



Down The Bayou Adventures



Begin your Down the Bayou Adventure by stopping in at our [Visitor Center](#) at 4484 LA-1 in Raceland. Opened in August 2025 and filled with fun interactive ways to get introduced to Lafourche Parish, meet with one of our friendly travel counselors and pick up a free copy of our all-important Visitor Guide. Next, make a right out of our Visitor's Center and head "Down the Bayou."

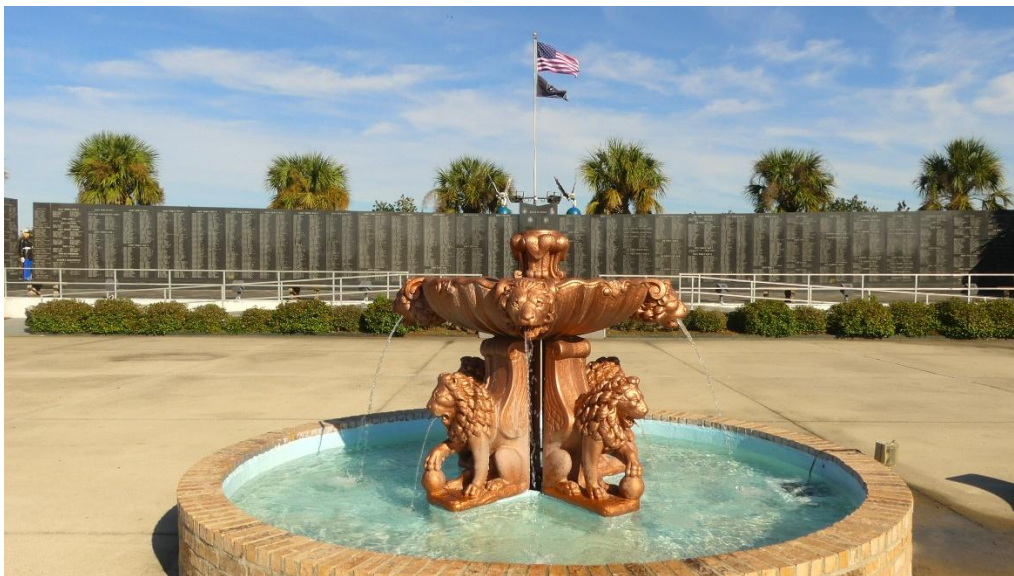


Follow south along the banks of Bayou Lafourche and the vast amount of 200-year-old [oak trees](#) that permeate the landscape. Stop in the Town of Lockport to fuel up at one of our [Cajun Bayou Food Trail Restaurants](#). The [Kajun Twist & Grill](#) (Pictured Below) is a locally owned favorite and serves

delicious seafood, gumbo, po-boys, and other Cajun classics! Looking to work off your hard-earned Cajun calories? Walk along the scenic [Lockport Elevated Boardwalk](#) just 10 minutes down the road.



Afterwards, make a stop in at the [Bayou Lafourche Folklife & Heritage Museum](#) (Open on Tuesdays & Thursdays) showcasing the history of the Town of Lockport. Next, head down to Cut Off, Louisiana and visit the [South Lafourche Veteran's Memorial](#) (Pictured Below), a 122-foot granite wall honoring those that have served from down the bayou.



Once you've had a chance to learn more about our Cajun history, make your way towards the Gulf. Cross the sixth longest bridge in the United States to [Port Fourchon](#) – the land base for 15% of the nation's gas & oil supply. Stop and see the [Our Lady of the Gulf Memorial](#) before reaching the [Coastal Wetlands Park](#). Take in a glimpse of the nature and wildlife that surrounds the base of our parish with the View Finders found at the [Irvin P. Melancon Boat Launch](#) and have your camera ready to snap pictures of pelicans, herons, egrets, eagles, and more. (Photo Credit: Vesna Dies)



Round out your day with a scrumptious dinner! You can't geaux wrong with any of our Cajun Bayou Food Trail restaurants down the bayou including [Mommie Jo's](#), [CherAmies Seafood Restaurant](#), [Griffin's Restaurant](#) (Pictured Below), [The Balcony](#), and [more](#).

