WELCOME *to*

the Black Hills

Filled with endless natural beauty, the Black Hills region offers medical professionals and their families plenty of opportunities for adventure. With the establishment of the Sanford Black Hills Medical Center in Rapid City, South Dakota, as well as other clinics and centers, Sanford Health has planted strong roots in this area, ensuring high-quality care is available in the region for decades to come.



SANFORD®
HEALTH

About the region



BLACK HILLS REGION



234,635 POPULATION



5,000 SQUARE MILES



41 MEDIAN AGE

COUNTIES

- Pennington
- Custer
- Lawrence
- Meade
- Fall River
- Butte
- Crook
- Weston

SCHOOLS

- Both public and private schools are available in cities across the region.

COLLEGES AND UNIVERSITIES

- Black Hills State University
- South Dakota School of Mines and Technology
- Western Dakota Technical College
- South Dakota State University College of Nursing Rapid City campus

FUN FACT: The Black Hills are home to Black Elk Peak, the highest summit in the U.S. east of the Rocky Mountains.



In the community

MUSEUMS AND HISTORICAL SITES

- Adams Museum and House
- Black Hills Mining Museum
- D.C. Booth Historic National Fish Hatchery
- Days of ’76 Museum
- High Plains Western Heritage Center
- National Presidential Wax Museum
- Sturgis Motorcycle Museum & Hall of Fame
- Tatanka: Story of the Bison
- The Journey Museum
- The Mammoth Site of Hot Springs
- The Museum at Black Hills Institute

ARTS, ENTERTAINMENT AND EVENTS

- Art Alley
- Black Hills Playhouse
- Black Hills Pow Wow
- Black Hills Stock Show & Rodeo
- Custer State Park Buffalo Roundup and Arts Festival
- Dahl Arts Center
- Elks Theatre
- Matthews Opera House & Arts Center
- Performing Arts Center of Rapid City
- Sturgis Motorcycle Rally
- Winter Market at Main Street Square

PARKS, TRAILS, LAKES AND MONUMENTS

- Badlands National Park
- Bear Butte State Park
- Black Hills National Forest
- Centennial Trail
- Crazy Horse Memorial
- Custer State Park
- Devils Tower National Monument
- George S. Mickelson Trail
- Jewel Cave National Monument
- Mount Rushmore National Memorial
- Sheridan Lake
- Spearfish Canyon
- Sylvan Lake
- Wind Cave National Park

FAMILY-FRIENDLY EXPERIENCES

- 1880 Train
- Bear Country USA
- Main Street Square in Rapid City
- Needles Highway
- Outdoor Campus - Rapid City
- Outlaw Square in Deadwood
- Reptile Gardens
- Rush Mountain Adventure Park
- Terry Peak Ski Area
- WaTiki Indoor Waterpark Resort

