



SOUTH BEND
ADVENTURE GUIDE
FALL 2019



Student Government
UNIVERSITY *of* NOTRE DAME

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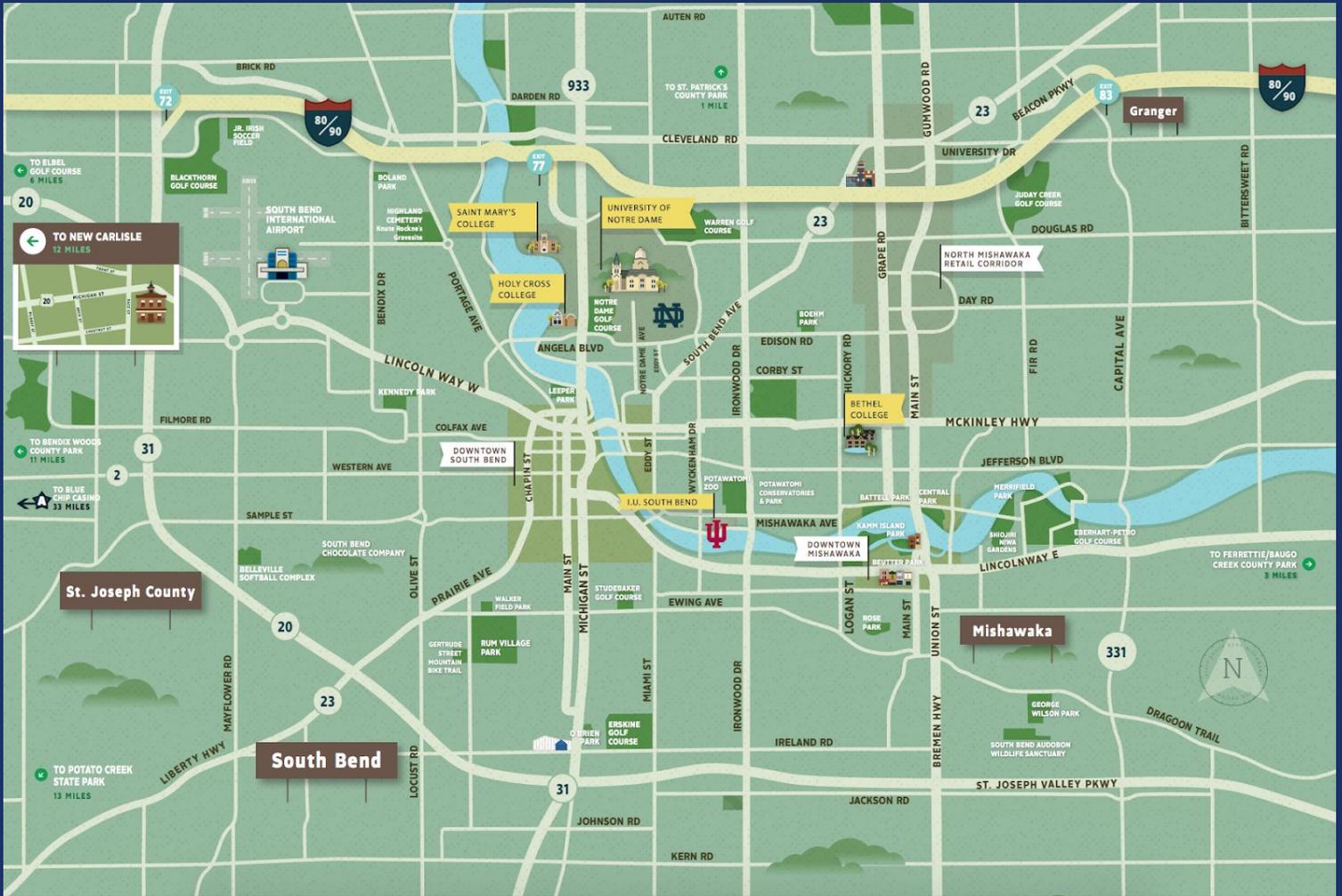


Map of Downtown South Bend



Courtesy of Visit South Bend Mishawaka

Map of South Bend Area



Courtesy of Visit South Bend Mishawaka

Why South Bend?

