

# WHERE CAJUN RUNS DEEP

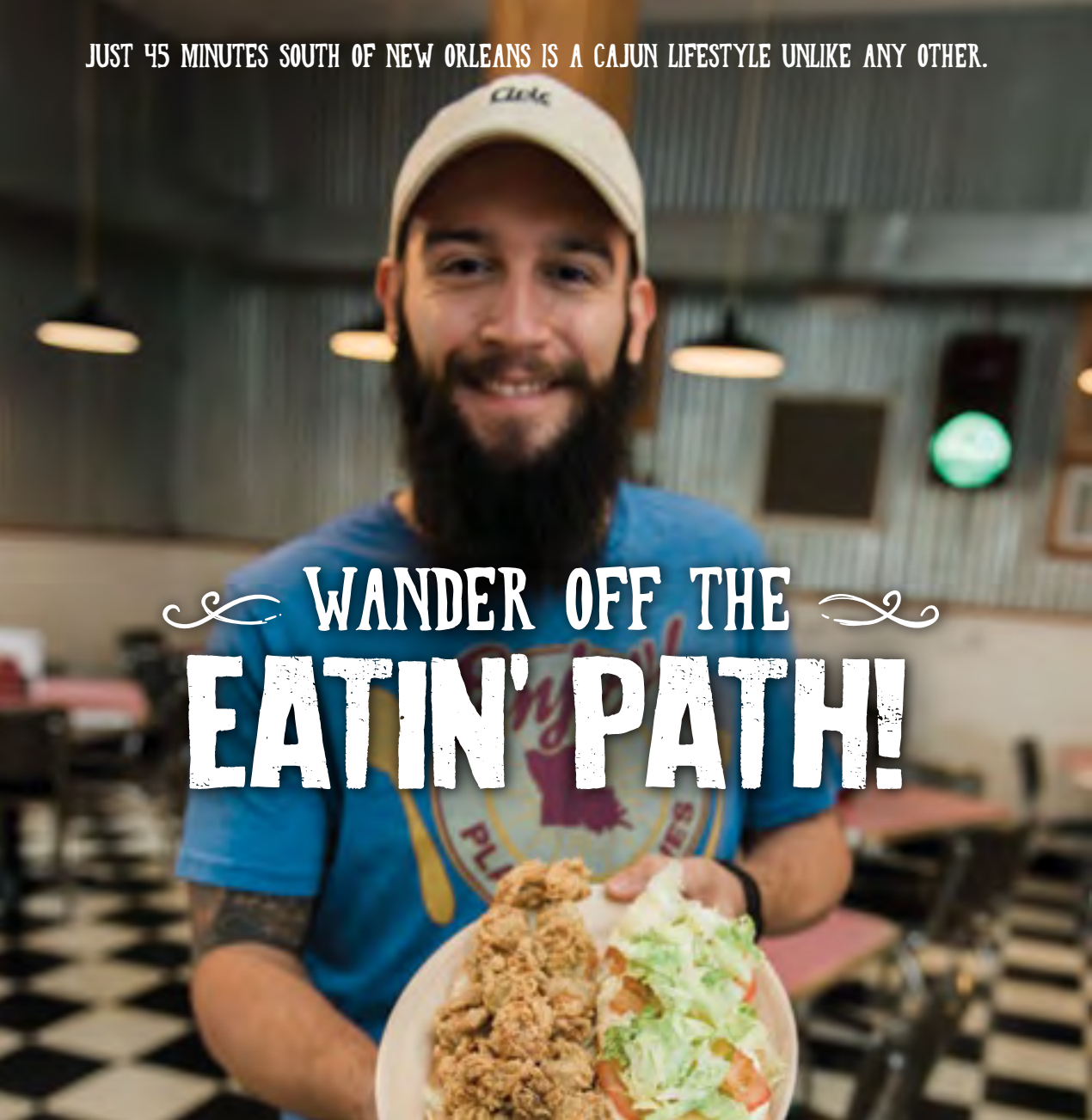


## WHAT'S INSIDE:

FOOD TRAIL  
SWAMP TOURS  
FESTIVALS  
FISHING



JUST 45 MINUTES SOUTH OF NEW ORLEANS IS A CAJUN LIFESTYLE UNLIKE ANY OTHER.



It's a simple fact: When you visit Louisiana, you'll enjoy some of the best meals of your life. But it's not just the big cities that take pride in their food scenes. In Louisiana's Cajun Bayou, just 45 minutes south of New Orleans, there's an authenticity to the culinary experience that allows anyone to truly understand how a place's food and culture are deliciously intertwined forever.

Here the journey to unforgettable dining experiences begins when you venture a ways off the main road and follow the bayou as it flows through wetlands and authentic Cajun communities.

Discover generations of unique traditions, culture and flavor in the eating establishments, culinary festivals and events on the Cajun Bayou Food Trail of Lafourche Parish. Download your passport online at [LaCajunBayou.com/FoodTrail](http://LaCajunBayou.com/FoodTrail) and go on a culinary adventure. Make 7 stops on the Trail and you'll earn a free t-shirt.



# CAJUN BAYOU FOOD TRAIL

**THIBODAUX**  
**RACELAND**  
**LOCKPORT**  
**LAROSE**  
**CUT OFF**  
**GALLIANO**  
**GOLDEN MEADOW**  
**LEEVILLE**  
**PORT FOURCHON**

