



# THE URBAN PINE

MINNEAPOLIS, MN



# LOCATION



## PROPERTY ADDRESS

2440 Blaisdell Ave, Unit 1,  
Minneapolis, MN 55404



## HEALTH EMERGENCY

Hennepin County Medical Center  
701 Park Ave, Minneapolis, 55415  
(1.7 miles away)  
612-873-3000



# GETTING AROUND



**Bus:** The closest bus stop is at Blaisdell Ave & 24th St, served by Route 18. This stop is less than a block away from the home.



**Light Rail:** The nearest station is Lake St / Midtown (10mins walk from the home). This station is served by the Blue Line, and connects to downtown Minneapolis and MSP Airport.



**Bike Rental:** Tangletown Bike Shop  
816 W 50th St, Minneapolis, 55419  
(11 mins drive) / 612-259-8180  
[tangletownbikeshop.com](http://tangletownbikeshop.com)



**Bikes / Choppers / Quads:** Wheel Fun Rentals  
4801 S Minnehaha Park Dr, Minnesota 55417  
(16 mins drive) / 612-729-2660  
[wheelfunrentals.com](http://wheelfunrentals.com)



**Uber / Lyft:** Services are normally readily available.

# CHECK-IN

Check-in is any time after 4pm.

Your access is for the ground floor and basement levels. Please do not go to the upper levels as a tenant lives there.

## Vehicle Parking:

- Up to 3 vehicles at the rear of the property:
  - 2 vehicles in the right double garage
  - 1 vehicle next to the garage (corridor with trash cans)
- Please do not park in the left garage, or block the garage doors, as this is for use by the tenant.
- There is first-come street parking opposite the house on the left side (per direction of traffic).

## Access Codes:

- We will send you access codes on the day of your arrival.
- You will receive a smart lock code for the exterior front and back doors, an interior door code for both front and rear interior doors, and a garage door code for both the entry door to the garage and the actual garage door.

# CHECK-OUT

Check-out is prior to 11am. We request a few things of you to help us:

- Leave dirty towels in the bathtubs or showers.
- Empty the refrigerators of food and leave in the trash.
- Load and start dishwashers.
- Turn off all lights.
- Take the trash to the outside trash cans.
- Ensure all windows are closed and locked, and all doors are locked.







Press the Yale button to lock

Press the checkmark to confirm code



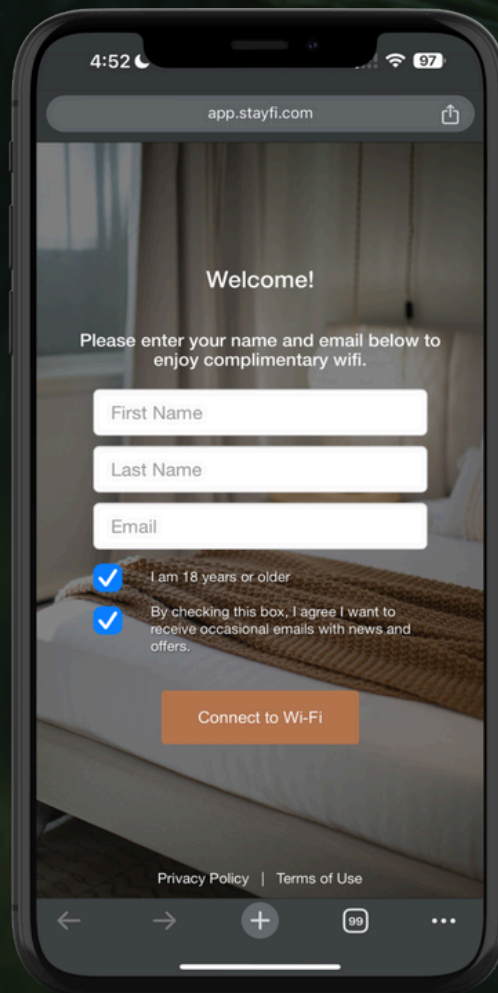
Press the Teeho button to confirm code

Press any button for a few seconds to lock



Press the Schlage button to confirm code and hold to lock

# INTERNET



Find 'The Works BnB Guest' network and follow the on screen prompts on the login page (pictured) to login. No password needed!



