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A TASTE OF LOUISIANA

A REGIONAL GUIDE TO

DINING, ADVENTURE,
CULTURE AND MORE!





TABLE OF CONTENTS

BATON
ROUGE **4**

LOUISIANA'S
NORTHSHORE **5**

NEW
ORLEANS **6**

BAYOU
COUNTRY **8**

CAJUN
COUNTRY **10**

SOUTHWEST
LOUISIANA **12**

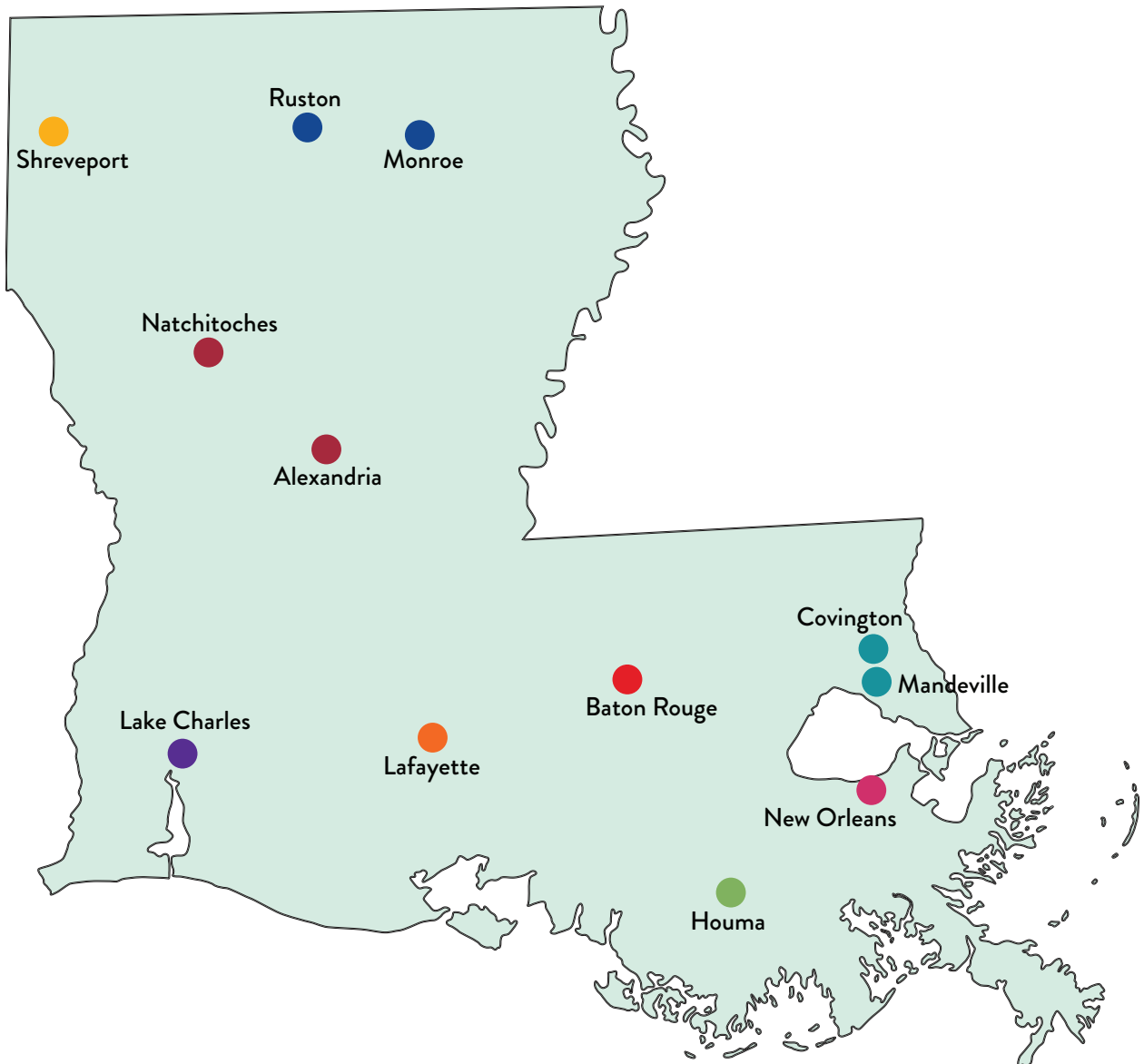
CENTRAL
LOUISIANA **14**

NORTHWEST
LOUISIANA **16**

NORTHEAST
LOUISIANA **18**

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BATON ROUGE has been inhabited for millennia. Since European settlement in the 1720s, the city has evolved into a bustling center for industry, the seat of government, and an ever-expanding entertainment and restaurant scene.