LOUISIANA'S  
**CAJUN BAYOU**  
LAFOURCHE PARISH

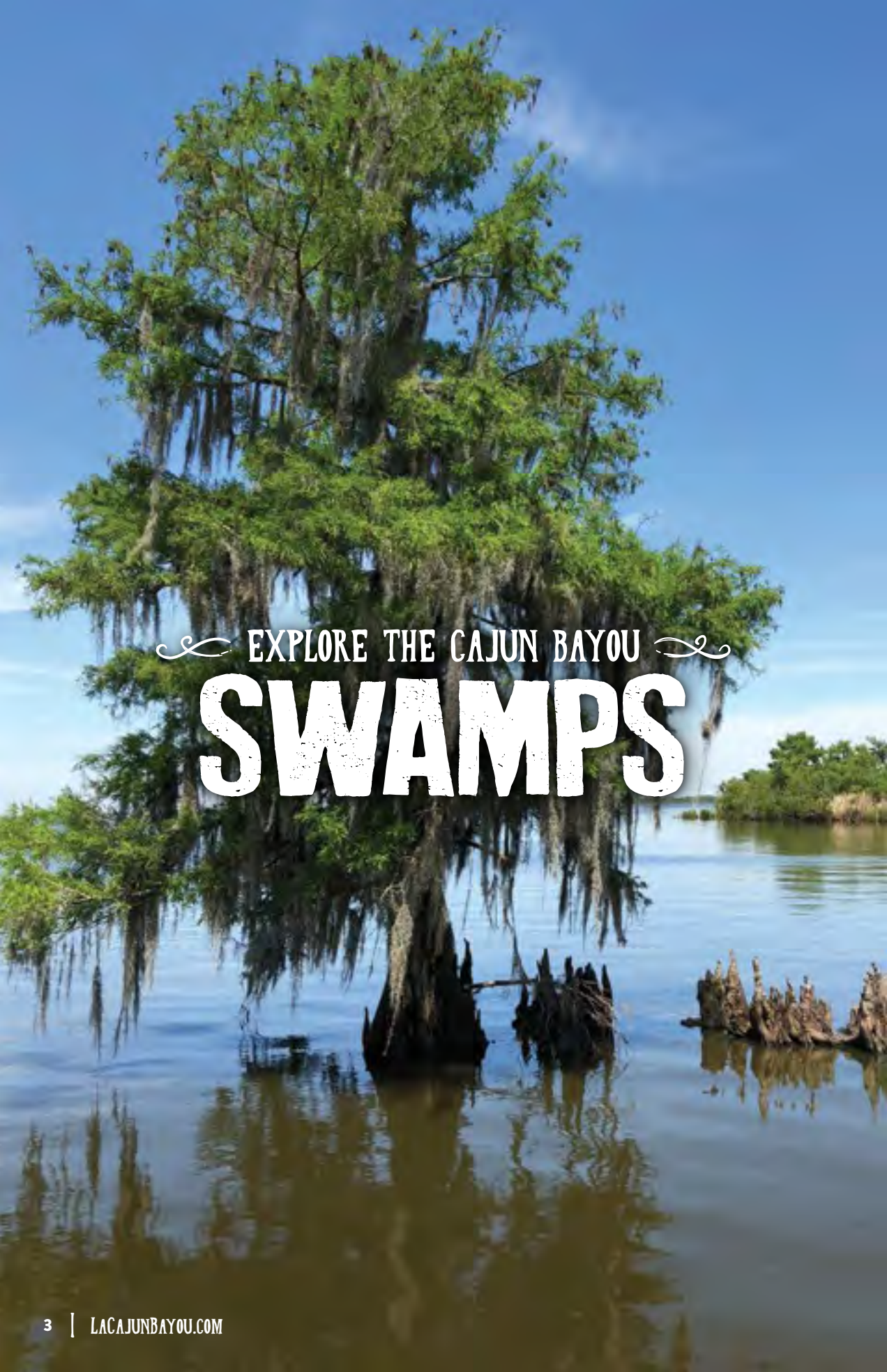
## UP THE BAYOU

- 1 GINA'S AT THE LEGION**  
114 St. Mary Street | Thibodaux, 70301
- 2 SPAHR'S DOWNTOWN**  
601 West 4th Street | Thibodaux, 70301
- 3 FREMIN'S RESTAURANT**  
402 West 3rd Street | Thibodaux, 70301
- 4 FLANAGAN'S**  
1111 Audubon Avenue | Thibodaux, 70301
- 5 BUBBA'S II POBOYS**  
212 East Bayou Road | Thibodaux, 70301
- 6 SPAHR'S SEAFOOD RESTAURANT**  
3682 Highway 90 East  
Des Allemands, 70030
- 7 POLITZ'S RESTAURANT**  
535 St. Mary Street | Thibodaux, 70301
- 8 BOURGEOIS MEAT MARKET**  
543 West Main Street | Thibodaux, 70301
- 9 FESTIVALS & EVENTS**  
**F.O.P. MUD BUG BOIL-OFF**  
MAY  
Downtown Thibodaux  
DowntownThibodaux.org  
@FOPLodge52
- 10 LOUISIANA GUMBO FESTIVAL**  
OCTOBER  
Chackbay, 70301  
LaGumboFest.com | @lagumbofest
- 11 BIG BOY'S MAIN STREET COOK-OFF**  
NOVEMBER  
Thibodaux, 70301  
DowntownThibodaux.org  
@ThibMainStreet

## DOWN THE BAYOU

- 12 HARRY'S POBOYS**  
11914 LA 308 | Larose, 70373
- 13 THE BALCONY**  
13550 West Main Street | Larose, 70373
- 14 BARRIOS' ROCK'N GATOR**  
13938 West Main Street | Larose, 70373
- 15 CHER-AMIE'S SEAFOOD RESTAURANT**  
15628 West Main Street | Cut Off, 70345
- 16 SPAHR'S AT THE STATION**  
16816 Highway 3235 | Cut Off, 70345
- 17 KAJUN TWIST**  
17972 West Main Street | Galliano, 70354
- 18 ROSE'S CAFE**  
18629 Highway 3235 | Galliano, 70354
- 19 BARRIOS SEAFOOD RESTAURANT**  
409 North Alex Plaisance Boulevard  
Golden Meadow, 70357
- 20 LEEVILLE SEAFOOD RESTAURANT**  
24203 Highway 1  
Golden Meadow, 70357
- 21 C MORAN'S RESTAURANT**  
27900 Highway 1  
Golden Meadow, 70357
- 22 FESTIVALS & EVENTS**  
**LA FÊTE DES VIEUX TEMPS**  
OCTOBER  
Raceland, 70394  
@LaFeteDesVieuxTemps
- 23 FRENCH FOOD FESTIVAL**  
OCTOBER  
Larose, 70373 | FrenchFoodFest.com  
@LaroseRegionalPark
- 24 WILD GAME SUPPER**  
FEBRUARY  
Larose, 70373 | BayouCivicClub.org  
@LaroseRegionalPark





# EXPLORE THE CAJUN BAYOU SWAMPS



Spend some time exploring where many Cajuns feel right at home; the swamps! Traveling through these unique waterways will transport you back in time and give you a glimpse of how our ancestors made a living off the land as guides tell their stories. Swamp wildlife is abundant, so be prepared to see many types of birds, critters, and of course, alligators! Whether you are riding leisurely on a pontoon or flat bottom boat or taking a thrilling airboat ride, a journey through these parts is a Cajun experience unlike any other.

## TOURS

**2 DA SWAMP BAYOU  
TOUR & MUSEUM**  
4298 Highway 90  
Des Allemands, 70030  
985-306-0390  
2DaSwamp.com

**AIRBOAT TOURS BY  
ARTHUR MATHERNE, INC**  
4262 Highway 90  
Des Allemands, 70030  
985-758-5531  
AirBoatTours.com

**TORRES CAJUN  
SWAMP TOURS**  
105 Torres Road  
Kraemer, 70301  
985-633-7739  
TorresSwampTours.net

**ZAM'S SWAMP  
TOURS INC.**  
141 Kraemer Bayou Road  
Thibodaux, 70301  
985-633-7881





# FESTIVALS

## ~ PARTY LIKE A LOCAL ~

It's no secret that here in Louisiana's Cajun Bayou we know how to throw a party. Let's face it: We know our way around delicious food, and our music is the kind that makes everyone want to get up and dance. We work hard, but we also like to play, and as far as we're concerned, the more, the merrier. We have festivals all year round – all of them tied to our unique culture – and there's no better way to understand who we are than to participate in one.

It all starts in the winter months. Elsewhere in the United States, those months can be somewhat gray and dull, but not here. Winter is Mardi Gras time, and we do it up right in Lafourche Parish, with 17 different parades that are all completely family-friendly. Mardi Gras celebrations begin two weeks leading up to "Fat Tuesday." There are bands and floats and plenty of "throws" – those colorful beads and other goodies participants toss to the crowds that line the parade route.

It's a memorable way to launch the year, and then for the remaining months we host events that celebrate the culture, music, food, industries, and natural resources for which our region is so famous.

In April we celebrate our food culture at the **Lockport Food Festival**, and every July we host the **Golden Meadow/ Fourchon Tarpon Rodeo** to honor our fishing heritage. We bring back the "old culture" at **La Fête des Vieux Temps**, stir up 600 gallons of chicken-and-sausage and seafood gumbos at the **Louisiana Gumbo Festival**, and dance to plenty of Cajun music at the **French Food Festival**, all in October. The **Louisiana Swamp Stomp Festival** shines the spotlight on our talented local musicians each November, and that same month **Big Boy's Main Street Cook-Off** and the **Thibodeauxville Fall Festival** round out the fall festivals up and down the Bayou.





## SPRING FESTIVALS

### LAUREL VALLEY SPRING HERITAGE FESTIVAL

**Thibodaux | 985-446-7456**

Features an arts & crafts show with cultural demonstrations including antique engines and boat building at the Historic Laurel Valley Sugar Plantation.

