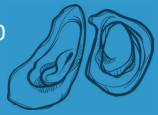


# UP THE BAYOU

- 1 3 PIERS SEAFOOD MARKET**  
3702 US-90 - DES ALLEMANDS, 70030  
(985) 449-0333
- 2 SPAHR'S SEAFOOD RESTAURANT**  
3682 HWY 90 - DES ALLEMANDS, LA 70030  
(985) 758-1602
- 3 FREMIN'S RESTAURANT**  
402 W. 3RD STREET - THIBODAUX, LA 70301  
(985) 449-0333



- 4 CINCLARE**  
601 W. 3RD STREET - THIBODAUX, LA 70301  
(985) 227-9507
- 5 POLITZ'S RESTAURANT**  
535 ST. MARY STREET - THIBODAUX, LA 70301  
(985) 448-0944

- 6 BOURGEOIS MEAT MARKET**  
543 W. MAIN STREET - THIBODAUX, LA 70301  
(985) 447-7128

- 7 FLANAGAN'S**  
1111 AUDUBON AVE - THIBODAUX, LA 70301  
(985) 447-7771

- 8 GRADY V'S**  
900 COUNTRY CLUB BLVD - THIBODAUX, LA 70301  
(985) 446-8894

- 9 SPAHR'S DOWNTOWN**  
601 W. 4TH STREET - THIBODAUX, LA 70301  
(985) 448-0487

- FESTIVALS & EVENTS**
- 19 F.O.P. MUD BUG BOIL-OFF**  
JUNE - THIBODAUX, LA 70301



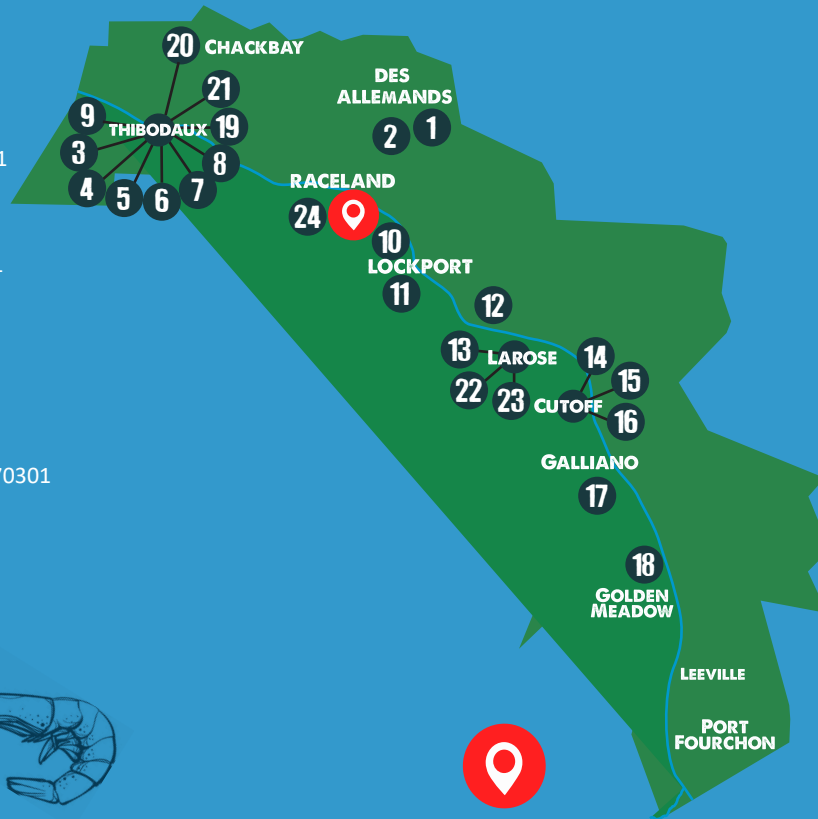
- 20 LOUISIANA GUMBO FESTIVAL**  
OCTOBER - CHACKBAY, LA 70301

- 21 BIG BOY'S MAIN STREET COOK-OFF**  
NOVEMBER - THIBODAUX, LA 70301

# SCAN HERE



TO DOWNLOAD YOUR TRAIL MAP AND PASSPORT



TRAIL HEADQUARTERS:  
Louisiana's Cajun Bayou Visitor Center  
4484 LA-1, Raceland, LA 70301  
985-537-5800

# DOWN THE BAYOU

- 10 BAYOU BOUCHERIE**  
4980 LA-1 - RACELAND, LA 70354  
(985) 242-3075
- 11 KAJUN TWIST & GRILL**  
610 CRESCENT AVE. - LOCKPORT, LA 70374  
(985) 242-2300

- 12 HARRY'S POBOYS**  
11914 HWY 308 - LAROSE, LA 70373  
(985) 798-7578

- 13 THE BALCONY**  
13550 W. MAIN STREET- LAROSE, LA 70373  
(985) 693-3368

- 14 SPAHR'S AT THE STATION**  
16816 HWY 3235 - CUT OFF, LA 70345  
(985) 325-4450

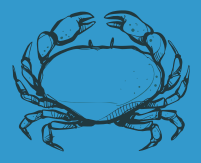
- 15 MOMMIE JO'S**  
15617 W. MAIN STREET - CUT OFF, LA 70354  
(985) 632-5050

- 16 CHER AMIE'S SEAFOOD RESTAURANT**  
15628 W. MAIN STREET - CUT OFF, LA 70345  
(985) 325-3333

- 17 GRIFFIN'S RESTAURANT**  
18629 HWY 3235 - GALLIANO, LA 70354  
(985) 475-5474

- 18 LAFOURCHE LANDING**  
409 N ALEX PLAISANCE BLVD. - GOLDEN MEADOW, LA 70357  
(985) 475-3600

- FESTIVALS & EVENTS**
- 22 WILD GAME SUPPER**  
MARCH - LAROSE, LA 70373



- 23 FRENCH FOOD FESTIVAL**  
OCTOBER - LAROSE, LA 70373

- 24 LA FETE DES VIEUX TEMPS**  
OCTOBER - RACELAND, LA 70394