TRAVEL

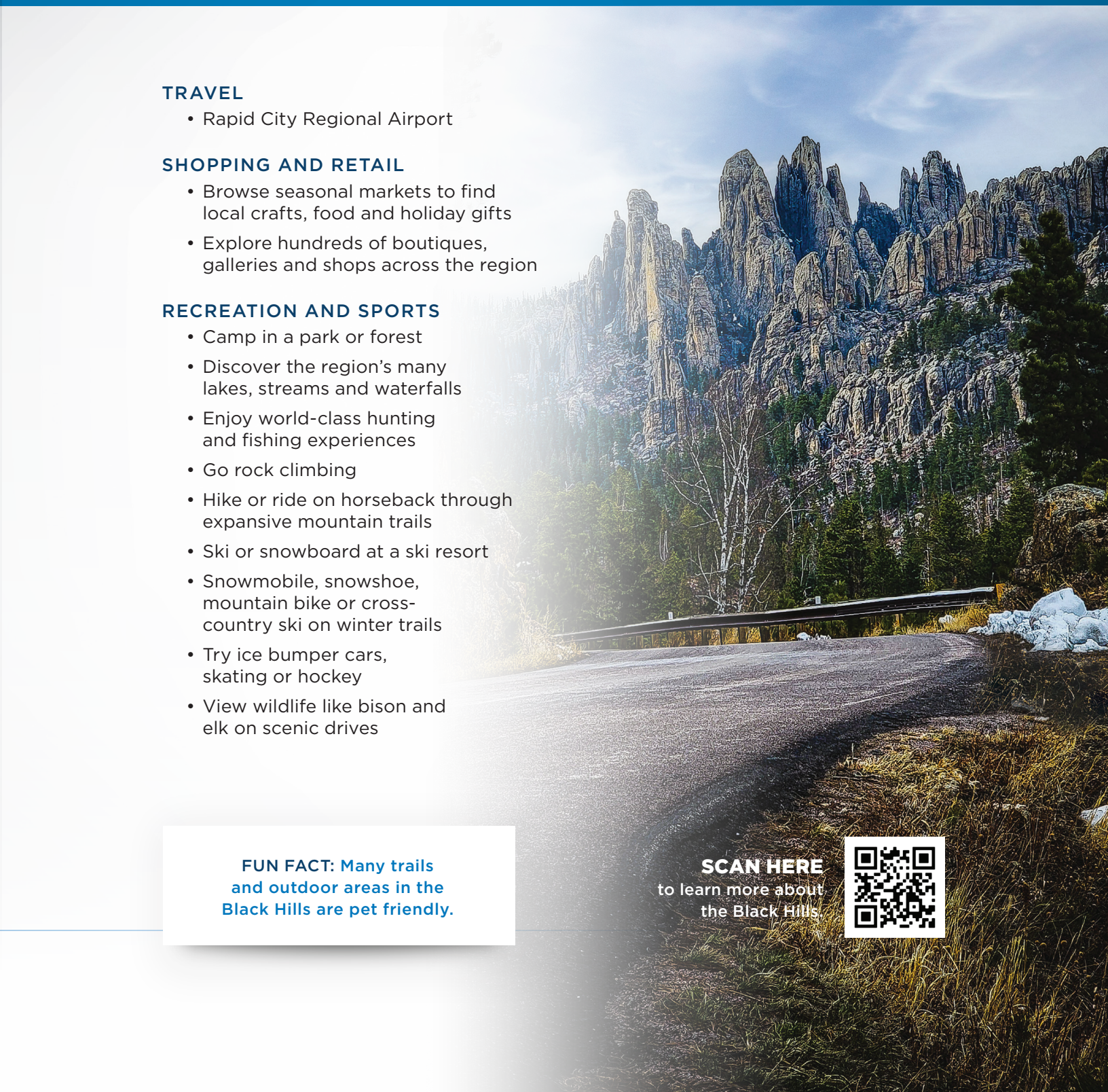
- Rapid City Regional Airport

SHOPPING AND RETAIL

- Browse seasonal markets to find local crafts, food and holiday gifts
- Explore hundreds of boutiques, galleries and shops across the region