As a student, it can be easy to be stuck inside the “Notre Dame bubble.” We have everything we would ever need right on campus: two dining halls, restaurants, cafes, fitness facilities, a health center, and countless dorm activities. There’s seemingly no reason to ever leave.

But, there’s more to Notre Dame than the things on campus itself. We’re fortunate to be a

part of a growing and vibrant community. South Bend itself is undergoing a massive facelift. Compared to when I first drove through South Bend just five years ago to visit campus, the city has changed so much in such a short period of time. New restaurants and shops are popping up every month in a rejuvenated and walkable downtown, offering students a reprieve from the repetitive meals at the dining hall.

Go to the nation’s newest national park at the Indiana Dunes for hiking trails and a day at the beach. Catch a ball game at Four Winds Field or an evening show at the Morris Performing Arts Center. Get food and listen to live music on First Fridays and find your favorite cafe study spot in the city!

We hope this Adventure Guide gives you a glimpse into the many things that Notre Dame students can do outside of campus. Especially when you need a break from the everyday routine on campus, you’ll find that the South Bend area and Northern Indiana has something for everyone!



-Alex Yom

Director of Community Engagement and Outreach
Notre Dame Student Government

A Short History



The South Bend metropolitan area, commonly known as Michiana, has about 320,000 residents and is anchored by its largest city South Bend and other nearby towns like Mishawaka and Niles, Michigan.

South Bend gets its name for being located at the southernmost bend of the St. Joseph River. The area was long settled by Native Americans including the Miami tribe and later the Potawatomi until being forcibly removed from the land during the 1840's.

The first white settlers in South Bend were fur traders who set up trading posts during the early 19th century. The city became the county seat of St. Joseph County in 1831 and the University of Notre Dame was founded in 1842. Through the 1850's, many immigrants arrived with the rise of new factories. Among these new industries was Studebaker, which would become the world's largest wagon manufacturer and the only one to later successfully build automobiles.

Other industries such as Honeywell, Bendix, and the South Bend Watch Company continued to develop in the 20th century. The city became the first American city to develop an electrified trolley service and established an interurban street car service to Chicago, the South Shore (picture above), in 1925. By the 1950's, over half of the city's residents worked in the

manufacturing sector and South Bend reached its peak population in 1960 at over 132,000 residents.

However, the closing of the Studebaker factory in 1963 led to a period of decline. The city's population declined by over 30,000 residents in the second half of the 20th century and the percentage of those working in the manufacturing sector dropped to 16 percent.

Recently, economic development efforts have led the city's population to increase for the first time in years. In 2015, the city celebrated its 150th birthday with the largest single year growth in population in over twenty years.

Projects such as Smart Streets to transform downtown and the creation of technology parks in conjunction with Notre Dame, Ignition Park (on the grounds of the former Studebaker plant) and Innovation Park (right across the street from campus) have the city growing and primed for the 21st century.



How to Get There

Downtown South Bend is less than 2 miles from campus, easily accessible with a *15-minute bike ride or a 7-minute drive*. Uber pickups can be called to Main Circle, Library Circle, and behind the Main Building.



Additionally, Downtown South Bend and the University Park Mall can be reached by a quick, easy, and *free bus ride on Transpo* with your student ID. There are two Transpo lines to take into Downtown South Bend. Visit <http://sbtranspo.com/routes-and-fares/> for the route schedule and more details.