# WELCOME

## Hello!

The Urban Pine is a cozy retreat in the heart of the city, offering a perfect balance of nature and urban convenience. Nestled near Eat Street, you'll have endless dining options just steps away, from international cuisine to local favorites.

With only a 10-minute drive to downtown Minneapolis, you're close to the city's top attractions, including the US Bank Stadium, Walker Art Gallery, and the lively entertainment districts, as well as some picturesque walks around the many lakes nearby.

Designed as a sanctuary in the city, The Urban Pine features natural-themed décor, with many quiet spaces to relax and unwind. You'll find a library and sunroom on the main level, and a yoga and meditation area on the lower level.

The house is 4 levels, you will have access to both the basement level and main floor level, with a long term tenant in the upper floors.

We hope you enjoy your stay and make the most of everything The Urban Pine and Minneapolis have to offer. Whether you're here for adventure, relaxation, or a little of both, we're happy to host you. Let us know if you need anything—welcome and enjoy your stay!

## CONTACT US



763-600-7279



[contact@theworksbnb.com](mailto:contact@theworksbnb.com)



# GENERAL INFO

## COOLING & HEAT

The home has Water radiators, and Window AC. The thermostat to control heating is located in the dining room on the main floor (the thermostat only controls heating, AC is per window AC unit).

## DEVICE CHARGING

Each bedroom has a charger with USB-A and USB-C on the nightstand, just bring a cable.

## BABIES

We've provided some essentials so you can feel safe and travel light:

- Pack & play (in the library closet)
- High chair (in the library closet)

## TRASH

There is a trash can in the kitchen, with trash cans also in each bathroom.

The main trash cans are outside next to the parking space and garage:

- Blue can is Recycling
- Black can is Trash

## GAMES & BOOKS

There are a selection of games located on the shelves in the games room in the basement. You can find books in the library on the first floor.

## FIREPLACE

There is a fireplace on the main floor. Firewood and matches are provided.

## SAFETY FIRST

- There are smoke / carbon monoxide detectors throughout the house.
- There are security cameras outside the front and back doors.
- When on the radiators get hot, so please be careful.
- Do not leave the fireplace on unattended.
- Exterior doors can be locked from the inside using the lock dial - they do not automatically lock. To lock when leaving the home, press the Yale button - you will hear a chime when the lock has engaged.





# SUPPLIES

## KITCHEN & COFFEE BAR

The kitchen is well stocked with the essentials and useful gadgets for you to cook up a storm.

### Main Floor Kitchen:

- Fridge / freezer
- Dishwasher
- Coffee machines (drip coffee)
- Toaster
- Kettle
- Microwave
- Range
- All pots, pans and dishes
- Serveware

### Basement Coffee Bar:

- Fridge / freezer
- Dishwasher
- Coffee machines (drip coffee, and Keurig)
- Kettle
- Wine fridge

## SUPPLIES

We've provided all the essentials so you're ready to go on day one (please note that daily housekeeping / replenishment of supplies are not provided).

- Beekman Shampoo, conditioner, body wash and hand soap
- Towels
- Hairdryers
- Coffee & a selection of teas
- Salt and pepper
- Oil
- Sugar and sweetener
- Dishwasher tablets & dish soap
- Bed linens and pillows
- Vacuum, dust pan and brush, mop, cleaning products (located in the library closet)



# HOUSE RULES

## PETS

The Urban Pine is not pet friendly - if evidence of pets staying at the property is found, a fee of \$250 will be charged to cover extra cleaning.

## NOISE

We ask that you respect the neighbors and keep noise down especially between the hours of 10pm to 8am daily. We use privacy noise dB monitoring software inside and outside the property. If a noise complaint is received, or we monitor excessive recurring noise, you may be asked to vacate the property with no refunds.

