

LOUISIANA

Feed Your Soul.



YEAR OF FOOD 2025

Official Inspiration Guide

NEW ORLEANS

I MAKE HORNS HOWL
NO LA
AND STOMACHS GROWL

I am New Orleans. Tripadvisor's Traveler's Choice
Best Food Destination in the U.S. for 2023 and 2024.

Come see me at [NewOrleans.com](https://www.neworleans.com) | [#VisitNewOrleans](https://twitter.com/VisitNewOrleans)

Welcome to Louisiana!

If you're looking for a trip that will take you out of the ordinary and into a one-of-a-kind adventure, you've come to the right place.

If you love the outdoors, you'll find opportunities to explore as you paddle, hike or bike through the picturesque landscapes of Louisiana's bayous. Or you can immerse yourself in our rich culture at museums and historic sites, where you'll learn about the many cultures that make our state so unique. And you can dance your heart out at a Cajun jam session or a lively jazz club, and experience genres of music born in Louisiana.

Through it all you'll be able to savor delicious, fresh, local seafood like oysters, shrimp, catfish and, yes, even alligator. Our unique blend of backgrounds created

the famous Creole and Cajun cuisines Louisiana is world famous for. You can try our state dish – a thick and hearty gumbo – or any one of the other hallmark dishes of Louisiana, like charbroiled oysters, the muffuletta, a po'boy or jambalaya. If you have a sweet tooth, you can indulge in beignets or Bananas Foster.

No matter your taste, you'll find exactly the right adventure to Feed Your Soul in Louisiana.

So come find your Louisiana!



Lt. Governor
Billy Nungesser

Billy Nungesser

Don't accept imitations.

Demand Louisiana seafood.

Learn more at
LouisianaSeafood.com



LOUISIANA
SEAFOOD



LIEUTENANT GOVERNOR
BILLY NUNGESSER

It's the Year of Food in Louisiana!



Louisiana is celebrating the Year of Food throughout 2025. Our local cuisine is the result of hundreds of years of blending cultural influences from France, Spain, Germany, West Africa, the Caribbean, Native America and much more. The results are unique and iconic creations that are world famous.

Louisiana's dishes are unlike anywhere else, and you can hear the difference in their very names – gumbo, étouffée, boudin, andouille, maque choux.

Cajun and Creole dining abounds throughout Louisiana with menus full of these classic tastes and more. The evolution of the state's cuisine is still taking place, with new influences from Vietnam, the Mediterranean and China,

to name just a few. And the extensive coastline and inland waterways mean you can always find fresh local seafood to savor.

So this year, it's time to plan a flavorful journey tasting your way through Louisiana's unique culture. And you can always wash down your delicious meal with a stop on the Louisiana Libations Trail.

No matter your tastes, you'll find something delicious in Louisiana!



Explore more at
[FindYourLouisianaFlavor.com](https://www.findyourlouisianafavor.com)

What's Inside

Louisiana Official Inspiration Guide

The Honorable Billy Nungesser, Lieutenant Governor
Louisiana Department of Culture, Recreation and Tourism

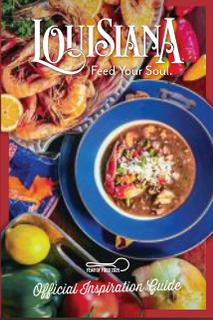
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Please check destination and event websites or call ahead to confirm openings, closings and postponements.



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Louisiana seafood gumbo
Photo: Isa Rubiano/
Louisiana Office of Tourism

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Connect With Us

WAYS TO KEEP EXPLORING

Planning your ultimate vacation to the Bayou State? Looking for trip ideas while you're here? Want to stay in touch between visits? Check, check and check! Here's how to stay connected to all things Louisiana - all throughout the year.



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VIRTUAL VISITORS CENTER

No matter where you travel in the state, you'll find brochures, trail guides, maps and more – ready to download with just a click! Visit [ExploreLouisiana.com/virtual-visitor-center](https://www.exploreLouisiana.com/virtual-visitor-center) or scan the code above.





ESCAPE THE ORDINARY

There's no place like Houma

Just an hour south of New Orleans, discover a world of vibrant Cajun culture. Experience warm hospitality, savor mouthwatering local cuisine, and explore the picturesque bayous and trails that stretch all the way out to the Gulf.


EXPLORE HOUMA
LOUISIANA'S BAYOU COUNTRY



EXPLOREHOUMA.COM



SEAFOOD GUMBO

Chris Granger



Feed Your Soul

If you're hungry for a healthy serving of adventure, music, festivals, nature, history, mystery and a whole lot of good food, then it's time to dig in. Your delicious Louisiana getaway is served!