EAT & DRINK

From old-timey po' boy joints like **Poor Boy Lloyd's** to Southern classics served at **Chicken Shack** and **Eliza Restaurant & Bar**, there's something for every taste in Baton Rouge—including restaurants with an international bent. With freshly baked pita and dishes full of the Gulf's bounty, **Zorba's Greek Bistro** has been popular for about 20 years. Locally owned **Chow Yum Phat** serves inspired takes on Vietnamese and South Asian foods, like steamed buns, ramen, and Salt N Peppa Wings.

FUN & ATTRACTIONS

The city is home to a variety of historical activities, from the **USS Kidd Veterans Museum** (a restored WWII destroyer) to Louisiana's awe-inspiring **Old State Capitol** (where the legislature met from 1850 to 1932), along with the **Belle of Baton Rouge Casino & Hotel** and shopping along nearby North Third Street. **The Louisiana Art & Science Museum** houses an eclectic collection that spans from prehistory (like a meteorite discovered in 1576 that's estimated to be a billion years older than Earth) to an ancient Egypt exhibit (complete with a well-preserved mummy) and beyond.



MUST-DOS

- Take a drive down Louisiana River Road Byway to fill up on the area's rich history
- See how Bayou State settlers lived at the LSU Rural Life Museum & Windrush Gardens
- Catch a set at Henry Turner Jr.'s Listening Room Heritage Museum
- Explore Government Street's mélange of dining, shops, and multiuse spaces



LOUISIANA'S NORTHSHORE was a vacation spot for New Orleanians escaping the summer heat. From Slidell in the east to Madisonville in the west, with Covington and Mandeville in between, this collection of communities are packed with fun for the whole family.

EAT & DRINK

Look no further for vacation eateries. **The Maple Street Bakery** is known for its fresh breads and pastries. Housed in a building from 1881, **Abita Springs Café** offers breakfast specialties, including the Cajun Praline Chicken & Waffles. In Mandeville, **Pat's Rest Awhile** restaurant and oyster bar serves a commanding lakeside view and delicious surf and turf options. In nearby Slidell, the 30-year-old institution **Phil's Marina Café** has a storied menu full of seafood favorites. In Downtown Covington, find hip eats at **Hoodoo Ice Cream** and **Cured. on Columbia**, a coffee shop with small bites.



MUST-DOS

- Try a flight of beers at Chafunkta Brewing Company in Mandeville
- Hold a baby alligator at the Insta-Gator Ranch & Hatchery in Covington
- Buzz around Slidell's Honey Island Swamp and see the area's ecosystem firsthand
- Walk the raised boardwalks at the Northlake Nature Center in Mandeville



FUN & ATTRACTIONS

It's easy to see why the Northshore's natural beauty drew a crowd. Get an up-close view of the **Bogue Falaya River** with **Canoe & Trail Adventures**; families can paddle at their own pace or have a guided tour with a Louisiana Master Naturalist. **Fontainebleau State Park** is a haven for fishing, hiking, camping, glamping, and kid-friendly beaches. Formerly an 1800s railroad corridor, the **Tammany Trace** is a 31-mile biking and hiking path that meanders from Covington to Slidell; while on the trail, travelers can see local wildlife in parks and bayous.



Clockwise from top left: kayakers on the Bogue Falaya River; cypress trees at Fontainebleau State Park; the Madisonville Lighthouse; glamping with Tentrr at Fontainebleau State Park; Crab Dip with Bowtie Pasta at Phil's Marina Café; Mahi Marliene at Phil's Marina Café in Slidell.

NEW ORLEANS is renowned the world over for its melting pot of French, American, and African cultures and its Creole cuisine and annual festivals. Established in 1718 as a key trading port city, its importance and impact live on even today.



EAT & DRINK

It's easy to be overwhelmed by all the sights and smells of the city, but look no further than the iconic **Dooky Chase's Restaurant**, an important stop on the Louisiana Civil Rights Trail whose famous guest list is as rich as its menu, or try a king cake from **Dong Phuong Bakery**, the oldest Vietnamese established bakery in the city. If you're looking for a touch of whimsy with your meal, **Commander's Palace** is housed in a pastel blue building with a storied past and hosts a notable jazz brunch every Saturday and Sunday.





FUN & ATTRACTIONS

There is more to New Orleans than meets the eye, and you can see it all from **Vue Orleans**, an indoor and outdoor observatory with the only panoramic view of the city. **The New Orleans Jazz Museum** celebrates the culture and icons of jazz music and is just a four-minute walk from the French Market. For the artists, you may enjoy **Mardi Gras World**, where the iconic floats are made, or the **New Orleans Museum of Art Besthoff Sculpture Garden**. After a day of touring, relax with some shopping on **Magazine Street**.