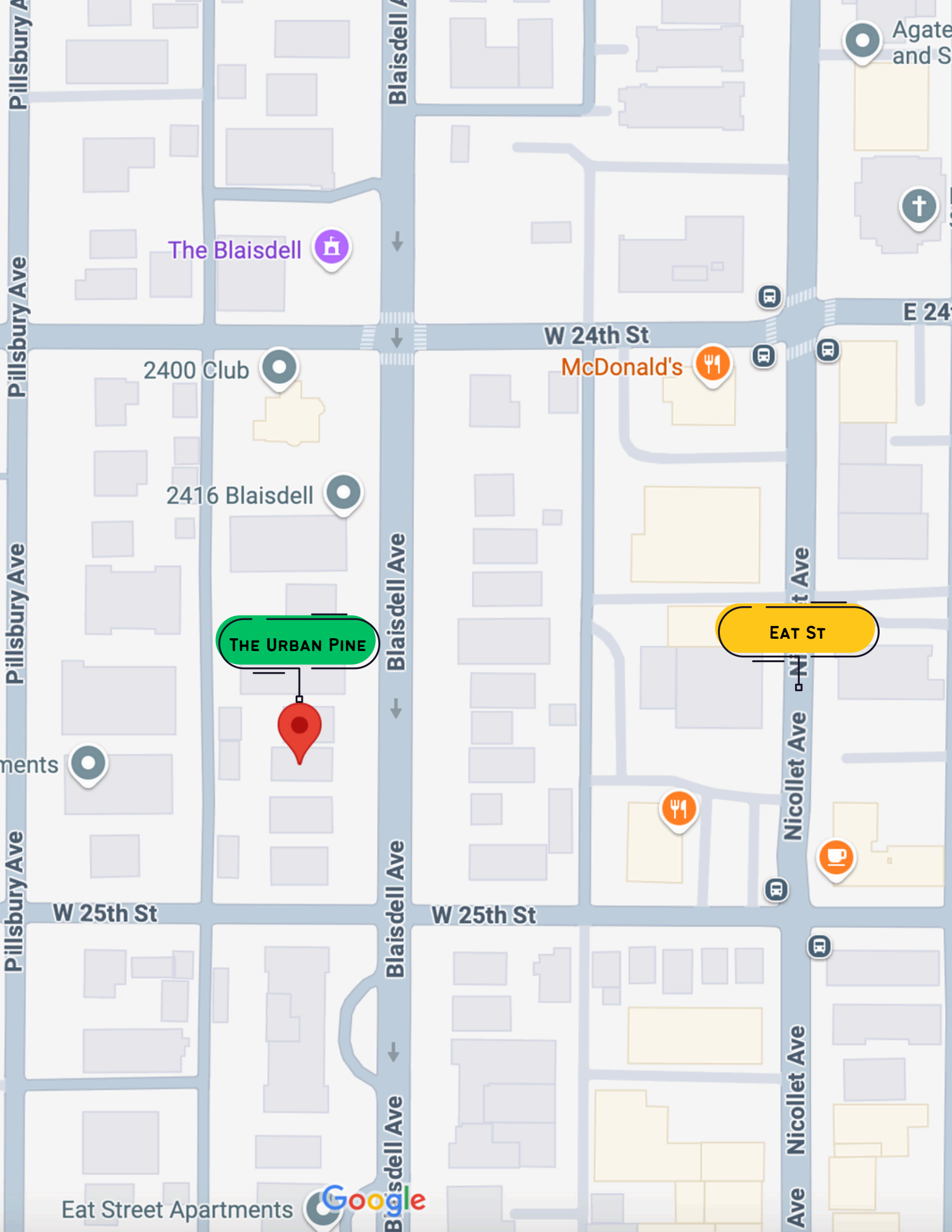
## SMOKING

To maintain a pleasant environment for all our guests, no smoking is allowed in the property - if evidence of smoking is found, a fee of up to \$250 will be charged to cover extra cleaning.

## PARTIES & EVENTS

We understand that The Urban Pine is an ideal gathering space for small groups. We welcome small gatherings of friends and families in the property. However we don't allow large parties to be held at the property, out of respect for the neighbors and the additional wear and tear on the property. We use security cameras outside to monitor access to and from the property, if evidence of large parties or events is found, you may be asked to vacate the property with no refunds.