*Get ready for
a gumbo of
flavors ... and
experiences.*



LULU'S SPECIALTY SNOCONES, LAKE CHARLES

Left to Right: Paul Kieur, Lucius A. Fontenot



*Sweet and savory adventures await
in every region of the state.*



*From fine dining to a campfire,
it's easy to Feed Your Soul.*



BRENNAN'S, NEW ORLEANS

Choose YOUR adventure
at [ExploreLouisiana.com!](https://www.exploreLouisiana.com)



CAMPING, FARMERVILLE



Beyond Cajun & Creole

EVOLUTION OF LOUISIANA FOOD



HOUMAS HOUSE PLANTATION, DARROW

Louisiana's culinary compass points directly to the diversity of its people, which have introduced the world to dishes like gumbo, étouffée and Bananas Foster.

You can't find a sandwich without a backstory here. A cocktail without fascinating history behind it. A kitchen drawer without a timeworn family recipe tucked safely away inside.

Join us as we take a brief culinary journey tracing modern-day tastes back to the popular French, Creole and Cajun roots many people know about – and the Spanish, African, Sicilian, Caribbean, Irish, German, Vietnamese and Native American influences they may not.

Cajun or Creole?

Many of Louisiana's most famous dishes can be placed into one of two categories – Cajun or Creole – and the distinctions between the two are subtle. At their core, Cajun food represents the tenacity of French-Canadian settlers in south Louisiana, while Creole food reflects the complex history of New World descendants from Europe, Africa and the Caribbean.

Cajun Origins

True Cajun food is well-seasoned, often spicy and relies on the savory depth of the holy trinity of ingredients: a blend of celery, onion and bell pepper. You'll also often taste notes of cayenne, thyme, paprika, parsley and garlic, best savored in dishes like red beans and rice or boudin, a spicy pork sausage.

What truly sets Cajun fare apart, though, is its resourcefulness. Food could not go to waste for the Acadian people, who found a new home in south Louisiana after conflict with the British in Nova Scotia. The adaptability and creativity of those settlers – whose descendants are now known as Cajuns – made for inexpensive meals rich in flavor and tradition.

Today, Cajun food has African, Native American, German and Italian influences, though its signature dishes largely harken back to original French-Canadian customs.



GALATOIRE'S, NEW ORLEANS

Creole History

Creole food, on the other hand, is considered more aristocratic and complex. Unlike most original Acadians, wealthy urbanites could afford to purchase a dozen ingredients for a single sauce, and New Orleans' thriving gulf port meant city-dwellers could easily access unique and fresh ingredients like tomatoes, which further distinguishes Creole food from its Cajun counterpart.

Creole food is also inherently multicultural, connecting Italian, Spanish, African, German, Caribbean, Vietnamese, Portuguese and Native American traditions, among others. Take soul-satisfying jambalaya, for example: This savory meal of meat or seafood mixed with vegetables, rice and spices is not unlike a Spanish paella or West African jollof rice.



KING CAKE



Taste the flavors of Louisiana at ExploreLouisiana.com/culinary or just snap this code.



A Tasty Tour!

Looking for a delicious diversion? Experience the entire history of Louisiana food and drink at the **Southern Food & Beverage Museum** in New Orleans. Whisk up an umami-rich roux alongside local chefs at Cajun and Creole cooking classes, explore spirited exhibits on the city's cocktail history and wander through a community Gumbo Garden. Explore more at SouthernFood.org.

JAMBALAYA

International Influences

It's easy to wrap Louisiana's food history in a Cajun and Creole bow, but it's important to recognize the vast array of culinary influences across the state. In south Louisiana, a rural German settlement known as Roberts Cove serves up sauerkraut, apple cobbler and potato stew at its annual Germanfest. In central Louisiana, the town of Zwolle is known for delicious tamales honoring Spanish and Native American traditions.

For a crash-course in culinary culture, head to New Orleans. Within a few blocks, you can taste

a hot bowl of ya-ka-mein, an African American dish with Chinese noodles, or a Vietnamese-Cajun catfish po'boy. You'll find European pastries lining windows of the French Quarter and Senegalese cuisine honoring the Big Easy's ties to West Africa. Even the city's coffee is coveted across the globe.

That's the beauty of Louisiana. In its music and art, its history and culture, its people and its food, you'll savor connections, traditions, diversity – and a world of exciting flavors.



Culinary Trailblazers

LOUISIANA'S LEGENDARY CHEFS



CHEF EMERIL LAGASSE

These award-winning chefs and culinary icons put Louisiana food on the map – and paved the way for those making waves today.

