



# EXPLORATION

## UP & DOWN THE BAYOU

### DAY 1

#### Down the Bayou

Start your experience traveling down the Bayou along the banks of Bayou Lafourche and take in the natural beauty of shrimping boats, wetlands, and wildlife.

In downtown Lockport you'll find the **Bayou Lafourche Folklife Museum**. On this guided tour you'll take an imaginary journey down Bayou Lafourche as you learn about how the first settlers used the bayou as a source of transportation, food, and trade.

Just across the street is the **Center for Traditional Louisiana Boat Building** where you can see how boats were built decades ago. Here you can touch pirogues, skiffs, and dugout boats used by Indians more than 500 years ago.

Some of the best seafood around can be found at **CherAmie's** in Cut Off. From stuffed crab to their signature dish, Eggplant Lafourche, this Cajun stop has a variety of culinary delights to choose from.

Explore the history of the Houma Indians at the **United Houma Nation Settlement School Museum** and see artifacts that show how people lived off the land planting, harvesting, and fishing.

Get a taste of delectable delights at the **Cajun Pecan House**. Select from a variety of sweet treats made from scratch like pralines, candies, and king cakes. And don't forget to purchase a homemade fruitcake to take home.

See a collection of artifacts, exhibits, and memorabilia at the **Golden Meadow Historic Library** where you'll get a glimpse of the area's shrimp and oyster industry.

End today's experience with dinner in Leeville at **Leeville Seafood Restaurant**. Try the stuffed seafood bread followed by the soft shell crab pasta, crab au gratin, the stuffed shrimp.

#### Bayou Lafourche Folklife Museum

110 Main St.  
Lockport, LA 70374  
(985) 532-5909

#### Center for Traditional LA Boating

202 Main St.  
Lockport, LA 70374  
(985) 532-5106

#### CherAmie's

15628 West Main St.  
Cut Off, LA 70345  
(985) 325-3333

#### United Houma Nation Settlement

20959 Highway 1  
Golden Meadow, LA 70357  
(985) 475-6640

#### Cajun Pecan House

14808 West Main St.  
Cut Off, LA 70345  
(985) 632-2337

#### Golden Meadow Historic Library

1403 North Bayou Dr.  
Golden Meadow, LA 70357  
(985) 475-5660

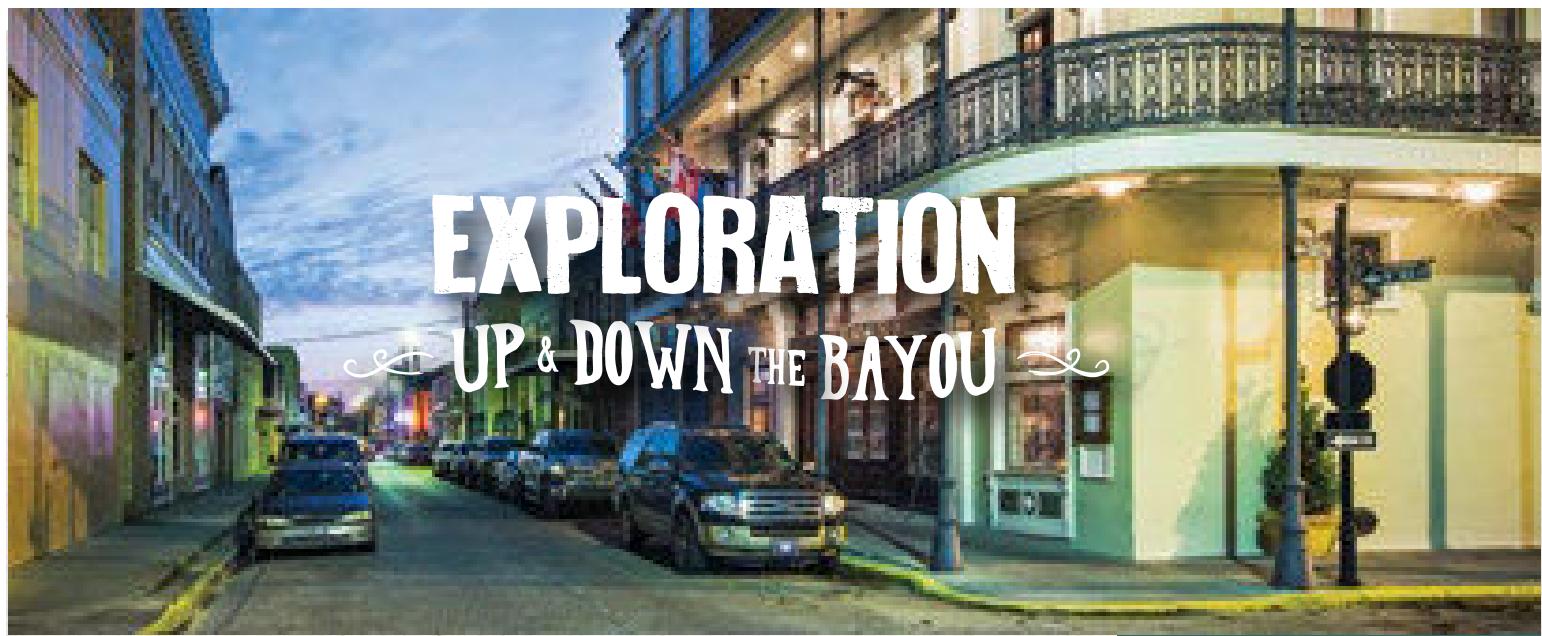
#### Leeville Seafood Restaurant

24203 Highway 1  
Golden Meadow, LA 70357  
(985) 396-2770

877.537.5800

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# EXPLORATION

## UP & DOWN THE BAYOU

### DAY 2

#### Up the Bayou

Continue your adventure traveling up the Bayou to Thibodaux beginning with **Laurel Valley Village and Sugar Plantation**. This plantation is the largest surviving sugar plantation in the country and features sugarcane fields, original slave cabins, and a schoolhouse.