RECREATION AND SPORTS

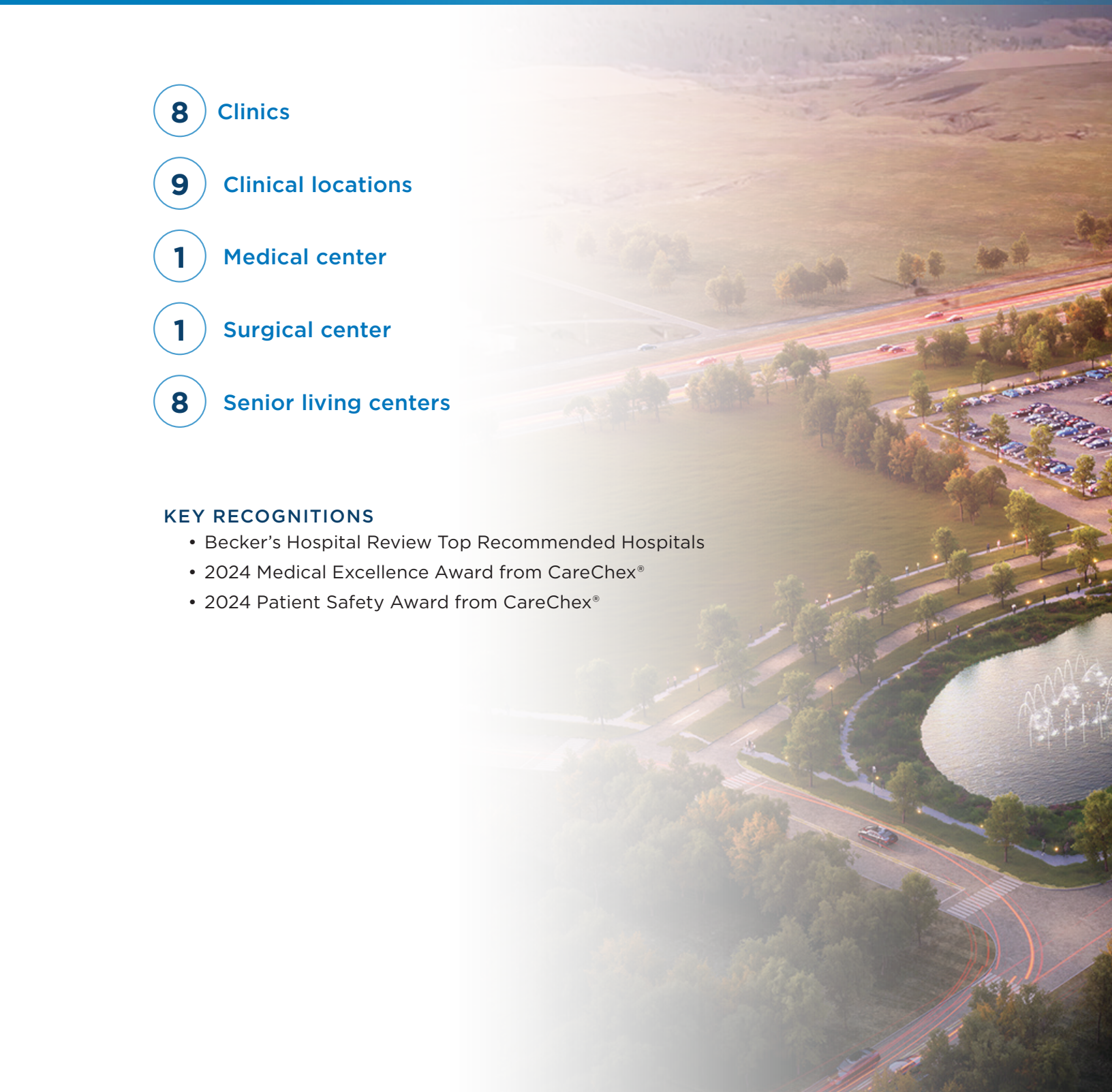
- Camp in a park or forest
- Discover the region's many lakes, streams and waterfalls
- Enjoy world-class hunting and fishing experiences
- Go rock climbing
- Hike or ride on horseback through expansive mountain trails
- Ski or snowboard at a ski resort
- Snowmobile, snowshoe, mountain bike or cross-country ski on winter trails
- Try ice bumper cars, skating or hockey
- View wildlife like bison and elk on scenic drives



FUN FACT: Many trails and outdoor areas in the Black Hills are pet friendly.

SCAN HERE
to learn more about the Black Hills.

Sanford Health in the Black Hills



- **8** Clinics
- **9** Clinical locations
- **1** Medical center
- **1** Surgical center
- **8** Senior living centers

KEY RECOGNITIONS

- Becker's Hospital Review Top Recommended Hospitals
- 2024 Medical Excellence Award from CareChex®
- 2024 Patient Safety Award from CareChex®


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