Early Influencers

The late **Leah Chase**, a James Beard Award-winning chef who perfected dishes like gumbo and crawfish étouffée at Dooky Chase's Restaurant in New Orleans, is lovingly known as the "Queen of Creole Cuisine." Today, grandson Edgar "Dook" Chase IV still preserves her legacy as only the third executive chef in the restaurant's 83-year history. During the 1960s, it served as a gathering place for movers and shakers in the Civil Rights Movement.

Across town at Brigtsen's, you can taste the culinary prowess of **Frank Brigtsen**, who has served polished renditions of local favorites like grilled redfish since 1986 and loves sharing the beauty of Creole and Acadian cuisine with others.

Bayona chef **Susan Spicer**, one of New Orleans' most recognized celebrity chefs, has turned out globally influenced takes on Louisiana fare in a French Quarter cottage for more than 30 years.

Paul Prudhomme, the first American-born executive chef of Commander's Palace in New Orleans (they were previously all of European descent), took many aspiring cooks under his wing, including Brigtsen. The late Prudhomme also owned K-Paul's Louisiana Kitchen and authored a revolutionary cookbook called *Chef Paul Prudhomme's Louisiana Kitchen*, which helped make Cajun and Creole food more accessible to many Americans.

Dubbed "Louisiana's Culinary Ambassador to the World" for his work sharing the state's rich food heritage, **John Folse** is the author of nine cookbooks and the man behind modern, imaginative interpretations of classic Cajun and Creole cuisine at Restaurant R'evolution in New Orleans.

Celebrity Chefs & Icons

You can't talk about Louisiana food without mentioning **Emeril Lagasse**. The Food Network superstar who made "Bam!" a household expression has opened more than 20 restaurants across the country, including Emeril's and Meril in New Orleans. The renowned establishments in **Donald Link's** namesake restaurant group, including New Orleans' Pêche and Cochon, refine traditional Cajun, French and Southern plates with modern cooking methods and local ingredients. In the same city, St. Lucia native and Bravo's "Top Chef" alum **Nina Compton** blends local culinary traditions with those of her Caribbean roots at Compère Lapin and Bywater American Bistro.

Cory Bahr, the culinary pro behind Parish Restaurant, Standard Coffee Co. and Heritage Catering in Monroe, cooks Southern dishes using the flavors and techniques of the lush Mississippi Delta region. An advocate for the sustainable seafood movement and Gulf fishermen, Bahr serves on the Audubon Nature Institute's Gulf United for Lasting Fisheries Chef Council.

After putting the Baton Rouge food scene on the map as a contestant on Fox's "Hell's Kitchen," **Chris Motto** now shows off his skills as chef de cuisine at upscale Jubans Restaurant and Bar.



Savor more of Louisiana at [ExploreLouisiana.com/culinary/](https://www.exploreloouisiana.com/culinary/) **culinary-experiences** or just snap this code.

Modern Culinary Stars

By preparing must-order northern Louisiana staples such as fried catfish, collard greens and cornbread, **Hardette Harris** of Us Up North Kitchen in Shreveport is showing the world that the Bayou State's cuisine encompasses more than gumbo and red beans and rice. Bold Cajun-inspired breakfast dishes (think: a Benedict topped with gumbo) lead the lineup at The French Press in Lafayette, where native **Justin Girouard** delights with European flavors.

Meg Bickford helms the kitchen at Commander's Palace in New Orleans, where she carries on the legacy of predecessors like Prudhomme by creating haute riffs on Cajun and Creole classics. In the same city, husband-and-wife team **Arvinder** and **Pardeep Vilku** marry their Indian heritage with south Louisiana traditions at Saffron Nola. The Vilku family's journey from India to New Orleans and deep love for their new home is reflected in dishes infusing Gulf seafood with Indian techniques.

Just a few blocks away, make a reservation for the multi-course pescatarian menu at Dakar NOLA, a love letter to chef-owner **Serigne Mbaye's** native Senegal. Through specialties like Gulf shrimp in tamarind sauce, Mbaye reconnects New Orleans with its West African roots. Nearby, **Mason Hereford** slings crave-worthy sandwiches and well-made cocktails at Turkey and the Wolf. The counter-service spot has been named by Food & Wine and GQ as one of the most important restaurants of the decade.



DONALD LINK



Award-Winning Eats

New Orleans is well known for its award-winning culinary scene. At the 2024 James Beard Awards, **Dakar NOLA** and **Jewel of the South** were named Best New Restaurant and Outstanding Bar, respectively. Dakar NOLA and **MaMou** also made Bon Appétit's list of the "Best New Restaurants in 2023."

But Louisiana's accolades extend far beyond the Crescent City. These chefs and restaurants around the state are delicious proof.