MUST-DOS

- Experience annual festivals like the 10-day New Orleans Jazz & Heritage Festival
- Enjoy authentic crawfish dishes at the Louisiana Crawfish Festival in Chalmette
- Have a pint at Port Orleans Brewing Co.
- Stroll through the 17 exhibits of JAMNOLA

BAYOU COUNTRY immerses visitors in wetlands culture, Cajun cuisine, and charming small towns of Terrebonne Parish, like Houma. The region's been influenced by the Chitimacha and Houma peoples, sugar cane plantations, and oil and natural gas discoveries, but many locals still make their livelihoods on the waterways, marshes, and bayous.

EAT & DRINK

Throughout Terrebonne Parish and the surrounding areas, there are countless places to get traditional Cajun fare. Houma's own **Boutique Dominique** is packed with delightful food gifts, fresh lunch options, and boudin-stuffed chicken breasts. In nearby Thibodaux, **Bourgeois Meat Market** is known for andouille, boudin, and tasso. From the hot, fresh doughnuts and pastries at **Mr. Ronnie's Hot Famous Donuts** to the raw oyster bar at **1921 Seafood** and the upscale spin on local food traditions at **Cinclare Southern Bistro**, the region can do it all. Don't forget to visit **Mudbug Brewing** for small-batch beers and **Bayou Terrebonne Distillers** for a taste of clear Louisiana corn whiskey.





FUN & ATTRACTIONS

Follow the **Wetlands Cultural Trail** from Thibodaux through Houma to Lafourche Parish and the Gulf of Mexico. Along the way, stop by historic homes (including **E. D. White Historic Site** and **Laurel Valley Plantation**), museums (such as the **Bayou Terrebonne Waterlife Museum** and **Terrebonne Folklife Culture Center**), and unique stops (like the **Chauvin Sculpture Garden** created by artist and recluse Kenny Hill or the **Wildlife Gardens** bed and breakfast with a nature center feel in Gibson). The **Mandalay National Wildlife Refuge** covers more than 4,000 acres of freshwater marsh and offers prime opportunities to see migratory birds, and various marsh and cypress-tupelo swamp habitats.



MUST-DOS

- Follow the Bayou Country Crawfish Trail for mouthwatering local flavor
- Take a high-speed swamp tour
- Catch live Cajun music at the Bayou Terrebonne Waterlife Museum
- Take in one of Houma's downtown murals



Clockwise from top left: local wildlife; shrimp boats; kayaking in Mandalay Nature Trail; an exhibit at the Bayou Terrebonne Waterlife Museum; fun at the Greenwood Gator Farm.

CAJUN COUNTRY is a melting pot of culture, flavors, and history for visitors to explore. The land's passed from indigenous groups to French, Spanish, and Acadian (French Canadian) settlers, culminating in the vibrant region it is today. Come hear the zydeco music as you savor each sight, bite, and sip your way through Lafayette and nearby towns.



EAT & DRINK

There's no better place to indulge or dip a toe into Cajun cuisine. In Lafayette, **Acadian Superette** serves up classic smothered rice dishes and live-fire barbecue, **Olde Tyme Grocery** is a 40-year-old institution for po' boys, and **Shucks!** is known for its spicy crawfish and raw and grilled oysters. In Vermilionville, **La Cuisine de Maman** keeps it traditional with gumbo, jambalaya, and étouffée. There's also a generation of new restaurants that pay their respects to Cajun roots through thoughtful variations. **The French Press** offers modern takes on breakfast and lunch eats, like chicken and waffles, while **Pop's Poboys** diversifies Louisiana's beloved sandwich with inventive flavor profiles. The chefs at **Vestal** create a fine-dining experience out of regional bounty.





FUN & ATTRACTIONS

Get a crash-course in all things Cajun at one of the region's festivals:

Festival International de Louisiane brings Francophile musicians and artists to Lafayette each April. In October, the **Festival Acadiens et Créoles** celebrates the unique Acadian culture through music, food, and crafts. The same month, the **Blackpot Festival & Cookoff** is a folksy gathering dedicated to traditional cast-iron cooking and Cajun food and music. Visit **Vermilionville**, a 23-acre living museum with 19 attractions, seven restored homes, and artisan demonstrations from the 1800s. Let your hair down at **Hideaway on Lee** or the **Blue Moon Saloon** for live zydeco, swamp pop, and Cajun music and an even livelier dance floor.