### LOCKPORT FOOD FESTIVAL

**Lockport | 985-532-5909**

Known as a Swamp Pop extravaganza with music, dancing, food and rides.

### THIBODAUX FIREMEN'S FAIR AND PARADE

**Thibodaux | 985-446-3247**  
**FiremensFair.com**

The largest volunteer fire department fair in the country, featuring rides, live entertainment, a parade, an auction and Cajun food.

### CHOCTAW FIREMAN'S FAIR

**Thibodaux | 985-859-0079**

Filled with fun for the whole family, enjoy music, dancing, a parade, live auction, and world famous Cajun cuisine.

### WILD GAME SUPPER

**Larose | 985-693-7355**  
**BayouCivicClub.com**

Savor 40+ exotic dishes including ostrich, duck, deer, kangaroo, zebra, wild boar, and wild-caught Louisiana seafood. All food is prepared by local chefs.

### BATEAUX DE BOIS FESTIVAL

**Lockport | 985-532-5106**

Keeping alive the art & craft of boat building. Features an alligator display, pirogue race, story tellers, museum tours, cultural demonstrations.

### BAYOU CAJUN FEST

**Larose | 985-693-7355**  
**BayouCivicClub.org**

Great live, local music, carnival rides and delicious Cajun food throughout the weekend. Features a craft market, fresh caught seafood boil-off.

### BOILIN' ON DA BAYOU

**Cut Off | 985-632-7616**

Great live music, dancing and all the crawfish you can eat for one price (\$15).

### MUDBUG BOIL-OFF

**Thibodaux | 985-387-3000**

Only crawfish cook-off held in Downtown Thibodaux, this family-friendly event serves up boiled crawfish cooked by local teams competing for first prize.



## ADD A LITTLE LAGNIAPPE (SOMETHING EXTRA) TO YOUR FESTIVAL WEEKEND.

Many of our festivals last throughout the weekend, but there's also many other ways to experience the food, culture and outdoors while you're here. Check out a romantic restaurant in Downtown Thibodaux or shop around at local boutiques. Take in the culture at the Bayou Country Children's Museum and an adventurous swamp tour. Make your festival weekend stay one to remember!

We recommend bringing your folding chair and comfortable dancing shoes along to any festival!

## SUMMER FESTIVALS

### GHEENS BON MANGE FESTIVAL

**Gheens | 985-532-6587**

Festivities begin on a Friday night with music, games and delicious Cajun food. Auctions, car shows and other family-friendly activities take place throughout the weekend-long festival.

### CAJUN HERITAGE FESTIVAL

**Larose | 985-228-0845**  
**CajunHeritageFestival.com**

A hunter's dream, the Cajun Heritage Festival showcases a decoy show and live auction, plus carving demos, duck calling contest, and wood carving contest.

### LET FREEDOM RING FESTIVAL

**Thibodaux | 985-446-5237**

This festival is held every 4th of July, celebrating Independence Day with live music, dancing, Cajun food, and fireworks.

### GOLDEN MEADOW/FOURCHON INTERNATIONAL TARPON RODEO

**Fourchon | 985-396-2728**

See some of the biggest fish you can catch in the Gulf at this rodeo. The Tarpon Rodeo features a fishing tournament, live music, and great Cajun food. This is a family-friendly event.



## FALL FESTIVALS

### C.O.Y.C. HURRICANE FESTIVAL

**Cut Off | 985-632-7616**

Features delicious Cajun food, carnival rides and music for all ages.

### LAUREL VALLEY FALL HERITAGE FESTIVAL

**Thibodaux | 985-446-7456**

Features an arts & crafts show with cultural demonstrations including antique engines and boat building at the Historic Laurel Valley Sugar Plantation.

### LA FÊTE DES VIEUX TEMPS "FESTIVAL OF OLD TIMES"

**Raceland | 985-637-2166**

Brings back the festivals of old, celebrating old time arts & crafts and recipes for Cajun dishes like sauce piquante. Dance to live music, enjoy food and drinks, shop the craft show, and ride carnival rides.

### BAYOU MUSIC FESTIVAL

**Golden Meadow | 985-632-4247**

Features more than a dozen local bands and performers from the South Louisiana Bayou Area and includes music for all tastes, including Zydeco, rock, country, pop and more!

### LOUISIANA GUMBO FESTIVAL

**Chackbay | 985-633-7789**  
**LaGumboFest.com**

Chackbay will live up to its title as the Gumbo Capital of Louisiana, serving over 600 gallons of chicken-and-sausage and seafood gumbo, as well as offering live music, dancing, a carnival midway and a live auction.

### FRENCH FOOD FESTIVAL

**Larose | 985-693-7355**  
**BayouCivicClub.org**

Features dozens of local specialty dishes along with dancing and music. Folk life demonstrations showcase Cajun lifestyles such as boat building, cooking, music and more.

### ACADIA MUSIC FEST

**Thibodaux | 985-446-1159**

**AcadiaMusicFest.net**  
This one-day music festival features a new line-up of big named headliners each year.

### LOUISIANA SWAMP STOMP FESTIVAL

**Raceland | 985-449-7062**

Spotlights local and regional Cajun bands and will feature a variety of south Louisiana food and beverages.

### BIG BOY'S MAIN STREET COOK-OFF

**Thibodaux | 985-413-9886**

**ThibodauxMainStreet.org**  
Takes place each year as the kick-off event of the Thibodauxville Fall Festival weekend. Enjoy samples from over 30 teams as they cook up items like shrimp & grits, jambalaya boulettes and charbroiled oysters.

### THIBODEAUXVILLE FALL FESTIVAL

**Thibodaux | 985-632-7616**

**ThibodauxChamber.com**  
Visit historic downtown Thibodaux as it becomes a marketplace of food, arts & crafts and live entertainment.

## WINTER FESTIVALS

### LOCKPORT TREE LIGHTING AND CHRISTMAS PARADE

**Lockport | 985-532-3117**

The downtown streets of Lockport become the backdrop for the annual Christmas Parade with the beautiful Papa Noel Christmas tree lighting at Bayou Side Park.

### THIBODAUX CHRISTMAS FESTIVAL

**Thibodaux | 985-446-1187**

**ThibodauxChamber.com**  
Fun and excitement for the whole family, starting with a Christmas parade that ends in historic downtown Thibodaux and Christmas tree lighting.



# EXPERIENCE MARDI GRAS

## UP & DOWN THE BAYOU

"Throw me something, Mister!" This is a phrase people say as they get caught up in the Mardi Gras spirit. And when it comes to Mardi Gras spirit, the people and parades of Louisiana's Cajun Bayou are tough to beat.

From the Ambrosia Parade in Thibodaux at the beginning of Carnival season, all the way to the Neptune Parade in Golden Meadow on Fat Tuesday. You will experience Mardi Gras in a way that only the Bayou can provide. Enjoy 17 family-friendly parades with a Cajun flair. You'll always be able to find a great spot to view the beautiful floats and of course, catch more beads, cups and trinkets than you can carry.

Cajuns love to celebrate life, and there is no better time to do that than during Mardi Gras. The smell of barbeques and crawfish boils fills the air as locals and visitors alike gather along the parade routes. And a Cajun never meets a stranger, so don't be surprised when you are invited to share a plate, a dance or just to pass a good time.







# OUTDOORS

EXPLORE & GET AWAY FROM IT ALL

A lot of elements combine to make Lafourche Parish, Louisiana, a truly delightful destination for a getaway of any kind – family fun time, romantic retreat, girlfriend getaway or fishing weekend. You'll feel spoiled by everyone you meet, but one figure plays a very important role in the guest experience up and down the Bayou, and that's Mother Nature herself. A true visit to Louisiana's Cajun Bayou requires time spent outside, reeling in a fish or looking for a bird species you're not likely to see anywhere else.

