



The Cajun Foodie Tour



Have your heart set on an authentic Cajun foodie adventure? Geaux Bold and follow your appetite to Louisiana's Cajun Bayou! Just 35 miles south of New Orleans, you'll find a destination where recipes are passed down through generations, flavors run deep, and every meal tells a story. From local favorites to our award-winning [Cajun Bayou Food Trail](#), this itinerary is packed with must-try bites and unforgettable flavors.

Begin your journey by picking up one of our Cajun Bayou Food Trail (CBFT) Maps & Passports at our [Visitor Center](#) in Raceland. This will provide you with an inside scoop on the best locally-owned Cajun restaurants. It is also the key to your very own CBFT T-Shirt (Pictured) once you've stopped at 5 restaurants on the trail – a well-deserved reward from our team at LA Cajun Bayou for dining local!



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 Center at [Spahr's Seafood](#) in Des Allemands, the [Kajun Twist & Grill](#) in Lockport, [The Balcony](#) in Larose, Mommie Jo's in Cut Off (Pictured), 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](#) (Pictured) 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 Cajun calories? Enjoy a variety of scenic walks including the [Lockport Elevated Boardwalk](#) (pictured) or the pathway along Bayou Lafourche at the [Nicholls Bayouside 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](#) (Pictured below) 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!



BONUS STOPS: If you're craving something a little more off the beaten' path, but undeniably good, stop in at [Trudy's Restaurant](#) (Pictured at top) in Kraemer or [CherAmie's Seafood Restaurant](#) (Pictured below) in Cut Off. Both are worth the drive ... and the calories and serve delicious meals using recipes passed down through generations.