Transpo Options	
Route 5: North Michigan	Route 7: ND/UP Mall
Catch the southbound bus into downtown at the entrance to Holy Cross College on Dorr Street. <i>Runs once an hour.</i>	Catch the bus at the Library Circle Transpo stop. Take the outbound bus toward the mall and the inbound bus to downtown. <i>Runs every 30 minutes.</i>

Top Restaurants and Cafes

Find more restaurant choices [here](#)

Best Cafés for Coffee and a Sandwich

Chicory Cafe

105 East Jefferson Blvd. Suite 103
South Bend, IN 46601
Phone: (574)234-1141

Chicory Cafe is a New Orleans-themed beignet and cafe au lait joint. This cafe often hosts trivia nights, open mic performances, karaoke nights, and live musicians.



Chocolate Cafe

122 South Michigan
South Bend, Indiana 46619
Phone: 574-287-0725

Chocolate Cafe serves sandwiches, salads, and soups among various desserts. It is a great place to stop by for a chocolatey treat in the heart of South Bend.



L Street Kitchen

131 S Lafayette Blvd
South Bend, IN 46601
Phone: (574) 387-4123

Grab a quick sandwich or salad and a cup of coffee or tea. L Street Kitchen is open for breakfast and lunch. Plus, they have student discounts and a rewards program for loyal customers!



Restaurants to satisfy that Italian Craving

Carmela's Restaurant

214 North Niles Avenue
South Bend, IN 46617
Phone: 574-280-4824

Carmela's offers a cozy fine dining experience with a distinctive Tuscan menu of fine Italian dishes.



Rocco's Restaurant

537 N St Louis Blvd
South Bend, IN 46617
Phone: (574) 233-2464

Rocco's serves traditional Chicago style pizza. It is a favorite among the South Bend community.



Spots for a nice night out

Tapastrie

103 W Colfax Ave
South Bend, IN 46601
Phone: (574) 232-9200

Tapastrie is an upscale restaurant serving small Mediterranean plates.



Cafe Navarre

101 N Michigan St
South Bend, IN 46601
Phone: (574) 968-8101

Cafe Navarre is an upscale restaurant combining American cuisine with European influences. This restaurant offers fresh fish and seafood along with dishes created with seasonal elements from local farms.



The Emporium Restaurant

121 S Niles Ave
South Bend, IN 46617
Phone: (574) 234-9000

In a historic building with a romantic feel on the riverfront, enjoy the Emporium Restaurant's selection of diverse dishes. The building was opened in 1912 and has changed function throughout South Bend's history. Like the building, the Emporium Restaurant menu continues to evolve. Their loft is the perfect date destination.



Restaurants to enjoy authentic Asian cuisine

Woochi Japanese Fusion

119 N Michigan St
South Bend, IN 46601
Phone: (574) 289-2222

Woochi is a vibrant restaurant with Japanese & Asian-fusion dishes, sushi, and an extensive tea menu.



Sunny's Korean Restaurant

512 S Spring St
Mishawaka, IN 46544
Phone: (574) 255-5274

A homey atmosphere for traditional Korean eats like bibimbop and a great selection of Korean BBQ options for a night out with friends.



J.W. Chen's

1835 S Bend Ave
South Bend, IN 46637
Phone: (574) 271-2777

A truly fun atmosphere for enjoying incredible food. Unique and large variety of tacos, burgers, and salads. See their website for weekly deals!



Best Casual Eats

Crooked Ewe

1047 Lincoln Way E
South Bend, IN 46601
Phone: (574) 217-0881

Family-friendly gastro-brewery with incredible out-of-the-ordinary dishes. Famous for their cuts of meat and burgers, but also for their large menu of vegan options.



Evil Czech Brewery & Public House

3703 N Main St
Mishawaka, IN 46545
Phone: (574) 855-3070

A truly fun atmosphere for enjoying incredible food. Unique and large variety of tacos, burgers, and salads. See their website for weekly deals!



A diverse set of quick and cheap eats

Linden Grill

119 South Michigan Street
South Bend, IN 46601
Phone: (574) 234-7011

For a taste of soul-food, check out Linden Grill in both downtown South Bend and on the city's west side. Try their famous triple cheeseburger or chicken wings dinner.