MUST-DOS

- Take a tour of the TABASCO® Brand Factory and TABASCO® Museum
- Follow the Bayou Teche National Scenic Byway
- Go on a shopping spree at boutiques like Parish Ink
- Peruse local art at Sans Souci Fine Crafts Gallery



Clockwise from top left: costumed guide in a schoolhouse at Vermilionville; a group performing at Festival International de Louisiane; Downtown Lafayette; Blue Moon Saloon; Johnson's Boucaniere serves hot boudin, smoked meats, and lunch items.

SOUTHWEST LOUISIANA combines breathtaking scenery with fresh seafood and a *laissez les bons temps rouler* attitude. At the edge of Louisiana and Texas, Lake Charles and the surrounding towns have a style all their own.

EAT & DRINK

In the Lake Charles area, find Cajun classics mixed with thoroughly modern options and international flair. Get to **The Bakery** right as it opens for a full selection of pastries, quiches, sandwiches, and more. Check out **Seafood Palace** for the best of Gulf-caught seafood prepared in every way. A short drive from town, **Fire & Oak** is known for its modern yet approachable fare. For a casual but no less memorable dining experience, **Restaurant Calla** doesn't fail to impress with sharable snacks like rich Blue Crab Beignets and satisfying entrées such as the Breaded Compart Pork Chop. For boudin, stop by **In-Laws Cajun Specialties** in Iowa or **Cormier's Specialty Meats** in Jennings. Wet your whistle at **Louisiana Spirits' Bayou Rum Distillery** for award-winning rums made from Louisiana cane sugar.





MUST-DOS

- Grab a brew and live music at Crying Eagle Brewing Co.
- Pick up a locally made gift at Alexander Art Studio
- Try your luck at Golden Nugget Lake Charles, L'Auberge Casino Resort Lake Charles, or Delta Downs Racetrack Casino Hotel
- Stroll the Creole Nature Trail for a grand tour of the region's natural beauty

FUN & ATTRACTIONS

There's never a dull moment in Louisiana's Southwest. Follow the good vibes and sound of music at the various casinos, local breweries, or **Luna Bar & Grill**. Walkable Downtown Lake Charles offers a host of activities, like historic neighborhood tours, and art and science exhibits in the **Historic City Hall Arts & Cultural Center**. Come **Carnival Season**, the streets are filled with parades and parties. The surrounding Cajun towns celebrate the **Courir de Mardi Gras**, where costumed revelers collect ingredients from residents for a communal gumbo; chicken chasing and live music make it a special piece of living history. Naturalists won't want to miss **Grosse Savanne Eco-Tours** for a guided look at the area's flora and fauna.



CENTRAL LOUISIANA is connected by the rambling Red River that flows through cities like Alexandria and Natchitoches (pronounced na-kuh-tish), respectively founded in 1819 and 1714. In the heart of the state, you'll find heaps of history, fantastic food, and plenty of warm Louisianan hospitality.



EAT & DRINK

Naturally, Cajun eats are bountiful in Central Louisiana. Try the award-winning Voodoo Mambo (pasta dish with tasso, andouille, and Gulf shrimp) at **Quebedeaux Cajun Café** in Pineville, and get a quintessential taste of Natchitoches at **Lasyone's Meat Pie Restaurant**. There's also a delightful assortment of cuisine, from **Mi Tierra Restaurante Mexicano** in Alexandria to pizzas and comfort food at Natchitoches's **Pioneer Pub**. Do as the locals do and stop by **Spirits Food & Friends** in Alexandria for food and live music. Taste the community spirit at **Legacy Café** in Natchitoches. Serving breakfast and lunch made from scratch, the café is part of the Ben D. Johnson Educational Center that helps area youths with employment development.





MUST-DOS

- Visit the Pineville Farm Stand for local, seasonal produce, meats, dairy, and baked goods
- See a working sugarhouse at the 1795 Kent Plantation House
- Experience *Steel Magnolias* in real life at St. Augustine Church in Natchitoches
- Make a stop at the Louisiana Sports Hall of Fame

FUN & ATTRACTIONS

Animal lovers of all ages will love seeing animals from all over the world (including Louisiana wildlife) at **The Alexandria Zoological Park**. Get in touch with your artistic side at the **Alexandria Museum of Art**, the state's largest collection of North Louisiana folk art. Traverse **The Northup Trail**, which documents Solomon Northup's escape back to freedom and was adapted into the 2013 film *Twelve Years a Slave*. Appreciate the piney hills of **Kisatchie National Forest**. Back in Natchitoches, visit the **Kaffie-Frederick General Mercantile**, which was founded in 1863 and still sells everything from horseshoes to home goods. Bask in the seat of luxury at **The Hotel Bentley**, opened in 1908 and since fully renovated. History buffs will thoroughly enjoy ordering a cocktail in the hotel's **Mirror Room** lounge, where it's rumored that D-Day was planned.