In Shreveport, Dylan Teekell of **Ghost Ramen** was crowned Golden Fork Champion of 2023's Food Prize, an annual culinary competition. Frank Randol, a local seafood industry advocate and owner of **Randol's** in Breaux Bridge, was inducted into the Louisiana Restaurant Association Hall of Fame in 2022.

Louisiana Cookin' magazine's "Chefs to Watch" recognizes up-and-coming chefs across the Bayou State. The 2023 lineup included Michelle Huynh of **EM's Bakery** in Baton Rouge, Desi Bourgeois of **Grown and Grazed** in Ruston, Ross Dover of **Palmettos on the Bayou** in Slidell and Ciara Finley of **Desiderata Kitchen** in Denham Springs.



Signature Dishes

THE STATE'S POPULAR PLATES



BOILED CRAWFISH

These signature Louisiana dishes highlight the cultural heritage and diversity of the Bayou State, where gathering around the table is an oh-so-delicious way of life.

If you had to choose a crown jewel of Louisiana cooking, it may just have to be **gumbo**, a hearty stew with French and West African roots that is ubiquitous throughout the state. There are endless variations of the dish, including those thickened with a flour-and-oil roux, filé powder (dried and ground sassafras) and sometimes okra. It all depends on who's making it!

An **étouffée** (gumbo's thicker, gravy-like cousin) is typically made by simmering shrimp, crab or crawfish in a flavorful sauce. The magic that results is then ladled over rice, grilled fish or even baked potatoes. Shrimp, chicken and alligator are among the main ingredients used in recipes for **jambalaya**, a rice dish with African, French and Spanish origins that is infused with stock, bold seasonings and Louisiana's holy trinity of onions, celery and bell peppers.

Seafood also plays a starring role in a **crawfish boil**, where pounds of Louisiana's official crustacean are boiled in a massive pot with aromatics, seasonings and sometimes potatoes, corn cobs and andouille sausage. Feasting on the finger-licking result is a celebration of Cajun heritage – and a Southern way of life.



Find more great dishes at [ExploreLouisiana.com/culinary/louisiana-recipes](https://www.explorelouisiana.com/culinary/louisiana-recipes) or simply snap this code.

Treats & Sweets

All that food you just read about sure sounds good, but you better save room for dessert! These iconic Louisiana treats are well worth a splurge.

- Pair chicory coffee with **beignets**, deep-fried pastries dusted with powdered sugar.
- Nibble on **pralines**, pecans blanketed in a fudge-like caramel candy.
- Indulge in colorful **king cake**, a ring of cinnamon bread coated with purple, gold and green sprinkles that can only be enjoyed during Mardi Gras season.
- Dig into **Bananas Foster**, a flaming dessert made with bananas, brown sugar and rum.
- Plain or flavored bread is soaked in a mixture of milk, cream, eggs and seasoning, then baked to moist perfection to create the humble **bread pudding**.
- Cool off with a **sno-ball**, a mound of fluffy shaved ice drizzled with flavored syrup.
- Catch a slice of fluffy, pecan-studded **yam cake** or **doberge**, thin layers of moist buttermilk sponge cake and rich custard.



MUFFULETTA



Restaurant Hit List

LOUISIANA'S TOP TABLES



PREJEAN'S, LAFAYETTE

From diners and dives to bistros and a “palace,” plan your meals around these tried-and-true hotspots.



Discover more flavors at ExploreLouisiana.com/articles/louisianas-scrumptious-food-trails or just snap this code.

Louisiana Classics

It's time to treat yourself! Reserve a table at iconic **Commander's Palace** in New Orleans, which has served up refined Creole cuisine in an elegant chandelier-lit ambience since 1893. At **Prejean's** in Lafayette, choose from three kinds of gumbo, including one with smoked duck.

Indulge in gussied-up takes on Creole favorites at **Jubans Restaurant and Bar** in Baton Rouge or more classic Creole creations at **Palmettos on the Bayou** in Slidell.

Head down to **Boudreau & Thibodeau's** in Houma, where Cajun-inspired dishes feature fresh Louisiana seafood, or find more grilled, broiled and fried delights at **Seafood Palace**, a Lake Charles staple also known for interesting dishes like duck tenders, frog legs, alligator and boulettes.

Legendary pies and Louisiana plate lunches are on the menu at **Lea's Lunchroom**, a Lecompte mainstay since 1951, and you can dig into all manner of seafood and other specialties at **Tunk's Cypress Inn** in Boyce.

Stop-worthy eats in Monroe include steaks and Louisiana seafood at **Warehouse No. 1 Restaurant** and elevated comforts inspired by the Southern Delta, like sausage and crawfish dumplings, at **Restaurant Cotton**. Don't miss the stuffed shrimp and gumbo at **Orlandeaux's Café** or the fried chicken and icebox pie at **Strawn's Eat Shop**, both in Shreveport.