Midwest Kosher Deli

560 W Ireland Rd
South Bend, IN 46614
Phone: (574) 855-1791

Find a great selection of Kosher options from juicy hot dogs to cold deli sandwiches. They also cater for any events on campus!



Fiesta Topatia

119 W McKinley Ave
Mishawaka, Indiana 46545
Phone: (574) 258-4202

Find authentic Mexican dishes in a festive setting. Find a variety of taco, burrito, and enchilada options.



Top Things to Do/Places to Visit

1. Catch a South Bend Cubs Game at Four Winds Field

Address: 501 W South St, South Bend, IN 46601

Website: <https://www.milb.com/south-bend/schedule>



The South Bend Cubs are a Class A minor league baseball team, based in South Bend, Indiana. The home games are played on Four Winds Field at the Coveleski baseball stadium.

2. See Lions and Alpacas at the Potawatomi Zoo

Address: 500 S Greenlawn Ave, South Bend, IN 46615

Hours: Open Monday-Sunday from 10AM to 5PM

Website: <https://www.potawatomizoo.org/>



The Potawatomi Zoo is a 23-acre zoological park located in South Bend, Indiana. The Zoo is home to around 450 animals! The zoo also holds a variety of events every year.

3. Catch a show at the Morris Performing Arts Center

Address: 211 N Michigan St, South Bend, IN 46601

Phone: (574) 235-9190

Website: <https://morriscenter.org/>



Morris Performing Arts Center is a 2,564-seat concert hall located in South Bend, Indiana. There are many concerts and events held here. One can also see a show performed by the South Bend symphony orchestra. The Morris even hosts National Broadway Tours and professional touring productions!

4. See the latest movie at theaters in South Bend!

AMC South Bend 16

Address: 450 Chippewa Ave

Cinemark Movies 14

Address: 910 W Edison Rd

Browning Cinema

Address: DeBartolo Performing Arts Center, at Notre Dame

Need a break from studying? Want to catch up on the newest releases? There are three different movie theatres that are located close to campus (one even being on campus)!



5. Experience the city's auto history at the Studebaker National Museum

Address: 201 Chapin St, South Bend, IN 46601

Phone: (574) 235-9714

Hours: Open Monday-Saturday from 10AM-5PM and 12-5PM on Sunday

Website: <https://studebakermuseum.org/>



The Studebaker National Museum is a museum in South Bend, Indiana, United States that displays a variety of automobiles, wagons, carriages, and military vehicles related to the Studebaker Corporation and other aspects of American history.

6. See the latest exhibits at the South Bend Museum of Art

Address: 120 Doctor M.L.K. Jr Blvd, South Bend, IN 46601

Phone: (574) 235-9102



The museum features historical and contemporary art in five galleries and offers instruction in its studios.

7. See the River Lights Plaza

Address: 340 E Colfax Ave, South Bend, IN 46617

Hours: Open 24/7



8. Take a stroll on the Mishawaka Riverwalk

Address: Spring St, Mishawaka, IN 46544

Hours: Open 24/7



9. Get fresh fruits and vegetables at the South Bend Farmer's Market
Address: 1105 Northside Blvd, South Bend, IN 46615
Phone: (574) 282-1259



The Farmer's Market is a place that allows you to form a personal relationship with the people who produce your food. This vital connection strengthens the community by preserving a food industry based on family-owned farms and small-scale businesses. Come enjoy the "fruits" of our bountiful, local market.

Major Events to Experience

- **First Fridays**

On the first Friday of each month, downtown South Bend devotes the day to highlighting the best of what the community has to offer. First Fridays have a different theme each month and feature live music, entertainment, activities, and local business specials and promotions. **The free shuttle service to downtown South Bend offers First Fridays Tour Guides**, providing more information on the activities for the month's theme and the history behind many of the businesses that comprise the event.