It's one of the few places in the world where you can find freshwater, brackish, and saltwater fishing all within an easy drive or boat ride of each other. Local fishing guides are ready to take visitors out to find speckled trout, redfish, flounder, and dozens of other species. The fish are plentiful, so even novice fishermen will likely find success on our waters.





# FISHING CHARTERS/ MARINAS

**AARON PIERCE CHARTERS**  
125 PA Drive  
Cut Off, 70345  
985-637-9720

**BETWEEN THE BANKS, LLC.**  
629 Twin Oaks  
Raceland, 70394  
504-458-9451

**BIG DOG BOWFISHING**  
24359 Highway 1  
Leeville, 70357  
985-637-6074  
BigDogBowfishing.com

**BOBBY'S CHARTERS LLC.**  
209 Moore Road  
Leeville, 70357  
985-396-2678 or  
985-637-0118  
BobbyLynns.com

**BOBBY LYNN'S  
MARINA, INC.**  
209 Moore Road  
Leeville, 70357  
985-396-2678  
BobbyLynns.com

**CAPT. T-MAN CHARTERS**  
109 West 1st Street  
Larose, 70373  
985-693-6828

**CAST AND CATCH  
FISHING CHARTERS**  
110 North Hanley Lane  
Golden Meadow, 70357  
985-637-5760 or  
985-665-0745  
Cast-and-Catch.com

**DON DEE'S BAYOU COASTAL  
GUIDE SERVICE, LLC.**  
280 West 86th Street  
Cut Off, 70345  
985-632-3336  
FishWithDondee.com

**FISHTALES GUIDE SERVICE**  
7404 Highway 1  
Lockport, 70374  
985-696-1801

**GATOR COVE MARINA**  
16124 Highway 3235  
Cut Off, 70345  
985-632-6605

**HAWK EYE FISHING  
CHARTERS, INC.**  
125 East 52nd Street  
Cut Off, 70345  
985-637-1103

**LEEVILLE FISHING PIER**  
24387 Highway 1  
Leeville, 70357  
985-537-7603

**MARSH MASTERS BOW  
FISHING**  
175 Old Highway 1 North  
Golden Meadow, 70357  
985-285-7332  
MarshMastersBowfishing.com

**MARSH MASTERS  
GUIDE SERVICE**  
175 Old Highway 1 North  
Golden Meadow, 70357  
985-285-7332

**MARSH RAT GUIDE SERVICE**  
232 Acadia Park Drive  
Raceland, 70394  
985-637-5058  
TheMarshRat.com

**MARSHLAND GUIDE  
SERVICE**  
138 Ledet Lane  
Golden Meadow, 70357  
985-691-7073

**MORAN'S MARINA**  
27900 Highway 1  
Golden Meadow, 70357  
985-396-2728

**PLAISANCE TIDEWATER  
CHARTERS**  
402 South Bayou Drive  
Golden Meadow, 70357  
985-475-7471  
FishTidewater.com

**PORT FOURCHON MARINA**  
288 Flotation Canal Road  
Golden Meadow, 70357  
985-396-2728

**RIPPIN LIP GUIDE  
SERVICE, LLC.**  
406 East 74th Street  
Cut Off, 70345  
985-632-5846 or  
985-637-4292  
RippinLipGuideService.com

**SALTWATER GUIDE SERVICE**  
344 Sandras Street  
Larose, 70373  
985-696-4621  
SaltwaterLouisiana.com

**SOUTHERN MOON  
CHARTERS**  
231 Carlon Drive  
Des Allemands, 70030  
985-870-3315

**SPECK-TACKLER CHARTERS**  
217 Callais Lane  
Golden Meadow, 70357  
985-475-5871

**SPOTS & SPECKS  
CHARTERS, LLC.**  
18120 West Main Street  
Galliano, 70354  
985-637-3177

**STEVE TOMENY CHARTERS**  
140 Flotation Canal Road  
Fourchon, 70357  
985-396-2613 or  
800-259-8452  
SteveTomenyCharters.com

**TOP WATER MARINA**  
24015 Highway 1  
Leeville, 70357  
985-396-4620

**TUNA TIME  
CHARTERS, LLC.**  
226 Chateau Drive  
Lockport, 70374  
985-665-3769  
TunaTimeCharters.com

**ZUTIE'S BAY COAST  
CHARTERS**  
1296 North Plaisance Boulevard  
Golden Meadow, 70357  
985-637-3692



## BIRDING

This region is also a birdwatcher's paradise, as thousands of migratory birds pass through each spring and fall as they traverse the Gulf Coast Louisiana Flyway. Believe it or not, there are nearly 500 bird species in Louisiana, and almost all of them can be spotted along the Gulf Coast. Most guests will easily catch glimpses of egrets, herons, spoonbills, ducks, and a variety of songbirds. And perhaps best of all, coastal Louisiana is a top population center for bald eagles, so it's very likely you'll spot our national symbol here at home on the Bayou.

## BOARD WALKS & PIERS

### LOCKPORT ELEVATED BOARDWALK

Highway 308  
Lockport, 70374  
985-532-5106

A 440-foot elevated winding boardwalk featuring the beautiful scenic settings of nature surrounding Bayou Lafourche.

### LEEVILLE FISHING PIER

24387 Highway 1  
Leeville, 70357  
985-537-7603

Enjoy a great fishing spot and the scenery of the gorgeous wetlands. Catch saltwater fish right off the pier. Free and open to the public.



## LEEVILLE FISHING PIER

Located in Leeville under the bridge, the fishing pier is directly across from the Leeville public boat launch. Enjoy a great fishing spot and the scenery of the gorgeous wetlands. Catch saltwater fish right off the pier. Free and open to the public.





PHOTO CREDIT: LOUISIANA WETLANDS CULTURAL SCENIC BYWAY

**W**hen you plan a visit to Louisiana, you start hearing and throwing around the word “Cajun,” but what does it really mean? An easy way to figure it out is to spend some time in Louisiana’s Cajun Bayou, in the communities of Lafourche Parish.

Here’s a quick history lesson: “Cajun” is an English corruption of the French word Acadian, which describes an ethnic group that was exiled from Canada’s Maritime region in the mid-1700s because they refused to declare allegiance to the British crown. About a third of these people ultimately ended up in Louisiana, where they found others who spoke French. It was a much different topography and climate than they were used to, but they worked hard as farmers and fishermen and forged a new life in strange surroundings while clinging to those things they knew best – religion, music, food, and family bonds.

The best place to get a hearty dose of all things Cajun is at the **Wetlands Acadian Cultural Center** in Thibodaux, one of the facilities of the Jean Lafitte National Historical Park and Preserve. The center highlights the music, religion, cuisine, recreation, and livelihoods

of the Cajun population through a series of exhibits and films. The facility also offers walking tours of downtown Thibodaux and boat trips along the famed Bayou Lafourche, but perhaps what’s most interesting about this National Park site takes place in the evenings. On Monday nights visitors can come for the **Live Music Jam**, bringing an instrument to play along or simply listening to local musicians. And here’s a bonus: It’s not uncommon for members of the audience to get up and dance! On Tuesday nights the center hosts its **Cercle Francophone**, during which participants speak French as a way of keeping the language alive. There’s no charge for either of these weekly events, but the glimpse into the life of Cajuns is priceless.