Agate  
and S



E 24

W 24th St

McDonald's



2400 Club



2416 Blaisdell



THE URBAN PINE



EAT ST

Nicollet Ave



W 25th St

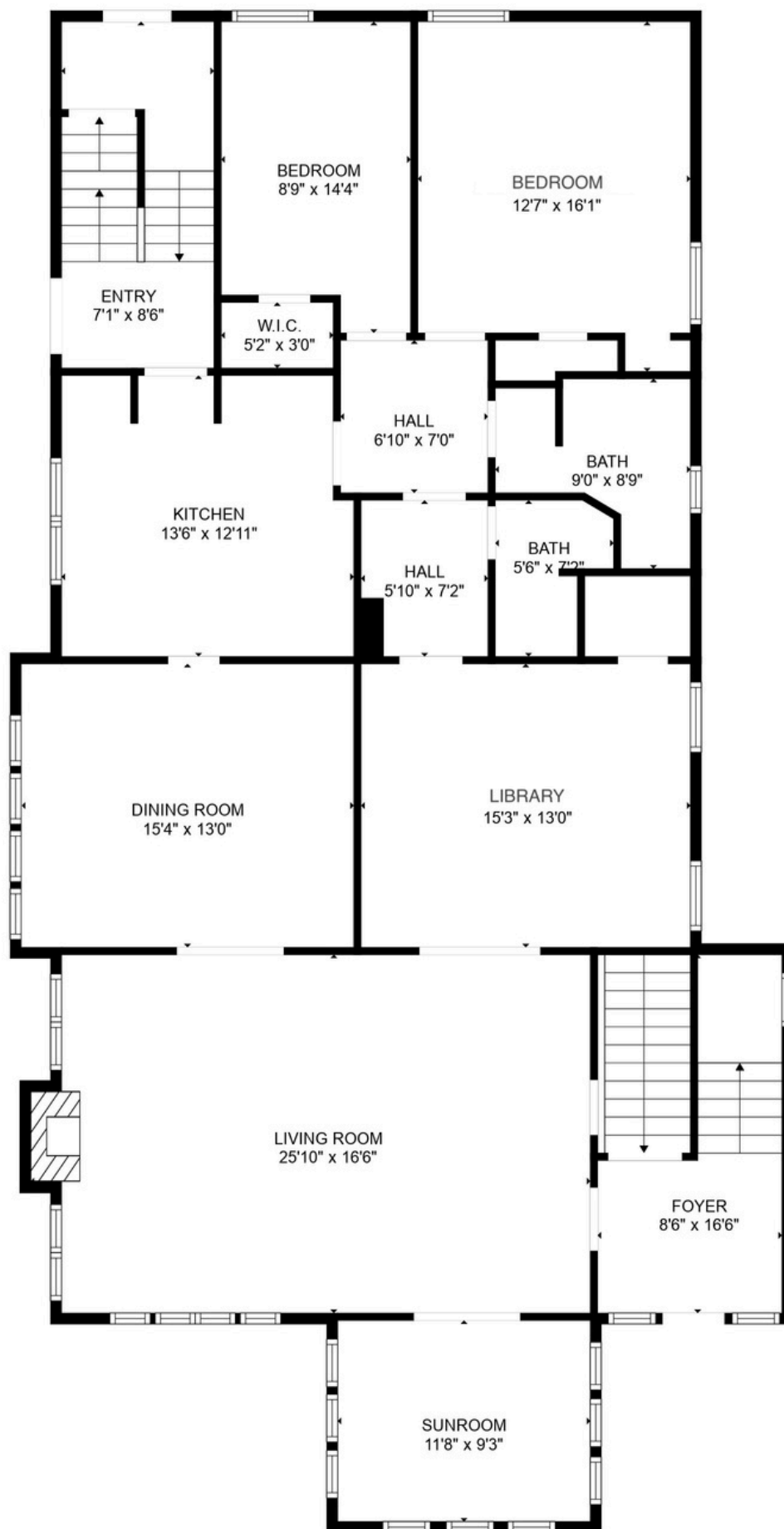
W 25th St

Blaisdell Ave

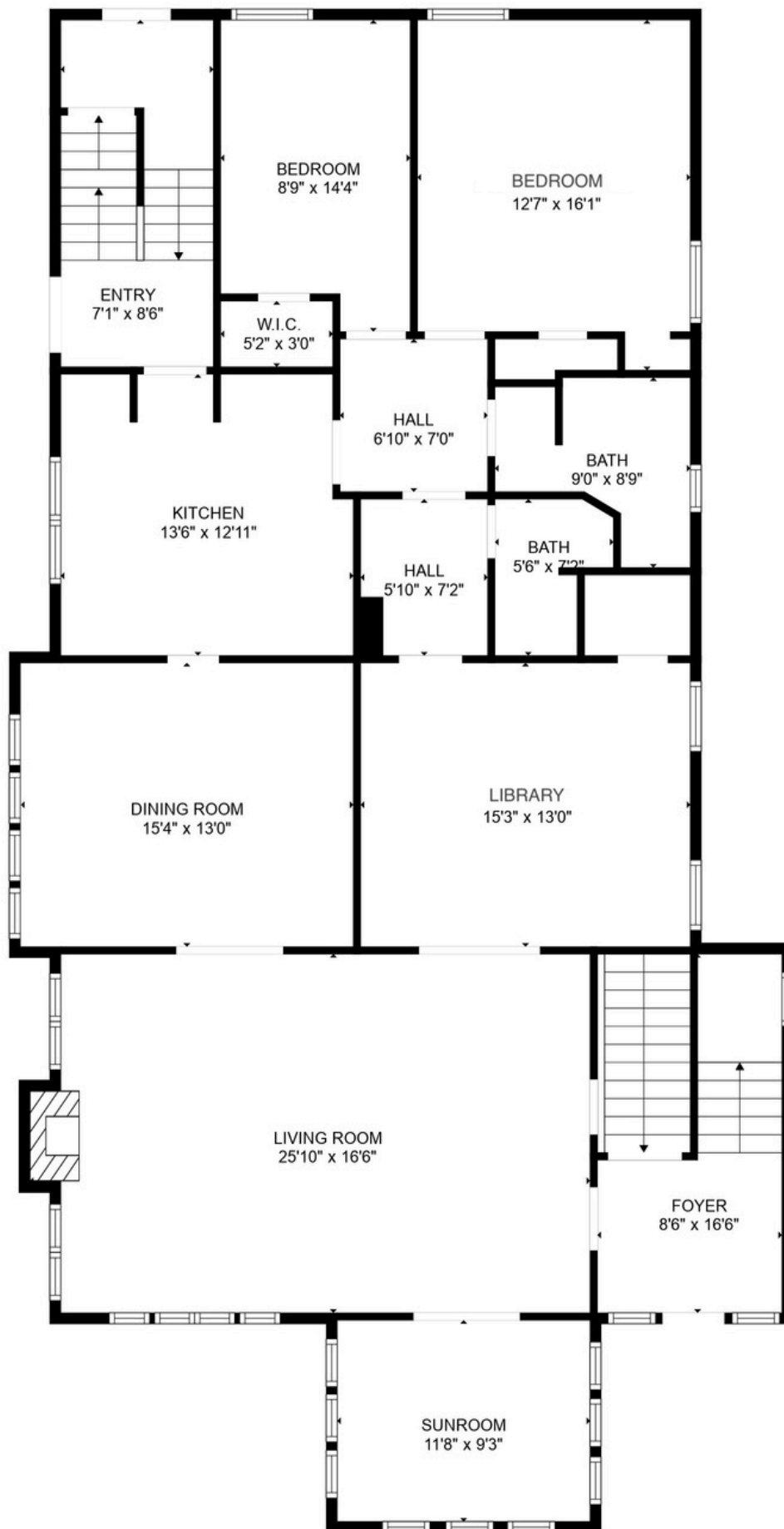
Pillsbury Ave

Eat Street Apartments











# THINGS TO DO

## **MINNEAPOLIS INSTITUTE OF ART**

World-renowned art museum is located just a few blocks away, featuring an extensive collection of art from around the world.

