

LOUISIANA'S CAJUN BAYOU

LAFOURCHE PARISH

The Cajun Foodie Tour



Have your heart set on an authentic Cajun foodie experience? This itinerary is the one for you! Wander off the eatin' path just 35 miles south of New Orleans and you'll find Louisiana's Cajun Bayou. In a destination full of recipes passed down from generation to generation, and an award-winning [Cajun Bayou Food Trail](#), we guarantee you'll be saying, "Ca Cest Bon" (That's so good!) at the end of this itinerary!

Begin your journey by picking up one of our Cajun Bayou Food Trail (CBFT) Maps & Passports at our [Visitor's Center](#) in Raceland. This will provide you with an inside scoop on the best locally-owned Cajun restaurants. It is also the key to a free CBFT T-Shirt once you've stopped at 5 restaurants on the trail.

From Raceland, get your first taste of Cajun flavor by getting yourself a cup of gumbo. Whether you're a seafood gumbo enthusiast or a fan of chicken and



sausage gumbo, you can't miss out on a Cajun's homemade gumbo! Get this warm, mouthwatering treat just a short distance from our Visitor's Center at [Spahr's Seafood](#) in Des Allemands, the [Kajun Twist & Grill](#) in Lockport, [The Balcony](#) in Larose, and [More](#).



Once you've gotten your fix of gumbo, stop in at one of our specialty Cajun meat markets! Select from [Bayou Boucherie Meat Market](#) in Mathews or [Bourgeois Meat Market](#) in Thibodaux. Both offer the chance to sample unique Cajun specialties like hogs head cheese, boudin, beef styx, cracklin, and more.





Looking to work off a few of those calories? Enjoy a variety of scenic walks including the [Lockport Elevated Boardwalk](#) or the pathway along Bayou Lafourche at the [Nicholls Bayou Park](#) in Thibodaux.



At the end of a long day, you deserve a touch of class! Stop in at one of our finer dining establishments in [Cinclare](#) or [Fremin's Restaurant](#) in Downtown Thibodaux. Known for serving decadent flavors, memorable specials, and world-class cocktails, you will want to have your cell phone camera ready for an elegant night and end to your Cajun foodie experience!