Wherever you go in Lafourche Parish, you’ll see, hear, smell, and taste the impact and influence of the Cajuns. The best part about time spent in this region is that there’s nothing contrived about these experiences you’ll have; they’re completely authentic and become the most memorable part of a visit.





# ~ ATTRACTIONS ~

## UP THE BAYOU

### BAYOU COUNTRY CHILDREN'S MUSEUM

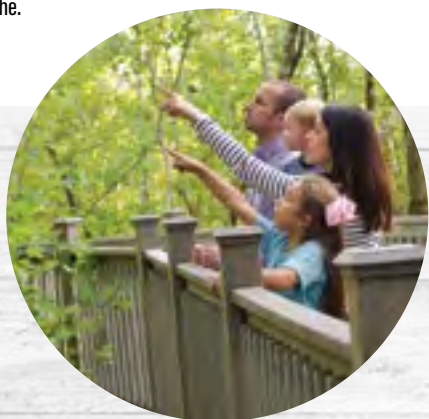
211 Rue Betancourt  
Thibodaux, 70301  
985-446-2200

[BayouCountryChildrensMuseum.org](http://BayouCountryChildrensMuseum.org)  
A unique Children's Museum with a Cajun twist. Kids learn through interactive play as they explore the local culture on exhibits like a sugarcane harvester, shrimp boat, and Mardi Gras float.

### E. D. WHITE HISTORIC SITE

2295 Highway 1  
Thibodaux, 70301  
985-447-0915

Home of Louisiana's only United States Supreme Court Justice, Edward Douglass and surrounded by centuries-old live oaks on beautiful Bayou Lafourche.



## SCENIC DRIVES ALONG THE BAYOU

A drive along the **Wetlands Cultural Byway** in south Louisiana is an ideal way to see towns and villages where shrimping, trapping and farming have been a way of life for hundreds of years. See beautiful wetland landscapes and moss-draped cypress trees as you travel the winding roads.

### JEAN LAFITTE NATIONAL HISTORICAL PARK - WETLANDS ACADIAN CULTURAL CENTER

314 Saint Mary Street  
Thibodaux, 70301  
985-448-1375  
[NPS.gov/Jela/Wetlands-Acadian-Cultural-Center.htm](http://NPS.gov/Jela/Wetlands-Acadian-Cultural-Center.htm)  
Features exhibits, art galleries, gift shop and tours that aid visitors in understanding the rich and diverse cultures of our beautiful and endangered south Louisiana Delta. Also available are Cajun music performances on Monday nights.



### LAUREL VALLEY VILLAGE

595 Highway 308  
Thibodaux, 70302  
985-446-7456

The largest surviving 19th and 20th century sugarcane plantation complex in the U.S. Nearly 60 original structures. The general store contains many tools and farm instruments originally used in the cultivation of sugarcane. Locally made arts & crafts available in the general store.

### MUDBUG BREWERY

1878 Highway 3185  
Thibodaux, 70301  
985-859-4899  
[MudbugBrewery.com](http://MudbugBrewery.com)

Local brewery where craft beers are produced and distributed. Sample the four flagship brews made with local flair: the King Cake Ale, Café a Lait Stout, Pelican Pilsner, and the Intracoastal IPA.

### SAINT JOHN'S EPISCOPAL CHURCH AND HISTORIC CEMETERY

718 Jackson Street  
Thibodaux, 70301  
985-447-2910

[StJohnsThibodaux.org](http://StJohnsThibodaux.org)  
Built in 1844, Saint John's is the oldest Episcopal church west of the Mississippi. Tours of the historic church and cemetery by appointment.

### SAINT JOSEPH CO-CATHEDRAL CHURCH

721 Canal Boulevard  
Thibodaux, 70301  
985-446-1387

[StJoseph-CC.org](http://StJoseph-CC.org)  
Renaissance Romanesque design features are reflective of the churches in Paris and Rome. Spectacular stained-glass windows and gold-veined Egyptian marble on the altars.



## DOWN THE BAYOU

### BAYOU LAFOURCHE FOLK LIFE & HERITAGE MUSEUM

110 Main Street  
Lockport, 70374  
985-532-5909

Take an imaginary trip along Bayou Lafourche in the early 1900s. Housed in a national Register of Historic Places building, the museum features artifacts of early life along Bayou Lafourche.

### CENTER FOR TRADITIONAL LOUISIANA BOAT BUILDING

202 Main Street  
Lockport, 70374  
985-446-8440

Founded in 1979, the center researches wooden boat building throughout South Louisiana. View boats, photographs, slides and artifacts highlighting boat building. The center provides pre-arranged individual and group tours, as well as boat building demonstrations and lectures.

### CHINE'S NET SHOP

1901 South Bayou Drive  
Golden Meadow, 70357  
985-475-6788

View hands-on demonstrations of how to make shrimp and oyster nets used for the local fishing industry.

### SOUTH LAFOURCHE VETERAN'S MEMORIAL

16937 Highway 3235  
Cut Off, 70345  
985-475-7702

Beautifully landscaped memorial featuring a 122-foot granite wall monument with over 3,000 names of veterans of Lafourche Parish.

### UNITED HOUMA NATION'S TRIBAL CENTER

20986 Highway 1  
Golden Meadow, 70357  
985-475-6640

[UnitedHoumaNation.org](http://UnitedHoumaNation.org)  
Displays on the United Houma Indian Tribe and Native American craft exhibits. Live demonstrations can be arranged for groups in different areas along Bayou Lafourche by request.



## LAFOURCHE LIVE OAK TOUR

Explore the heritage of Lafourche Parish through this driving tour of old, live oak trees. Each tree has a story to tell about the people and places along Bayou Lafourche. All trees along the route are marked with a sign. View the tour at [LiveOakTour.com](http://LiveOakTour.com).







# ACCOMMODATIONS

~ STAY A WHILE ~

**N**ow that you have had some great adventures in Louisiana's Cajun Bayou, relax and unwind at a variety of accommodations. We offer many options all perfectly situated to help you explore the authentic Cajun culture.

From national chains, to campgrounds, to local bed and breakfasts with French-speaking hosts, the places to stay in Lafourche Parish come served with their own cup of culture.

Where to lay your head is entirely up to you. Our southern hospitality will make you feel right at home.