NORTHWEST LOUISIANA is at the intersection of Louisiana, Texas, and Arkansas, giving the region a distinctive Creole and Cajun flavor with a hearty helping of Southern charm. Nestled along the Red River, Shreveport and its sister city, Bossier City, have six historic districts dating back to 1875, cultural landmarks, and a rocking lineup of restaurants and attractions.

EAT & DRINK

Thanks to the geography, Shreveport offers a Southern cuisine trifecta of barbecue, Creole, and Cajun. Barbecue and meat-and-three-style restaurants abound, like **Real BBQ and More**. For a meal with some New Orleans flare, visit **Marilynn's Place** for gumbo, beignets, and more. And in Bossier, **BeauxJax Crafthouse** boasts an expansive Cajun-influenced menu, an outdoor music stage, and a raw oyster bar at sister restaurant, **Frozen Pirogue**. True to its nickname "The Port City," Shreveport has a number of far-flung flavors to explore, like West African-spiced **RNL's Cookery Corner**. Find classic Shreveport-style stuffed shrimp at places like **Orlandeaux's Café** and **Eddie's Restaurant**.





MUST-DOS

- Visit the Shreveport Municipal Auditorium where “Elvis has left the building” was coined
- Find a souvenir at the Agora Borealis shop and gallery
- Hike and bike at Lake Bistineau State Park
- Walk across the Historic Caddo Lake Drawbridge



FUN & ATTRACTIONS

In the Highlands neighborhood, the **R.W. Norton Art Gallery** and connected botanical gardens boast an impressive collection for your enjoyment. Come springtime and early summer, take a short drive from Shreveport to the 118-acre **American Rose Center**; the picnic areas, walking and jogging trails, and Children’s Garden and Playground make it a marvelous daytrip. Time travel to the 1800s thanks to the **Pioneer Heritage Center** at **Louisiana State University Shreveport**, where a collection of restored period buildings are available for free tours by appointment—including a functioning 1880 cypress blacksmith shop that offers live demonstrations.



NORTHEAST LOUISIANA is a hub for railroads, the snaking Ouachita River, and the different flavors of Southern culture. Come experience everything Ruston and Monroe-West Monroe has to offer.



EAT & DRINK

Get the whole spectrum of Bayou State favorites in Northeast Louisiana. Order from a selection of muffulettas, Cubans, and pimento cheese sandwiches at **Staple Sandwich Co.** in Ruston. At **Grown and Grazed**, you can find breakfast and lunch items that include Louisiana Sweet Potato Hash and several Smith Family Farms beef hamburgers. Get a table at **Trio's** for fancier seafood plates like the Blackened Grouper & Crab. Relax at **Utility Brewing Co.** for great pizza and a local beer selection. Bask in for a sleeker, Prohibition-era style bar scene at **White Lightnin' Cocktail & Culinary Co.** for delicious concoctions and bites. At **Magic Grill** in Monroe-West Monroe, taste the famous roast beef po' boy along with other country-fried favorites. Get more Southern comfort at **Portico**, where the fried chicken, macaroni and cheese, and tender greens are abundant.





FUN & ATTRACTIONS

Northeast Louisiana cities offer walkable downtowns and a bounty of shops, restaurants, and boutiques to explore. **Creative Exchange** and **Ruston Artisans** act as hubs for the local Ruston art scene, and **Patton's Downtown** is an ideal place to pick up clothing or gifts for loved ones. Pair your shopping trip with a beverage at **Railway Coffee**. Don't skip a visit to the **Dixie Center for the Arts**, a historic 1928 theater once known as "North Louisiana's most magnificent showhouse." The **Biedenharn Museum & Gardens** in Monroe is a multifaceted gem that includes a historic home, an English garden, the Bible Museum, and a rotation of exhibits. Enjoy a drive out to see the monumental earthworks at **Poverty Point UNESCO World Heritage Site**.

MUST-DOS

- Browse in Antique Alley found in West Monroe's Cotton Port Historic District
- Go to the Coca-Cola Museum at the Biedenharn Museum & Gardens
- Catch a meal and live music at The Revelry, an authentic roadhouse in Ruston
- Snag tickets to see a musical act or a seasonal movie at the Dixie Center for the Arts





Indulge in good food, good music and good times. Then, come back for seconds. Plant your trip at LOUISIANAISATRIP.COM

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