



CULTURE

UP & DOWN THE BAYOU

DAY 1

Begin today's experience traveling "Down the Bayou" along the banks of Bayou Lafourche on Highway 1. Pay close attention to how the water level of the Bayou rises to the land mass and witness firsthand the culture of the fishermen and shrimpers along the docks.

Stop at the **Bayou Lafourche Folklife & Heritage Museum** in Lockport, and enjoy the tour "Bayou Excursion: 1910." On this guided tour of a make-believe journey down Bayou Lafourche, view the magnificent artifacts and collections of scenes that tell the history of the Cajuns.

Walk next door to the **Center for Traditional Louisiana Boat Building** to see a New Orleans Slugger, a Creole Rolling Skiff, a Lafitte Skiff, and numerous boat displays that depict the past livelihood of building boats. Join in an interactive look at the area's bateaus, pirogues, skiffs, and watercraft.

For lunch, enjoy a delicious meal in Cut Off at **Cher'Amie's Seafood Restaurant**. Have a bowl of Chicken Gumbo followed by Bacon Wrapped Fried Shrimp or Stuffed Softshell Crabs. While dining, relax in the southern hospitality atmosphere.

Travel to Galliano, and take a self-guided tour of the **South Lafourche Public Library**. Study the "Reflections of a Vanishing Land and Culture" exhibit, a display that documents all aspects of the landscape of Louisiana from cypress swamps to butterfly shrimp trawlers.

Make your own shrimp nets and oyster nets in Golden Meadow at **Chine's Net Shop**. Learn the differences between shrimp boats and oyster boats, and listen to the history of shrimping and oystering in Louisiana's Cajun Bayou.

Enjoy a guided tour of the **Golden Meadow Historic Library**. Through a collection of artifacts, exhibits, and memorabilia, the museum offers an excellent overview of life in Golden Meadow, with focus on the region's shrimping and oyster industries.

Shuck oysters at **Collins Reef Oysters**, and learn how oysters and oyster pearls are formed. Discover how oysters are harvested and processed, and browse through the oyster pile on Bayou Lafourche, and pick out your own oyster shell.

Explore the history of the Houma Indians at the **United Houma Nation Settlement School Museum**. Displayed throughout the museum are artifacts and pictures that show how these resilient people lived off the land planting, harvesting, and fishing.

End today's experience with dinner at **Port Side Cafe'**. Begin your meal with some Crawfish French fries, followed by a Buffalo Oyster Sandwich or Grilled Mahi Mahi. End your meal with a cup of bread pudding and ice cream.

Bayou Lafourche Folklife &

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

Center for Traditional Louisiana

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

Cher'Amie's Restaurant
15628 W Main St.
Cut Off, LA
(985) 325-3333

Chine's Net Shop
1901 N Bayou Dr.
Golden Meadow, LA 70357
(985) 475-6788

Golden Meadow Historical Center
1403 N Bayou Dr.
Golden Meadow, LA 70357
(985) 475-5660

Collins Oyster Company
113 Harry St.
Golden Meadow, LA 70357
(985) 475-7721

United Houma Nation
20986 LA-1
Golden Meadow, LA 70357
(985) 475-6640

Port Side Cafe'
300 North Alex Plasilance Blvd.
Golden Meadow, LA 70357
(985) 475-2233

877.537.5800

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DAY 2

Continue your experience traveling "Up the Bayou" to Thibodaux, beginning with a visit to the **Laurel Valley Village Sugar Plantation & Museum**. Laurel Valley is the largest surviving 19th and 20th century sugar plantation and features miles of sugarcane fields, the original slave cabins, schoolhouse, and church. Visit the general store, and view antique tools used for harvesting sugar cane.

Visit the **Jean Lafitte National Historical Park and Preserve Wetlands Acadian Cultural Center**, and watch the film, *Echoes of Acadia*. The documentary tells the story about the Acadian Exile and how these people settled along the bayous and swamps of Lafourche Parish. After the movie, tour the museum and view art and exhibits that describe the early days of the Cajun culture.