## BED & BREAKFAST

### A CHATEAU ON THE BAYOU BED & BREAKFAST

3158 Highway 308  
Raceland, 70394  
985-537-6773

### CHEZ FELICITE BED & BREAKFAST

4416 Highway 1  
Raceland, 70394  
985-664-1156

### DANSEREAU HOUSE BED & BREAKFAST

506 Saint Philip Street  
Thibodaux, 70301  
985-227-9937

### LA FAMILLE MARTIN BED & BREAKFAST

164 Wilson Street  
Raceland, 70394  
985-537-5494

### NAQUIN'S BED & BREAKFAST

1146 West Camellia Drive  
Thibodaux, 70301  
985-446-6977

### ROBICHAUX HOUSE BED & BREAKFAST

322 East 2nd Street  
Thibodaux, 70301  
985-447-4738

### SWEET ELSA'S COTTAGE BED & BREAKFAST

531 St. Louis Street  
Thibodaux, 70301  
985-991-0725

## HOTEL/ MOTEL

### APPLE INN

12436 West Main Street  
Larose, 70373  
985-798-7620

### BAYOU INN

18606 West Main Street  
Galliano, 70354  
985-475-5898

### BAYOU L. MOTEL

526 Saint Mary Street  
Thibodaux, 70301  
985-447-2683

### BEST WESTERN ISABELLE COURT

17026 Highway 3235  
Galliano, 70345  
985-325-3800

### BOUDREAUX'S LANDING MOTEL

208 North Alex Plaisance Road  
Golden Meadow, 70357  
985-475-6313

### BOUDREAUX'S WATERFRONT MOTEL

24214 Highway 1  
Leeville, 70357  
985-396-2215

### CAJUN INN

18820 West Main Street  
Galliano, 70354  
985-475-5677

### CANAL INN

1237 Canal Boulevard  
Thibodaux, 70301  
985-446-5511

### CANDLEWOOD SUITES

287 Highway 3162  
Galliano, 70354  
985-325-3650

### CARMEL INN AND SUITES

400 East 1st Street  
Thibodaux, 70301  
985-446-0561

### DAYS INN

18434 Highway 3235  
Galliano, 70354  
985-475-7007

### DAYS INN & SUITES

158 Glenwild Drive  
Thibodaux, 70301  
985-446-1933

### DEAUVILLE MOTEL

1717 Saint Mary Street  
Thibodaux, 70301  
985-448-2411

### ECONOMY INN

1111 Saint Mary Street  
Thibodaux, 70301  
985-446-3667

### ECONOMY INN

5656 Highway 1  
Lockport, 70374  
985-532-9991

### FAIRFIELD INN & SUITES

239 Highway 3162  
Galliano, 70354  
985-325-1200

### GALLIANO INN

18628 Highway 3235  
Galliano, 70354  
985-475-8700

### HAMPTON INN

826 North Canal Boulevard  
Thibodaux, 70301  
985-446-0900

### HOLIDAY INN EXPRESS

265 Highway 3162  
Galliano, 70354  
985-325-4484

### HOLIDAY INN EXPRESS

4716 Highway 1  
Raceland, 70394  
985-538-3800

### JAMBON'S MOTEL

20804 Highway 1  
Golden Meadow, 70357  
985-475-5169

### LOCKPORT MOTEL

725 Cresent Avenue  
Lockport, 70374  
985-532-3384

### MOTEL 6

203 North Canal Boulevard  
Thibodaux, 70301  
985-446-0977

### MOTEL 90

2383 Highway 182  
Raceland, 70394  
985-537-6611

### MORAN'S MOTEL

27900 Highway 1  
Fourchon, 70357  
985-396-3900

### TURNER MOTEL

120 Talbot Avenue  
Thibodaux, 70301  
985-446-6317



## CABIN/ CAMPGROUND/ RV PARK

### BAYOU RESORT RV PARK

18920 Highway 3235  
Galliano, 70354  
985-475-5946

### BOBBY LYNN'S MARINA RV PARK

209 Moore Road  
Leeville, 70357  
985-396-2678

### CATFISH LAKE CABINS & RV

18628 Highway 3235  
Galliano, 70354  
985-475-8700

### JAMBON'S RV PARK

20804 Highway 1  
Golden Meadow, 70357  
985-475-5169

### KELLY GROVE CAMPGROUND

307 East 5th Street  
Larose, 70373  
985-693-7355

### MARSH MASTERS RV PARK

175 Old Highway 1 North  
Golden Meadow, 70357  
985-637-6076

### PORT FOURCHON MARINA RV SITES

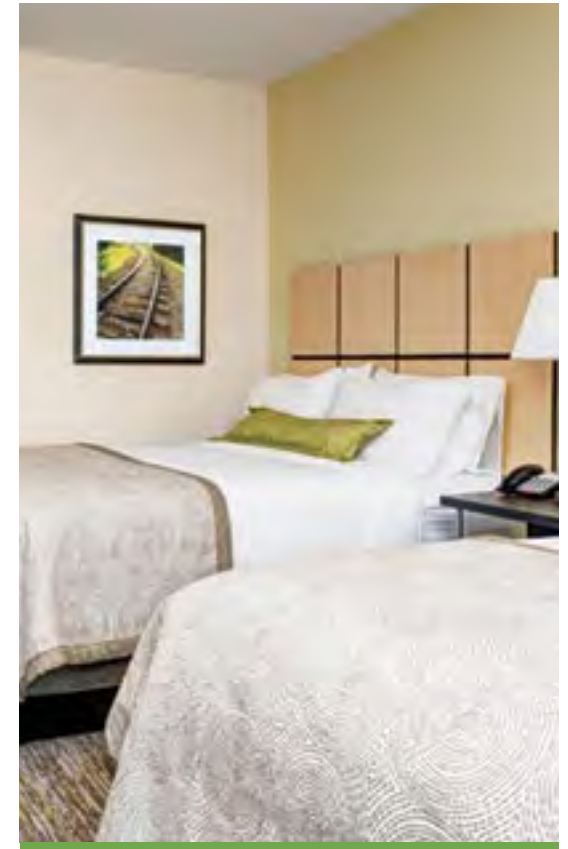
288 Flotation Canal Road  
Golden Meadow, 70357  
985-396-2728