- **St. Patrick's Day**

Who better to celebrate St. Patty's Day than the Fighting Irish? South Bend's annual St. Patrick's Day Parade is free and open to the public, featuring performers and decorated floats traveling along Jefferson Street. **The Greening of the East Race occurs at Seitz Park immediately after the parade**. For those 21+ years old, the annual Paddy Party & Pub Tour includes live music and tasty concessions for ticket holders looking to toast to the day's festivities.



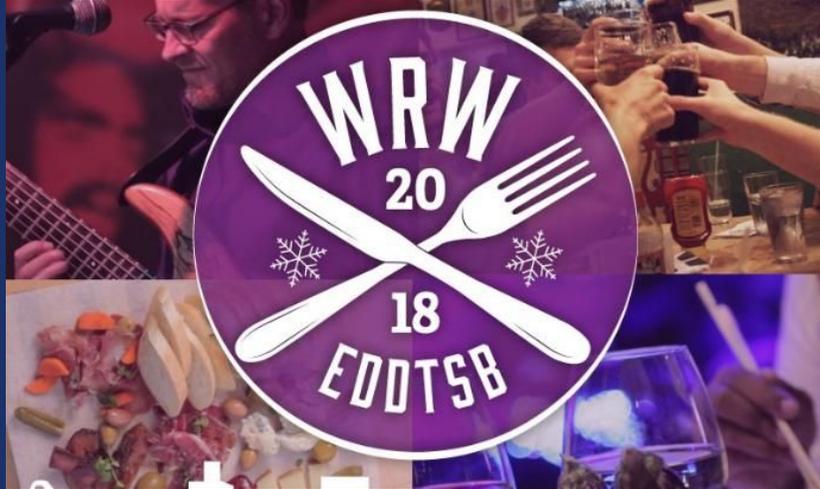
- **Farmer's Markets**

A proud staple of South Bend since 1911, the Farmer's Market features over 60 vendors selling fresh produce, meats, dairy products, jams and jellies, baked goods, flowers, artwork and a plethora of other unique products each week. **Located on Northside Boulevard**, the Farmer's Market is open every Tuesday, Thursday and Saturday. A café in the center of the market also offers delicious meals prepared daily with fresh meats and seasonal fruits and vegetables.



- **Restaurant Weeks**

Restaurant Weeks are held twice a year, typically in January or February and again in late July. **These weeks are the perfect time to sample the variety of cuisines and experiences available in downtown South Bend.** A portion of all proceeds will be donated to Beacon Children's Hospital in downtown South Bend.



Natural Sites to See

1. Indiana Dunes National Park

The Dunes are the only National Park located in Indiana and are a must-see for all northern Indiana college students. Catch the South Shore train from South Bend airport about 50 miles west to Chesterton, IN, which borders Lake Michigan. The Dunes are the perfect place to spend a warm day on the beach. Nearby are local restaurants, outlet malls, and more. The National Park is open from 6am-11pm every day.



2. Rum Village Nature Center

Located on the city's south side, Rum Village Nature Center provides over 160 acres of woodlands with activities like bird-viewing windows, hiking trails, and many picnic spaces. Stop by at 2626 S Gertrude Street South Bend, Indiana 46614. Hours are M-F 8:30am-4:30pm and Sunday from 1:00pm-5:00pm.



3. Potato Creek State Park

Potato Creek is just a short drive from South Bend in North Liberty, IN. This state park features the 327 acre Worster Lake and is an ideal space for camping, hiking, or just taking a study break away from campus. At Potato Creek, you can rent bikes, paddle boats, canoes, and more. The park is open every day from 7am-11pm and can be found at 25601 IN-4, North Liberty, IN 46554.



4. Potawatomi Zoo

Who says you need to travel to Chicago or Indianapolis for a zoo? South Bend is home to Potawatomi Zoo (just a 15-minute drive from campus!). The zoo includes over 500 animals, from zebras to African lions to flamingos to tarantulas. The zoo is a great way to support the community and is open every day 10am-5pm. Potawatomi's address is 500 S Greenlawn Ave, South Bend, IN 46615.



