

# 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