### SOUTHERN MARSH RV PARK

16816 Highway 3235  
Cut Off, 70345  
985-325-4445

### TOP WATER MARINA RV PARK

24015 Highway 1  
Leeville, 70357  
985-396-4620





# RESTAURANTS

## UP THE BAYOU

**ALUMNI GRILL**  
1130 Highway 1  
Thibodaux, 70301  
985-492-1324

**BECK'S**  
4293 Highway 1  
Raceland, 70394  
985-537-7275

**BLACKIE'S RESTAURANT & PO-BOYS**  
5674 Highway 1  
Lockport, 70374  
985-532-5117

**BOUDREAUX'S RESTAURANT**  
507 Highway 20  
Thibodaux, 70301  
985-633-2382

**BUBBA'S II RESTAURANT & SPORTS LOUNGE**  
764 West Bayou Road  
Thibodaux, 70301  
985-446-5117

**BUBBA'S II PO-BOY & SEAFOOD**  
212 East Bayou Road  
Thibodaux, 70301  
985-449-0900

**BY PASS FIESTA GRILL**  
1818 Highway 3185  
Thibodaux, 70301  
985-446-2654

**CAJUN POTATO KITCHEN**  
1127 Audubon Drive  
Thibodaux, 70301  
985-447-4212

**CAJUN POTATO KITCHEN II**  
1615 Saint Mary Street  
Thibodaux, 70301  
985-492-1073

**CINCLARE**  
601 West 3rd Street  
Thibodaux, 70301  
985-227-9507



**ENVIE' RESTAURANT & OYSTER BAR**  
203 North Canal Boulevard  
Thibodaux, 70301  
985-447-2461

**FLANAGAN'S RESTAURANT**  
1111 Audubon Avenue  
Thibodaux, 70301  
985-447-7771

**FREMIN'S RESTAURANT**  
402 West 3th Street  
Thibodaux, 70301  
985-449-0333

**GINA'S AT THE LEGION**  
114 St. Mary St  
Thibodaux, 70301  
985-492-2505

**GOAL POST DRIVE INN**  
4275 Highway 1  
Raceland, 70394  
985-537-6351

**GRADY V'S AMERICAN BISTRO**  
900 Country Club Boulevard  
Thibodaux, 70301  
985-446-8894

**GRIFFIN'S PO-BOY SHOPPE**  
4566 Highway 1  
Raceland, 70394  
985-537-5552

**GRIFFINS PO-BOY & GRILLE**  
523 Saint Mary Street  
Thibodaux, 70301  
985-446-2224

**HIGHWAY 20 SWAMP SHACK**  
1502 Highway 20  
Thibodaux, 70301  
985-441-2444

**N.O. STYLE PO-BOYS**  
3874 Highway 1  
Raceland, 70394  
985-537-6444

**OFF THE HOOK**  
604 North Canal Boulevard  
Thibodaux, 70301  
985-493-5352

**PEPPER'S PIZZERIA**  
600 West 3rd Street A  
Thibodaux, 70301  
985-446-0006

**POLITZ'S RESTAURANT**  
535 Saint Mary Street  
Thibodaux, 70301  
985-448-0944

**PRESTO DELI**  
1556 Highway 90 East  
Raceland, 70394  
985-537-8888

**RACELAND GRILL**  
109 South Service Road  
Raceland, 70394  
985-537-7660

**SPAHR'S DOWNTOWN**  
601 West 4th Street  
Thibodaux, 70301  
985-448-0487

**SPAHR'S SEAFOOD RESTAURANT**  
3682 Highway 90 East  
Des Allemands, 70394  
985-758-1602

**TRUDY'S RESTAURANT**  
3966 Highway 307  
Thibodaux, 70301  
985-633-9617

**VIC'S TOUCHDOWN GRILL**  
4757 Highway 1  
Mathews, 70394  
985-537-6223

**WEEPING WILLOW CAFÉ**  
713 West 3rd Street  
Thibodaux, 70301  
985-448-0444

## DOWN THE BAYOU

**A.J.'S GRILL**  
14568 Main Street  
Cut Off, 70345  
985-632-2888

**BARRIOS ROCK'N GATOR**  
13394 West Main Street  
Larose, 70373  
985-693-7131

**BARRIOS SEAFOOD RESTAURANT**  
409 Alex Plaisance Boulevard  
Golden Meadow, 70357  
985-475-3027

**CHER AMIE'S**  
15628 West Main Street  
Cut Off, 70345  
985-632-3333

**CRAB STATION**  
13255 Highway 1  
Larose, 70373  
985-693-3562

**D&D DRIVE INN**  
12410 Highway 1  
Larose, 70373  
985-693-3136

**GRIFFIN'S MARINA GRILL**  
24215 Highway 1  
Leeville, 70357  
985-396-2415

**HARRY'S PO-BOYS**  
11914 Highway 308  
Larose, 70373  
985-798-7578

**KAJUN TRUCK PLAZA & BUFFET**  
640 A. O. Rappelet Road  
Port Fourchon, 70357  
985-396-8552

**KAJUN TWIST**  
17972 West Main Street  
Galliano, 70354  
985-632-7272

**LAROSE GRILL**  
11825 Highway 308  
Larose, 70373  
985-693-6077

**LEEVILLE SEAFOOD RESTAURANT**  
24203 Highway 1  
Leeville, 70357  
985-396-2770

**MAMA'S KITCHEN**  
107 East 93rd Street  
Galliano, 70354  
985-325-3303

**ME MAW'S RESTAURANT**  
2606 North Alex Plaisance Boulevard  
Golden Meadow, 70357  
985-475-6353

**MOMMIE JO'S**  
15617 West Main Street  
Cut Off, 70345  
985-632-5050

**MORAN'S RESTAURANT**  
27900 Highway 1  
Port Fourchon, 70357  
985-396-2727

**ROSE'S CAFÉ**  
18629 Highway 3235  
Galliano, 70354  
985-475-5474

**SPAHR'S AT THE STATION**  
16816 Highway 3235  
Galliano, 70354  
985-325-4450

**THE BALCONY**  
13550 West Main Street  
Larose, 70373  
985-693-3368

**THE CHILL OUT**  
15360 West Main Street  
Cut Off, 70345  
985-632-4611

**TYO'S DELI**  
24183 Highway 1  
Leeville, 70357  
985-396-2676

**WHAT'S BREWING COFFEE SHOP**  
237 Highway 3161  
Cut Off, 70345  
985-632-7702

## SEAFOOD OUTLETS

**BARRIOS SEAFOOD**  
409 Alex Plaisance Boulevard  
Golden Meadow, 70357  
985-475-4739

**CLAWTILL'S SEAFOOD**  
300 North Alex Plaisance Boulevard  
Golden Meadow, 70357  
985-475-2233

**HOLLY MARIE'S SEAFOOD**  
4831 Highway 1  
Mathews, 70394  
985-532-1111

**NICK'S SEAFOOD**  
4183 Highway 1  
Raceland, 70394  
985-537-7177

**PUNCH'S SEAFOOD**  
118 North Oak Street  
Lockport, 70374  
985-532-7340

**SEAFOOD OUTLET**  
1701 Canal Boulevard  
Thibodaux, 70301  
985-446-1999

**SPARKY'S SEA FOOD**  
1502 Canal Boulevard  
Thibodaux, 70301  
985-448-3633

## MEAT MARKETS

**BOURGEOIS MEAT MARKET**  
543 West Main Street  
Thibodaux, 70301  
985-447-7128  
BourgeoisMeatMarket.com

**GUIDRY'S MEAT MARKET**  
704 Alex Plaisance Boulevard  
Golden Meadow, 70357  
985-475-5010

**MAHLER'S MEAT MARKET**  
1471 Highway 307  
Thibodaux, 70301  
985-633-7385

**VERDUN MEAT MARKET**  
3376 Highway 1  
Raceland, 70394  
985-537-6529







## TOP 10 THINGS FOR GROUPS TO DO

- 1 JEAN LAFITTE WETLANDS  
ACADIAN CULTURAL CENTER
- 2 CAJUN BAYOU FOOD TRAIL
- 3 DOWNTOWN HISTORIC  
WALKING TOURS
- 4 E.D. WHITE HISTORIC SITE
- 5 LAUREL VALLEY  
PLANTATION TOUR
- 6 CHINE'S NET SHOP TOUR
- 7 SWAMP OR AIRBOAT TOUR
- 8 SCENIC DRIVE UP AND  
DOWN THE BAYOU
- 9 SHOPPING IN DOWNTOWN  
THIBODAUX
- 10 FESTIVALS/EVENTS



PHOTO CREDIT: LOUISIANA WETLANDS CULTURAL SCENIC BYWAY

## GROUPS & MEETINGS IN LOUISIANA'S CAJUN BAYOU

**W**hy Louisiana's Cajun Bayou for groups and meetings? Because we offer a distinctive collection of meeting spaces combined with a variety of unique cultural experiences. For the leisure traveler who enjoys traveling with a group and the business traveler who enjoys the benefits of mixing business with leisure, we offer the best for both worlds! Louisiana's Cajun Bayou Tourism is committed to providing tour operators and meeting planners with professional and exceptional customer service.



## NICHOLLS STATE UNIVERSITY

**L**ouisiana's Cajun Bayou is home to Nicholls State University (NSU) located in Thibodaux. Founded in 1948, NSU is home to more than 6,000 students preparing for a variety of careers. Top programs include nursing, education, and the world-renowned culinary school.

The Chef John Folse Culinary Institute at NSU is known for being Louisiana's Culinary Ambassador to the world. The Institute focuses on preservation of Louisiana's rich culinary heritage. Knowledge of Cajun and Creole cuisine sets these aspiring chefs apart from others around the world.

Scheduled groups can enjoy cooking demonstrations on how to prepare traditional local dishes and tour the world-class facility.

NSU is also home to the Manning Passing Academy (MPA), the premier offensive football skills camp in the nation. MPA is hosted each summer by the Manning family and several current and former National Football League and college players and coaches.