5. Chamberlain Lake Nature Preserve

This state dedicated nature preserve, operated in coordination with the Indiana Department for National Resources, features 1.5 miles of trails with endangered and rare plant species. The lake is 25 minutes southwest of campus (address 58111 Crumstown Hwy, South Bend, IN 46619) and is a great place for bird watching and hiking.



6. Riverwalk Trail

In the heart of South Bend's downtown district lies the Riverwalk, which has an ideal trail for strolling through the city during a day off campus. Don't miss the South Bend River Lights, which operate 365 days a year. The lights turn on a half hour before dusk and stay on till sunrise, with interactive features running until midnight.



7. Nearby Apple Orchards/Pumpkin Patches

a. *Lehman's Orchard (Niles, MI)*

Located at 2280 Portage Rd, Niles, MI 49120, Lehman's Orchard features strawberries during spring finals season and apples starting in September. Check out their [website](#) for more info on seasonal foods and tips for picking!



b. *Springhope Farm (Benton County, Michigan)*

Also in southern Michigan (18720 Cleveland Ave., Galien, MI. 49113), Springhope Farm is a nearby stop for sweet cherries, peaches, apples, and more. The orchard opens in June, making for the perfect fall semester stress reliever. Travel with your dorm section or clubs for a large group activity!



c. *Thistleberry Farm (South Bend, IN)*

Thistleberry's season starts in September, just in time for getting into the swing of fall semester. On an away football game weekend, stop by for Jumping Pillows, Corn Mazes, pumpkin patches, and more!
Address: 61391 Mayflower Rd. South Bend, IN 46614



Local Beauty Salons and Barber Shops

Access to hair care plays an integral role in many students' ability to acclimate themselves to college life. For those with textured hair – primarily students of color – resource retrieval can pose a challenge without knowing where to purchase specific products, which local stylists are reputable, and how to establish a healthy routine amidst their busy schedules. While the list below is not exhaustive, it gives students an idea of the breadth of quality hair care options available to them in the area.

1. A You'Nique Image Salon

17874 IN-23

South Bend, IN 46635

(574) 232-2228

Ask for Katrice

**Specializes in black and black-multiracial textured hair*

2. Armando's Barber Shop

1639 Edison Road

South Bend, IN 46637

(574) 277-0615

3. Unique Hair Salon

1528 Mishawaka Ave

South Bend, IN 46615

(574) 234-1801

**Serves hair of all textures, including relaxed hair*

**African braiding, sew-ins available*

4. Al's House of Style (Barbershop)

618 N Olive St

South Bend, IN 46628

Ask for Joe

5. JC Penney Designer Salon

University Park Mall

6501 N Grape Rd

Mishawaka, IN 46545

Ask for: Lee

**Specializes in Korean hair*



Local Places of Worship

Although a proud Catholic university, Notre Dame recognizes that not all students are practicing Catholics. For those of differing religions, there are plenty of options in the community to worship. Campus Ministry will even help organize rides. Find more info [here](#).

1. Christ Church Anglican South Bend

1001 W Colfax Ave.
South Bend, IN 46616
(574) 404-7174
<http://www.christchurchsb.org/>
**Anglican*

2. Christ the King Lutheran Church

17195 Cleveland Road
South Bend, IN 46635
(574) 272-4306
<http://www.ctkluth.com>
**Lutheran*

3. Trinity Church

61770 Miami Road
South Bend, IN 46614
(574) 291-4741
www.tefs.org
**Evangelical*

4. Islamic Society of Michiana

3310 Hepler Street
South Bend, IN 46635
(574) 272-0569
<http://michianamuslims.org/>
**Islam*



Islamic Society of Michiana

5. Hebrew Orthodox Congregation

3207 S. High Street
South Bend, IN 46614
(574) 291-4239
<http://www.hocsouthbend.com/>
**Judaism*

Volunteering Opportunities

Find more volunteering opportunities [here](#)

1. Big Brothers Big Sisters St. Joseph County

218 W Washington St #710
South Bend, IN 46601
Phone: (574) 232-9958

One-on-one mentoring for school-aged children in St. Joseph County

2. Catholic Worker House / Our Lady of the Road

744 S Main St
South Bend, IN 46601

Practice the "works of mercy" by offering hospitality (overnight shelter and dinner at 6:30 p.m. nightly) to folks who find themselves on the street in South Bend.