Left to Right: Paul Kleu, Larry Lynn, Cameron Gott





SUGARFIELD SPIRITS, GONZALES

Wet Your Whistle!

Raise a glass at these innovative breweries, wineries and distilleries, where Louisiana's talented craft beverage makers are ready to quench your thirst.

In New Orleans, **Urban South Brewery's** Lime Cucumber Gose won a silver medal at the 2024 World Beer Cup. Sip a hoppy Swamp Thing IPA at **Bayou Teche Brewing** in Arnaudville or a malty amber at **Abita Brewing** in Covington. Take off to **Flying Heart Brewing & Pub** in

Bossier City, West Monroe and Natchitoches for pints of Barrel 52, a bourbon barrel-aged porter.

If you're hankering for something stronger, visit the tasting room at **1827 Spirits** in Vidalia to knock back rum crafted with Louisiana sugarcane, or venture to **Sugarfield Spirits** in Gonzales to sample gin, bourbon, vodka and rum. At **Seven Three Distilling Co.** in New Orleans, book a tour to find out how moonshine, whiskey and other spirits are made there.

Modern Hotspots

Chef Julio Machado relies on his upbringing in Venezuela to craft the menus at **Origen Bistro**, a New Orleans hotspot for spit-roasted meats, and you can savor the flavors of the Caribbean, Central America and South America at **Area 337** in Lake Charles. Pop by **Palmyre** in Lafayette for fancy small plates and a well-curated list of cocktails and wines. At **Restaurant 1796** in St. Francisville, feast on wood-fired cuisine made with seasonal ingredients.

Head to **Chow Yum** in Baton Rouge for Pan-Asian nibbles such as bao buns, wings and noodles. At **Parish Restaurant & Bar** in Monroe, chef Cory Bahr presents inventive spins on Southern dishes that reflect the storied heritage of the Mississippi Delta region. In north Louisiana, pick perfectly prepared seafood at **The Pearl** in Shreveport, which offers oysters eight different ways.

Diners & Dinner Clubs

C'est Bon Restaurant is known for its plate lunches, seafood boils and fried dinners in Mermentau, or you can pair famous thin fried catfish with lakeside views at **Middendorf's Seafood Restaurant** in Manchac. A host of regulars flock to the **Nifty Fifties Cafe**, a community gathering place in Houma, for daily diner lunch specials paired with sundaes, shakes and more retro treats. How's this for unique? You can bring in a tacky ashtray to add to their collection to receive a free cocktail at the kitsch-bedecked **Rivershack Tavern** in Jefferson. Slidell serves up a loaded po'boy approved by Food Network's Guy Fieri at **La. Pines Cafe**, which was featured on "Diners, Drive-Ins and Dives."

At **Sentry Grill** in Alexandria, fill up on greasy-spoon favorites before you shop for souvenirs at the adjacent old-fashioned drugstore. Southern home cooking keeps patrons coming back to **Belle's Ole South Diner** in West Monroe.

Jean's Diner in Minden serves hearty plate lunches piled with fried pork chops, yams and turnip greens. Order the decadent mac-and-cheese brisket sandwich at **The Ranch House Cafe** in Leesville or the Catfish Opelousas, an étouffée-smothered grilled fish filet, at **Soileau's Dinner Club** in Opelousas.



Discover more restaurants at [ExploreLouisiana.com/culinary/restaurants](https://www.exploreLouisiana.com/culinary/restaurants) or just snap this code.

Prefer fruit in your glass? No problem! Pick up bottles of sweet peach wine and robust red blends at **Thirsty Farmer Winery and Vineyard** in Calhoun. In Shreveport, sample the drier reds, whites and fruit-forward varieties at **On Cloud Wine Winery** or stop by **Kickapoo Twist Winery & Vineyards** in Gloster to clink glasses of vino produced with grapes grown on-site.

Thirsty for more? Tap into [LouisianaLibations.com!](https://www.LouisianaLibations.com)



The Freshest Catch

LOUISIANA SEAFOOD



MORTON'S SEAFOOD RESTAURANT, MADISONVILLE

Whether you dig into ready-to-peel crawfish in the spring, savor succulent shrimp during summer, dive into plump crabs in the fall or enjoy briny oysters over the winter months, seafood is always in season in Louisiana.

Even better, there are countless ways to enjoy it. Try it fried or grilled, boiled or broiled, baked or raw, plucked fresh from the water. Blacken it with zesty spices, season it up for a seafood boil or dunk it in velvety butter.