Make a quick stop at **Weeping Willow Cafe & Bakery** to enjoy homemade coffee or tea served in mason jars. Select from a variety of sweet treats like red velvet cupcakes, brownies, and pies.

Under gorgeous oak trees you'll find the **ED White Historic Site**, home of the first Louisiana Supreme Court Justice. See original furniture from the home and hear the authentic stories of life along the bayou from a true Cajun tour guide.

For lunch enjoy a delicious meal at **Bubba's II Poboy Restaurant**. Walk up to the counter and order a casual meal surrounded by unique memorabilia. Savor dishes like the giant seafood platter, jambalaya, and gumbo.

After lunch, take a tour at **Donner-Peltier Distillers** and sample crafts spirits made from local ingredients like sugarcane and rice. Sample the award-winning Rougaroux Rum, Oryza Vodka and Oryza Gin, and get a taste of LA1 Whiskey - the first aged whiskey made in Louisiana since Prohibition.

Visit **Mudbug Brewery** where beer is crafted with a Cajun twist. Flagship brews include the King Cake Ale, Intracoastal IPA, and the White Boot Ale. Sit at the bar and sample then get a tour of how the beers are made.

Then swing by the Jean Lafitte National Park **Wetlands Acadian Cultural Center** where you'll learn about how the Acadians settled along the banks of Bayou Lafourche. This museum depicts the history and heritage rooted in the culture today. Take a walk along the boardwalk where you may spot an alligator in the bayou.

End today's experience with a dinner at **Fremin's Restaurant** in downtown Thibodaux. This restaurant will greet you with beautiful architecture and sensational cuisine like their signature dish, Eggplant Lafourche.

#### Laurel Valley Plantation

595 Highway 308  
Thibodaux, LA 70301  
(985) 446-7456

**Weeping Willow Cafe'**  
713 West 3rd Street  
Thibodaux, LA 70301  
(985) 448-0444

**ED White Historic Site**  
2295 Highway 1  
Thibodaux, LA 70301  
(985) 447-0915

**Bubba's II Poboy Restaurant**  
212 East Bayou Rd.  
Thibodaux, LA 70301  
(985) 449-0900

**Donner-Peltier Distillers**  
1635 St. Patrick Hwy  
Thibodaux, LA 70301  
(985) 446-0002

**Mudbug Brewery**  
1878 Highway 3185  
Thibodaux, LA 70301  
(985) 492-1610

**Wetlands Acadian Cultural Center**  
314 St. Mary St.  
Thibodaux, LA 70301  
(985) 448-1375

**Fremin's Restaurant**  
402 West 3rd St.  
Thibodaux, LA 70301  
(985) 449-0333

877.537.5800

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# EXPLORATION

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## DAY 3

### Up the Bayou

Start your day by bring the kids to the **Bayou Country Children's Museum** for an interactive experience as they learn about the agriculture, food, and music that makes the area so unique. Children can drive a sugarcane harvester, ride a Mardi Gras float, and fish from a Gulf oil rig through these fun exhibits.

Just next to Nicholls State University is **Flanagan's Restaurant** where you can stop in for the chef's lunch specials. From chargrilled oysters to fried shrimp pasta, you'll get your fill of as much seafood as you like.

Explore **Zam's Bayou Swamp Tours** where you'll get a relaxing tour on Bayou Boeuf. If you are bold enough, hold baby alligators and pet snakes. On this boat ride you'll hear tour guides talk about growing up on the bayou and living off the land.

Discover the ambiance of the swamp on **Torres Cajun Swamp Tours**. Enjoy peaceful scenery, watch the egrets and cranes, and feed alligators as the captain channels through marshlands.

Take an adventurous airboat tour on **Airboat Tours by Arthur Matherne**. As the captain speeds through the marshes and bayous, you will get a chance to see the beauty of the water plants, graceful cypress trees, and visit with the alligators.

Wrap up the day with fresh seafood caught daily by local fishermen at **Spahr's Seafood Restaurant**. Local favorites include the thin fried catfish chips, mini crab cakes, and fried green tomatoes. Finish your meal off with the famous bread pudding dessert.

**Bayou Country Children's Museum**  
211 Rue Bethancourt  
Thibodaux, LA 70301  
(985) 446-2200

**Flanagan's**  
136 Kraemer Bayou Rd.  
Thibodaux, LA 70301  
(985) 633-7881

**Zam's Swamp Tours**  
136 Kraemer Bayou Rd.  
Thibodaux, LA 70301  
(985) 633-7881

**Torres Cajun Swamp Tours**  
105 Torres Rd.  
Kraemer, LA 70301  
(985) 633-7739

**Airboat Tours by Arthur Matherne**  
4262 Highway 90  
Des Allemands, LA 70030  
(985) 975-9345

**Spahr's Seafood**  
3682 Highway 90  
Des Allemands, LA 70030  
(985) 758-1602

877.537.5800

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