3. Center for the Homeless

813 S Michigan St
South Bend, IN 46601
(574) 282-8700

Offers life-changing services and programs for their 175+ guests - men, women, children, and military veterans - as they work to break the cycle of homelessness.

4. Robinson Community Learning Center

813 S Michigan St
South Bend, IN 46601

(574) 282-8700

Facilitates community and Notre Dame partnerships and strengthens the Northeast Neighborhood of South Bend through relationship building and educational opportunities. Offers after school programs for children in the South Bend community.



Take Ten, housed in the Robinson Community Learning Center
Provides conflict resolution education curriculum that teaches youth and adults to respond to conflict nonviolently.

5. Dismas House

521 S St Joseph St
South Bend, IN 46601
(574) 233-8522

Brings students and volunteers together with individuals returning from incarceration to help them successfully reenter the community as contributing members.

6. Family Justice Center of St. Joseph County

533 N Niles Ave
South Bend, IN 46617
(574) 234-6900

A one-stop help center for victims of domestic/family violence, sexual assault and stalking, as well as individuals 50 years or older that are survivors of financial exploitation and elder abuse. Interns can receive credit from local universities as part of programs such as social work, sociology, psychology, criminal justice, pre-law, or students in other fields who have a general interest in victim advocacy.



7. La Casa De Amistad

746 S Meade St
South Bend, IN 46619
(574) 233-2120

Empowers the Latino/Hispanic community within Michiana by providing educational, cultural, and advocacy services in a welcoming, bilingual environment.



8. Hannah's House

518 W 4th St
Mishawaka, IN 46544
(574) 254-5309

Hannah's House is a Catholic-Christian agency offering a continuum of services for pregnant and parenting single women facing homelessness. Its maternity home offers shelter and programming for up to seven pregnant women at a time. Women set goals related to their physical, emotional and spiritual health and pursue education/employment.



9. Pet Refuge

4626 S Burnett Dr
South Bend, IN 46614
(574) 231-1122

Finds placements of unwanted and abandoned pets into responsible permanent homes. Pet Refuge sees to the needs of all the animals in the facility as they await their forever homes.

10. Grace Hospice

5838 W Brick Rd #101
South Bend, IN 46628
(574) 208-9270

Creates hospice care that includes a team of doctors, nurses, social workers, counselors, aides, chaplains, and trained volunteers who work together focusing on the patient's needs.

11. Unity Gardens

3701 Prast Blvd
South Bend, IN 46628
(574) 315-4361

Unity Gardens is a uniquely dignified free food model that supports over 40 open gardens, free gardening classes, and summer wellness programs like Garden Camp, chef potluck picnics, and more through a seven-acre urban ecosystem.



Nearby Cities for Fun Day Trips

- **Mishawaka**

South Bend's neighbor to the east, Mishawaka offers their own riverwalk along the St. Joseph River and a walkable downtown. A 10-minute drive from campus.



- **Elkhart**

The RV capital of the world, visit the RV Hall of Fame and Museum as well as Jazz Fest in Elkhart. A 30-minute drive from campus.



- **Goshen**

Check out historic shops in downtown Goshen like the Old Bag Factory and the South Side Soda Shop. A 40-minute drive from campus.



- **New Carlisle**

Discover German and Austrian restaurants and antique shops in the town's downtown. A 30-minute drive from campus.



- **Michigan City**

Relax on the sandy dunes of Lake Michigan and walk the pier of one of the most famous Great Lake lighthouses. A 50-minute drive from campus.



- **Chicago**

The nation's third largest city and everything it has to offer can be reached within 2 hours by car and 2.5 hours on the South Shore Line.