Order it at a world-class restaurant, a casual waterfront café or catch your own to cook over a campfire.

The choices are endless and delicious. And with Louisiana producing more than 850 million pounds of quality shrimp, crab, crawfish, oysters, finfish and alligator each year, you'll find it no matter where you travel in the state.

Craving the flavors of Louisiana at home? Try out one of our seafood recipes on this page!



Louisiana Seafood Gumbo



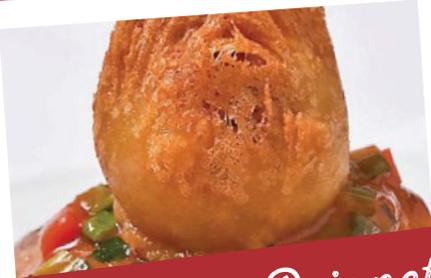
With a rich roux base bathing seafood, pork or poultry, the flavors of Louisiana gumbo are as vibrant and complex as its history.



Crawfish Étouffée



Meaning "smothered" in French, "étouffée" is literally a dish smothered in a creamy broth flavored with loads of spicy Cajun seasoning.



Blue Crab Beignets



Savory beignets made with two Louisiana favorites: blue crab and Abita beer. Need we say more?

Catch more at
LouisianaSeafood.com
or just snap this code.





Louisiana Music

A FUSION OF SOUNDS



RUBY'S ROADHOUSE, MANDEVILLE

The birthplace (and melting pot) of so many genres, Louisiana serves up a buffet of diverse and delicious music. Here's where you can savor good tunes – and a good meal – throughout the state.

Frenchmen Street NEW ORLEANS

Jazz music erupted in the Big Easy in the late 19th century as African, Afro-Caribbean and European traditions merged. Today, there's no better place to go for raspy riffs than **Frenchmen Street**. Some of the area's most popular jazz clubs include **The Spotted Cat Music Club** and **The Maison**. While there, be sure to stop in one of the area's eclectic eateries, like **Dat Dog** and **Aldolfo's**.

Ruby's Roadhouse MANDEVILLE

Come get your boogie on at one of South Louisiana's last remaining roadhouses. Potent drinks, a lively outdoor patio and festive bands mean a night spent at **Ruby's Roadhouse** is one you'll never forget. Every other Friday, Ruby's hosts karaoke night – and, trust us, it's always a rowdy good time!

Chelsea's Live BATON ROUGE

From karaoke competitions to local music showcases, you can expect an incredible show nearly every night at this beloved music venue. Before or after the show, bop around and explore Baton Rouge's bustling restaurant and bar scene. In town for a few days? Drive over to **Teddy's Juke Joint** in nearby Zachary, where they pair epic jams with great flavors from **Nancy's Kitchen**.

Louisiana's Saucy Music Trail

Jazz, zydeco, blues and swamp pop: Every region has its own unique musical legacy.

Celebrate the diversity and history of the state's music scene with a curated selection of venues, restaurants and landmarks along the **Louisiana Music Trail**. Along the way, you'll hear from notable artists, innovators and local change-makers whose stories showcase the grit, determination and incredible talent found here.

Learn more at
LouisianaMusicTrail.com.



THE SPOTTED CAT, NEW ORLEANS

Blue Moon Saloon

LAFAYETTE

The honkiest of all tonks, **Blue Moon Saloon** is the place to go for a night of dancing, drinking and singing along to your favorite Cajun and country hits. It's located in a downtown area with plenty of food options for breakfast, lunch or dinner. And if you need a place to easily stroll home after all that revelry, the saloon's nearby guest house is available for rent.

LUNA Bar and Grill

LAKE CHARLES

Do you love fresh seafood, mouthwatering steaks and live local music? Then you'll be over the moon with **LUNA Bar and Grill**. Owned by music fanatic Chef Dave Evans, the restaurant's walls are lined with concert posters and art from his personal collection. While every day is a celebration at this storied stop, the Sunday Jazz Brunch is not to be missed.

Shreveport Municipal Auditorium

SHREVEPORT/BOSSIER CITY

What do B.B. King, Aretha Franklin and Elvis Presley have in common? They've all taken the stage at **Shreveport Municipal Auditorium**. This landmark venue (where "Elvis has left the building" was first announced) continues to host world-renowned musicians throughout the year, which meld perfectly with the iconic eats found around these sister river cities, like at the legendary Lucky Palace.

Feel the rhythm of Louisiana at [ExploreLouisiana.com/music](https://www.exploreLouisiana.com/music) or just snap this code.