## **LORING PARK**

This beautiful park is located just a few blocks north of Blaisdell Ave, and features walking paths, gardens, a pond, and outdoor art installations.

## **WALKER ART CENTER**

This contemporary art museum is located a short drive away from Blaisdell Ave and features a wide range of exhibits, events, and film screenings.

## **MINNEAPOLIS SCULPTURE GARDEN**

Outdoor park located near Walker Art Center, features a collection of large sculptures by renowned artists (including the famous “Spoonbridge & Cherry”, and the Hahn/Cock Blue Rooster).

## **EAT STREET**

Blaisdell Ave is located in the heart of Eat Street, a popular area for foodies that features a wide range of international cuisine options.

## **VISIT THE CHAIN OF LAKES**

A group of lakes in the heart of Minneapolis, including Lake Harriet, Bde Maka Ska, and Lake of the Isles. Visitors can enjoy a variety of activities like swimming, boating, and fishing, as well as biking or walking along the scenic trails that wind around the lakes.





# THINGS TO DO

## **MALL OF AMERICA (MOA)**

Located south of Minneapolis, MoA is one of the largest malls in the US, featuring over 500 stores, an indoor amusement park, and an aquarium.

## **TARGET FIELD (MINNESOTA TWINS)**

State-of-the-art baseball stadium in downtown Minneapolis. Impressive views and stadium architecture.

## **US BANK STADIUM (MINNESOTA VIKINGS)**

Recently build stadium, hosting football, music artists and more in this temperature controlled iconic building.

## **THE WAREHOUSE DISTRICT**

Located in downtown Minneapolis, the Warehouse District is known for its vibrant nightlife scene, featuring a variety of bars, clubs, and live music venues.

## **UP-DOWN MINNEAPOLIS**

Spacious and lively bar offering 60 tap beers, tasty pizza slices, and a nostalgic vibe with retro pinball and arcade games—perfect for a fun and casual night out!

## **MISSISSIPPI RIVERFRONT**

The Mississippi River runs right through Minneapolis, with plenty of parks and walking paths along the riverfront where you can take in some beautiful views of the water and skyline.

## **MINNESOTA STATE CAPITOL**

Located in St. Paul, this building is a stunning architectural masterpiece with free tours of the building's interior and dome.

## **UPTOWN THEATER**

Historic movie theater located a few blocks east of Blaisdell Ave and features a wide range of independent and classic films.

# RESTAURANTS

There are many options when it comes to delicious food nearby. The Urban Pine is a short walk away from Eat St, known for its many different cuisines. Below are just a few:

## **QUANG RESTAURANT**

Vietnamese restaurant known for its delicious pho, banh mi , and other authentic dishes.

## **AFRO DELI & GRILL**

This restaurant offers a unique fusion of African, Mediterranean, and American cuisine, including dishes like Somali sambusa, chicken curry, and gyros.

## **HARRY SINGH'S ORIGINAL CARIBBEAN RESTAURANT**

Specializing in authentic Caribbean dishes like jerk chicken, curry goat, and oxtail.

## **RAINBOW CHINESE RESTAURANT & BAR**

This popular Chinese restaurant is known for its flavorful dishes, including handmade dumplings, hot pot, and a variety of noodle dishes.

## **ICEHOUSE MPLS**

Offering a unique dining experience, with live music and a menu that features Southern-inspired cuisine like smoked brisket, fried chicken, and grits.

## **THE COPPER HEN CAKERY & KITCHEN**

Farmhouse-chic restaurant & cake bakery offering market-to-table cooking, plus beer, wine & coffee.







# QUICK BITES

Just a short walk or drive to Eat Street, there are many great options for a quick snack...

## **MCDONALDS**

Note: Drive-through only, there is no seating in the restaurant.

## **A SLICE OF NEW YORK**

Just one block away, counter service pizzas by the slice, pies, calzones and Stromboli.

## **LU'S SANDWICHES**

Vietnamese cuisine, selling Banh Mi and bubble tea among many other items.

## **CENTRO**

A short walk from The Urban Pine, Centro offers fast dining with a variety of options from tacos to burgers.