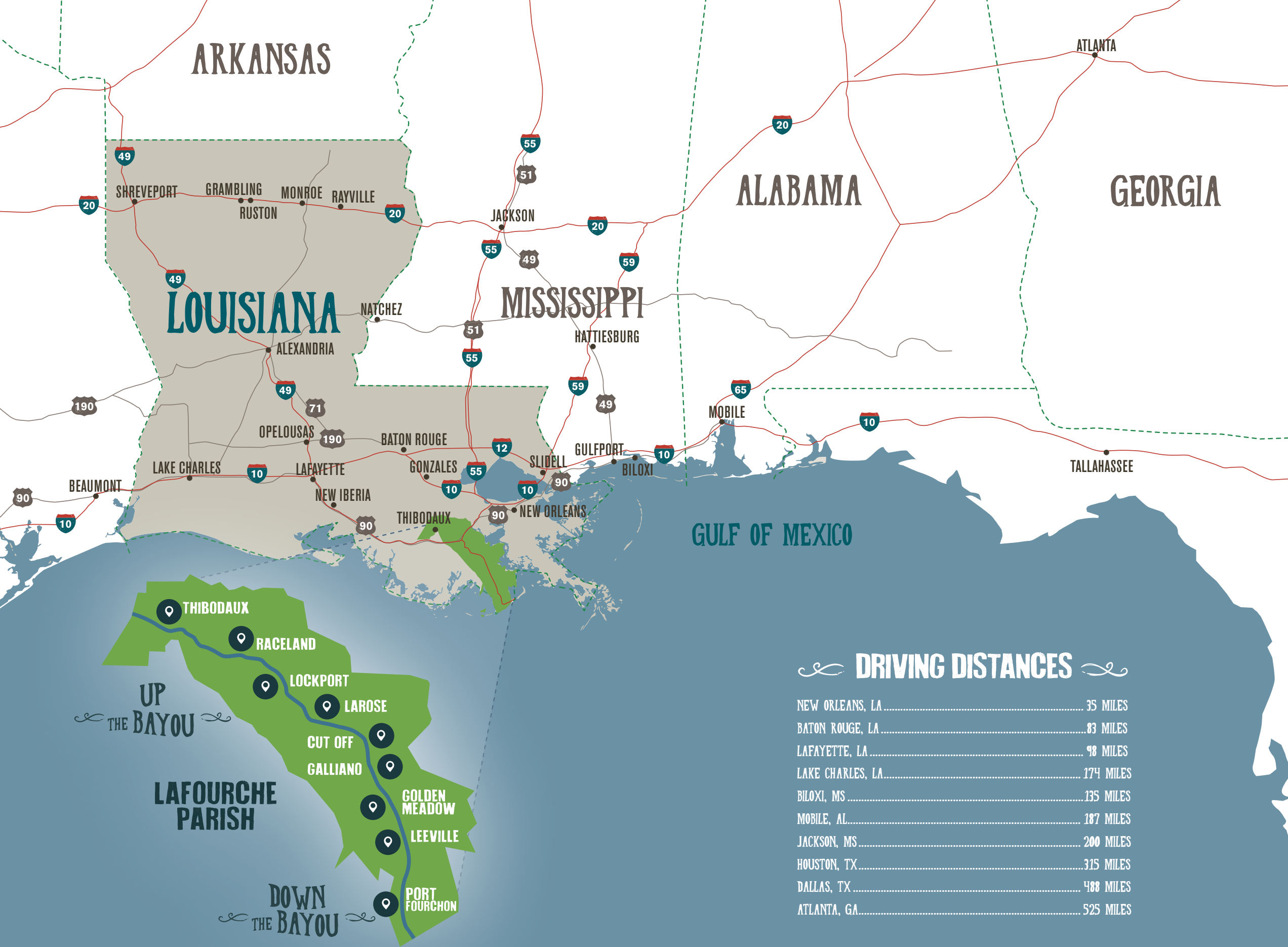
## PORT FOURCHON

**P**ort Fourchon is the nation's premier energy services port, serving as a land base for multiple offshore oil and gas support service companies which provide approximately 20% of the nation's oil supply. The port continues to expand to service the evolving needs of the offshore energy industry.

In addition to its role in the energy industry, Port Fourchon functions as a destination for recreational and commercial fishing, an intermodal transportation hub, a unique area for recreation and ecotourism, a hot spot for research on coastal restoration and marsh creation methods, and a shining example of how industry and environment can not only work together, but provide resiliency lessons for other coastal areas.

Port Fourchon sits at the mouth of Bayou Lafourche, where it empties into the Gulf of Mexico and is easily accessible from any area in the Gulf and Caribbean. Located at the end of Highway 1 in Louisiana, Port Fourchon is in the center of one of the richest and most progressive industrial areas in the Gulf region.





ARKANSAS

ALABAMA

GEORGIA

LOUISIANA

MISSISSIPPI

GULF OF MEXICO

DRIVING DISTANCES

NEW ORLEANS, LA	35 MILES
BATON ROUGE, LA	83 MILES
LAFAYETTE, LA	98 MILES
LAKE CHARLES, LA	174 MILES
BILOXI, MS	135 MILES
MOBILE, AL	187 MILES
JACKSON, MS	200 MILES
HOUSTON, TX	315 MILES
DALLAS, TX	488 MILES
ATLANTA, GA	525 MILES

UP THE BAYOU

LAFOURCHE PARISH

DOWN THE BAYOU





## PLAN YOUR VISIT TODAY!

Discover the rich history and culture through the many stories told along the Bayou.

[LACAJUNBAYOU.COM](http://LACAJUNBAYOU.COM)

French website:  
[LACAJUNBAYOU.COM/FR](http://LACAJUNBAYOU.COM/FR)

## FOLLOW US

Keep up with the latest adventures on the Bayou.

#CAJUNBAYOU



## NEWSLETTER

Discover Cajun life on the Bayou and sign up for our e-newsletter.

## CONTACT US

877.537.5800

## FIND US

Whether you are looking for directions, a great place to eat, or just relax after a long trip, stop by our visitors center located at the intersection of LA Hwy 90 and 4484 LA Hwy 1.

# CAJUN BAYOU TOURS



## WILD & FREE

**STOP 1:** Way down the Bayou you'll find our newest fishing attraction at the **Leeville Fishing Pier**. Enjoy a great fishing spot and the scenery of the gorgeous wetlands. Catch saltwater fish right off the pier. Free and open to the public.

**STOP 2:** Explore the **Lockport Elevated Boardwalk**, 440 feet of winding trails through the beautiful scenic settings of nature, birdwatching, and swamp life surrounding Bayou Lafourche.

**STOP 3:** If you're adventurous enough, bring your own boat and launch out of one of the area's ten public boat launches. Navigate through our lush waterways and marshes filled with local fresh fish.



## BAYOU FRESH

**STOP 1:** Start your Bayou Fresh weekend with a farm-to-table hot spot. **The Rienzi Market** features healthy foods right from local producers. Open every Thursday, this is a great spot to get a mid-week fresh treat.

**STOP 2:** Every Saturday morning, under a covered pavilion in Raceland, you'll find a variety of local, homemade goods including fresh beignets, hog-head cheese, and cracklins. The **Lafourche Central Market** also features music on the first Saturday every month.



## MUSIC, SWEET MUSIC

**STOP 1:** Sway to the sweet sounds of traditional Cajun tunes every Monday night at the **Wetlands Acadian Cultural Center**. Musicians sing and tell stories of our culture in both English and French. It's free and fun for the whole family.

**STOP 2:** Every other Wednesday, musicians and families come together to Cajun jam at **Gina's at the Legion** in Downtown Thibodaux. Listen, dance, and even play along with the celebration while you dine on some delicious food and sip local spirits.

**STOP 3:** If you miss our jams during the week, you're sure to catch plenty of free live music at our local festivals. Most of them last a weekend, so stay a while and get your fill of the tunes that make us authentically Cajun.



LOUISIANA'S  
**CAJUN BAYOU**  
LAFOURCHE PARISH

877.537.5800  
LACAJUNBAYOU.COM  
#CAJUNBAYOU