Left to Right: Cameron Gott; Hillary Scheinuk





Mardi Gras & Festivals

DIG IN FOR BIG FUN



KREWE OF BARKUS, NEW ORLEANS

Hilary Scheinuk

Louisiana's deep-rooted traditions make for plenty of music, art and food festivals to celebrate the state's uniqueness.

Mardi Gras

JANUARY-MARCH

Carnival season celebrates all things fun with decadent eats, brassy jazz and statewide parties, culminating on Mardi Gras Day. Attend the signature fête in downtown New Orleans, where krewes bring out elaborate floats, masquerade attire and flying beads to get you in the festive spirit. Nosh on king cake dusted in purple, green and gold sugar, then enjoy more iconic eats and activities. Learn more at explorelouisiana.com/mardi-gras!

Baton Rouge Blues Festival

APRIL

Relax to jazz, soul and swamp blues, which is Baton Rouge's own laid-back genre. The down-home, Louisiana-inspired rhythms at this celebration enhance the flavor of soul-food classics, like fried chicken and shrimp.

French Quarter Fest

APRIL

Named by USA Today as one of the top five festivals for food in the country, this celebration features fish, dumplings, ribs and more Southern delights to enjoy while listening to gospel, funk and soul at 20 stages in New Orleans.

Festival International de Louisiane

APRIL

Appreciate local art showcasing Lafayette's vibrant French background and history. Learn a few "Louisiana French" phrases and boogie down to pop, rap and R&B from international artists.

New Orleans Jazz & Heritage Festival

APRIL-MAY

Being the birthplace of jazz, New Orleans is the ultimate destination for a musical shindig. Passionate vocal, string, brass and percussion performers join dozens of musicians and bands from other genres to keep the energy high for two weekends in a row.

Southwest Louisiana Zydeco Festival

AUGUST

The accordion and washboard sounds of zydeco, invented by Creole Afro-Americans, will have your toes tapping to the beat in Opelousas. Past years have included community events like the Bloody Mary Zydeco Breakfast.

Red River Revel

SEPTEMBER-OCTOBER

Dig into funnel cake while fiddle-riddled Cajun music plays onstage at this nine-day fest in Shreveport. Admire oil paintings, jewelry, wood-working, glasswork and sculptures from more than 80 artists.

Natchitoches Christmas Festival

NOVEMBER-JANUARY

Thousands of light displays are a colorful feast for the eyes, from string lights hanging in the Historic Landmark District to trees shimmering in red and green. Don't miss the fireworks spectacle, where you can watch the reflections sparkle on Cane River.



See our calendar of events at ExploreLouisiana.com/festivals-events-louisiana or just snap this code.





Louisiana's Tasty Food Fests

The state offers a bounty of events honoring delicious Cajun, local and worldwide flavors. Dig into carnival fare or savor étouffée while soaking up music or reveling with festival royalty at these food-focused happenings.

Jean Lafitte Seafood Festival

(APRIL) – swamp tours, an art walk and an abundance of oysters, crab, shrimp and more in Jean Lafitte

Breaux Bridge Crawfish Festival

(MAY) – crawfish races, cook-offs and Cajun culture fill Breaux Bridge

Gonzales Jambalaya Festival

(MAY) – hearty jambalaya, a cooking contest and Ferris-wheel rides in Gonzales

Louisiana Peach Festival

(JUNE) – juicy peaches and family-friendly events take over Ruston

Beauregard Watermelon Festival

(JUNE) – live entertainment, carnival rides and the annual “cutting of the melons”

Cajun Music & Food Festival

(JULY) – gumbo, live swamp pop and coffee-and-donut combos await in Lake Charles

Delcambre Shrimp Festival

(AUGUST) – *fais do-dos* (Cajun dance parties) and shrimp featured in everything from po'boys to eggrolls in Delcambre

Louisiana Sugar Cane Festival

(SEPTEMBER) – tractor parades, flower shows and pageantry fill New Iberia

Zwolle Tamale Fiesta

(OCTOBER) – steaming tamales and appreciation of Zwolle's Native American and Hispanic heritage

International Rice Festival

(OCTOBER) – rice-and-gravy cook-offs in Crowley, complete with Cajun music

French Food Festival

(OCTOBER) – a jamboree of live dancing and specialty French cuisine, like crawfish étouffée, in Larose

Paul Kleu

QUEEN EVANGELINE,
MARDI GRAS



Outdoors & Parks

FUEL YOUR ADVENTURE



LAKE D'ARBONNE STATE PARK, FARMERVILLE

Work up an appetite (and a thirst) in Louisiana's great outdoors! The scenery alone is a feast for the senses, but pair that with a craft beer after an exhilarating trail ride or fresh-picked fruit from the farm for an even tastier adventure.

