of the Moon National Park** before they flew to the moon.
- 8** The world's largest English language falconry library is in Boise's **World Center for Birds of Prey**.
- 9** The name of **Owyhee** honours three Hawaiians who joined the North West Company's Snake expedition and made it from the Pacific coast into southwestern Idaho.
- 10** The mayor of the town of **Wallace** declared it to be the "Center of the Universe" and put signs and a manhole cover in place to promote it.

📍 IDAHO TOURISM

North Dakota

- 1** There are a lot of notable **golf courses** in North Dakota, including the scenic **Bully Pulpit course** in the Badlands, King's Walk, the championship Arnold Palmer Signature course in Grand Forks, and the Bois de Sioux Golf Club – the only public golf course in the nation to have nine holes in one state and nine holes in another (the front side in Wahpeton, North Dakota, and the back side in Breckenridge, Minnesota.)
- 2** Medora will be home to the **Theodore Roosevelt Presidential Library** in 2025.
- 3** The town of **Rugby** is the geographical centre of North America.
- 4** North Dakota is home to more national **wildlife refuges** (63) than any other state.
- 5** Enough wheat is grown in North Dakota to make 15.5 billion loaves of bread; enough soybeans to make 483 billion crayons; enough potatoes for 171 million servings of French fries; and enough canola to fill the North Dakota State Capitol building 17 times.

TOP RIGHT: Bison
BELOW: Bully Pulpit Golf Course, Medora



- 6** The **Enchanted Highway** boasts the largest gathering of "Larger than Life" roadside art.
- 7** Fargo is home to the infamous woodchipper that was featured in the movie *Fargo*.
- 8** One in three North Dakotans has Nordic heritage, the highest percentage in the US. The Scandinavian Heritage Park in Minot (rhymes with "why not") is the only outdoor museum in the world to feature all five Nordic countries: Norway, Finland, Sweden, Denmark and Iceland.
- 9** Nearly 90 per cent of North Dakota's land area is in farms and ranches.
- 10** Jamestown, also known as Buffalo City, houses the 'World's Largest Buffalo.' The statue is 7.9 metres tall, 14 metres long and weighs 54 tonnes. 🐃

📍 NORTH DAKOTA TOURISM



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