## **WORLD ST KITCHEN**

Brick-and-mortar offshoot of a local food truck makes street foods from around the world. Try the Korean beef burrito, it won't disappoint. They also deliver.

## **MIDTOWN GLOBAL MARKET**

Just 2 miles away, with many eateries, shops and stores.





# SWEET TREATS

## GLAM DOLL DONUTS

2605 Nicollet Ave, Minneapolis - 0.3 miles away

This fun and quirky donut shop offers a wide selection of creative and delicious donuts, including vegan and gluten-free options.

## BEBE ZITO ICE CREAM @ EAT STREET CROSSING FOOD HALL

2827 Nicollet Ave, Minneapolis - 0.5 miles away

A small-batch ice cream company that handcrafts its products in creative flavors.

## MILKJAM CREAMERY

2743 Lyndale Ave S, Minneapolis - 0.8 miles away

Vibrant, modern ice cream shop serving inventive flavors with funky names, along with delicious sundaes and boozy floats for a fun twist on classic treats.

*Expect a long line, whatever the time of day*

## SEBASTIAN JOE'S

1007 W Franklin Ave, Minneapolis - 1.0 miles away

Homemade ice cream in unique, rotating flavors draws crowds to this family-run parlor.

## LA MICHOACANA PUREPECHA

701 E Lake St, Minneapolis - 1.4 miles away

Easygoing stop for paletas, popsicles, ice cream & aguas frescas & Mexican-style corn & snacks.

# GROCERIES

## **HARK'S FOOD MARKET**

The closest grocery store to The Urban Pine - a 2mins walk. It's small, but has the essentials.

## **THE GOOD GROCER**

8mins walk - Small but a surprisingly good selection of foods.

## **LUNDS & BYERLYS**

upscale grocery store located on Hennepin Ave, just a few blocks east of Blaisdell Ave. They offer a wide range of fresh produce, meats, and specialty products.

## **WHOLE FOODS MARKET**

popular natural foods grocery store chain has a location on Hennepin Ave, just a few blocks east of Blaisdell Ave. They offer a wide selection of organic and natural products, including fresh produce, meats, and bakery items.

## **ALDI**

Discount grocery store on Lake St, just a few blocks south of Blaisdell Ave. They offer a wide range of products at low prices, including fresh produce, meats, and pantry staples.

## **TARGET (+ STARBUCKS & CVS)**

Located on Lake St, just a few blocks from the home. They offer a wide range of products, including groceries, household items, and personal care products.





# YOUR IN-STAY MEDITATION RITUAL:

## A SIMPLE PRACTICE FOR GROUNDING, CALM, AND CLARITY

Welcome to your peaceful retreat. Whether you're winding down after travel or starting your morning with intention, this short meditation practice is designed to help you reconnect, reset, and fully enjoy your stay.

### HOW TO BEGIN

**Find Your Spot:** The meditation corner is perfect.

**Set the Mood:** Turn on the candles, play soft ambient music or play a guided meditation.

### YOUR 15-MINUTE MEDITATION GUIDE

#### 1. Arrive & Ground (2 minutes)

Take a few deep breaths. Notice how your body feels supported by the ground beneath you. Let your shoulders drop.

#### 2. Breathe & Observe (3 minutes)

Close your eyes or soften your gaze. Bring attention to your breath. Inhale slowly... exhale fully. Let your thoughts float by like clouds—no judgment.

#### 3. Set an Intention (1 minute)

Silently ask yourself:

“What do I need right now?”

Choose a simple intention: Peace. Presence. Gratitude.

#### 4. Focus Practice (7–10 minutes)

Pick one of the following:

**Breath Awareness:** Follow your inhales and exhales.

**Body Scan:** Notice sensations from head to toe.

**Loving-Kindness:** Silently repeat,

“May I be calm. May I be safe. May I feel at home.”

(If your mind wanders, gently return to your breath.)

#### 5. Close Gently (2 minutes)

Wiggle your fingers and toes. Open your eyes slowly.

Take one more deep breath and thank yourself for showing up.

### AFTER YOUR PRACTICE

Sip tea, journal a reflection, or take a mindful walk nearby.





THE WORKS BNB

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