Tour the **E. D. White Historic Site**, an Antebellum Creole cottage that sits on six acres of grounds, shaded by century-old oak trees. Surrounded by sugarcane fields, the home displays the area's plantation culture and the history of the late Governor E. D. White and U.S. Supreme Court Chief Justice E. D. White, II.

Make a quick stop at the **Weeping Willow Café and Bakery**, a tranquil café where the owners actually make their own bread. Enjoy homemade coffee or tea, served in mason jars, and select a red velvet, chocolate covered strawberry, or Italian cream cupcake.

For lunch, enjoy a delicious meal at **Bubba's II Poboy's & Seafood Restaurant**. Try the New Orleans Muffaletta, the Grilled Mesquite Chicken, or a giant Seafood Platter. Peruse the diner, and view the décor that depicts an array of baseball athletes and the Cajun lifestyles along the banks of Bayou Lafourche.

Visit **Donner-Peltier Distillers**, and sample Rougaroux Rum and other spirits made from sugarcane in Louisiana's Cajun Bayou. Tour the distillery, and listen to the legend of the Rougaroux, the ghost that roamed the swamps and sugar cane fields in Louisiana during a full moon.

Visit **Mudbug Brewery**, where craft beers are produced and distributed. Sample the four flagship brews made with local flavors: the King Cake Ale, Café a Lait Stout, Pelican Pilsner, and the Intracoastal IPA.

End your experience today with dinner at **Fremin's Restaurant**. Located in the heart of downtown Thibodaux, Fremin's features Italian cuisine combined with Cajun cuisine. Try the Soft Shell Crab Lafourche, Seared Duck, or Crawfish Tortellini Carbonara. For dessert, try the delicious bread pudding.

Laurel Valley Plantation
595 LA-308
Thibodaux, LA 70301
(985) 446-7456

Weeping Willow Café
713 W 3rd St.
Thibodaux, LA 70301
(985) 448-0444

E. D. White Historic Site
2295 LA-1
Thibodaux, LA 70301
(985) 447-0915

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

Donner-Peltier Distillers
1635 St. Patrick St. 3
Thibodaux, LA 70301
(985) 446-0002

Mudbug Brewery
1878 LA-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 W 3rd St.
Thibodaux, LA 70301
(985) 449-0333

877.537.5800

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DAY 3

Restart in Thibodaux, with a visit to the **Bayou Country Children's Museum**, Louisiana's newest Children's Museum with a Cajun twist! Learn about the music, agriculture, and food that makes the Cajun culture so unique, on a full-size sugarcane harvester, an interactive Mardi Gras float, a 2-story oil rig, and a severe weather and fire simulator.

See how Gumbo or Etouffe' is made during a cooking demonstration at the **Chef John Folse Culinary Institute at Nicholls State University**. Pay close attention to how Chef Randy Cheramie prepares a Cajun Roux, and take part in adding other seasonings and ingredients. When finished, enjoy a delicious bowl of Gumbo or Oyster Etouffe'.

Explore the wetlands of Lafourche Parish on an adventurous Airboat Tour or Swamp Tour. **Airboat Tours by Arthur Matherne** offers an exciting journey through Bayou Des Allemands, and **Torres Cajun Swamp Tours** showcases the ambiance of Bayou Boeuf. **Zam's Bayou Swamp Tours** offers a walking tour, featuring alligators, turtles, snakes, and other wildlife, followed by a Swamp Tour of Bayou Boeuf.

End your journey with fresh seafood caught daily by local fishermen at **Spahr's Seafood Restaurant** in Des Allemands. Start your meal off with Crab Cake Minis, followed by some fried catfish or the Bayou Blazin Shrimp.

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

Chef John Folse Culinary Institute
906 E 1st St.
Thibodaux, LA 70301
(985) 449-7100

Airboat Tours by Arthur Matherne
4262 US-90
Des Allemands, LA 70030
(800) 975-9345

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

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

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

877.537.5800

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