Hit the trail first, then quench your thirst

The best part of a workout? The guilt-free restoration of calories burned. Earn yours with a bike ride on the **Wild Azalea Trail** near Alexandria, where its namesake flower pops in pink, tangerine and magenta blooms. Afterward, tip back a frosty pint of **Huckleberry Brewing Company's** Sandbar Blonde.

Cruise along the **Mississippi River Levee Trail** in Baton Rouge, then refuel with craft beer and bar food at **Bengal Tap Room**. **Forsythe Park** to **Northside Loop** in Monroe is a good place for beginner single-track riders thanks to its relative flatness. Next, wheel over to **Landry Vineyards** in West Monroe to sip a crisp *blanc du bois*.

Paddle past banks lined with oak and magnolia trees on **Bayou Teche** to Arnaudville and then toast your trip at **Bayou Teche Brewing** with pizza, beer, cocktails and vintage arcade games. Paddle a leg of the 106-mile-long **Bayou Lafourche** near Houma before rewarding yourself with the Ol' Maw Maw mint julep from **Bayou Terrebonne Distillers**.

For a milder workout, stroll through pretty **Founders Park**, then pop in a downtown restaurant in Jennings.

Enjoy the bounty of a pick-your-own farm

Grab a basket and soak up fresh farm goodness while plucking plump blueberries at **McCain's Family Farm** in Ringgold and **Ridemore Farm** in Covington. If it's fresh strawberries you're after, **Landry-Poche Farms** in Holden and **Mrs. Heather's Strawberry Farm** in Albany deliver the sweetest patches. Be sure to ask the farmers how to spot the choicest fruit!

Picnic or cook over a campfire at Louisiana State Parks

Load the cooler and spend a day at one of **North Toledo Bend State Park's** pavilions in Zwolle, where you can cook up your freshest catch on grills and fire rings. At **Sam Houston Jones State Park** in Lake Charles and **Palmetto Island State Park** in Abbeville, tree-nestled family-size cabins have full kitchens, basic cookware and utensils.

Make the most of your time together with an alfresco lunch at **Lake Claiborne State Park** in Homer, where the picnic area is steps away from sandy shores.

Explore all 38 state parks, historic sites and preservation areas at LStateParks.com.



Choose your next adventure at ExploreLouisiana.com/outdoors or just snap this code.

Savor the Outdoors, in the City!

After exploring the bayous of New Orleans, pay a visit to **City Park**, where you can enjoy outdoor recreation, family fun, botanical gardens, sculptures, an amusement park — and seven food-and-drink options. Dig into blackened shrimp tacos and a Creole chicken salad croissant at **Acorn**, or satisfy your beignet and café au lait cravings at an outpost of **Café Du Monde**.

In Baton Rouge, both **City-Brooks** and **Perkins Road** community parks offer bike paths that connect these green spaces to popular restaurant areas. From City-Brooks, search out **BLDG 5's** crostini grazing board or **The Chimes** for boudin balls with gator sauce, bacon-wrapped barbecue shrimp and jambalaya. From Perkins, head to **SoLou's** pretty patio to munch a crab-and-brie grilled cheese or shrimp and grits, or to **Rice & Roux** for (what else?) seafood or chicken and sausage gumbo!



Lake Claiborne



Lake Bistineau



Lake Bruin



Sam Houston Jones



Fontainebleau



Cypremort Point



Fairview Riverside



Lake Fausse Pointe



St. Bernard



Poverty Point Reservoir



Louisiana is a place of natural beauty with our own unique blend of cultures and experiences. To preserve this, we've set aside 21 Louisiana State Parks that stretch from the shores of Lake Pontchartrain and the swamps of Acadiana to the pine forests and hills of the Sportsman's Paradise.

There is a park or state historic site for everyone to enjoy nearby. So let's hit the trails or catch a big one because the best travel experiences make you feel more alive and bring us closer together.

www.LAStateParks.com



Nature & Road Trips

A FEAST FOR THE SENSES



SOUTH TOLEDO BEND STATE PARK, ANACOCO

Soak up a bounty of sights, sounds, smells – and tastes! – along Louisiana’s scenic byways, nature preserves and tucked-away escapes.

Boom or Bust National Scenic Byway

WEBSTER PARISH, SHREVEPORT-BOSSIER CITY, HOMER

The Boom or Bust National Scenic Byway winds through the piney woods of northwest Louisiana. Bordering a 25,400-acre natural lake, it’s perfect for anglers and kayakers.

Visit **Lake Claiborne State Park** in Homer to swim, fish or play disc golf. If you’re not reeling in dinner, have a lakefront meal at nearby **Port Au Prince**, hailed as the “Best Catfish Shack” in the state. For a unique detour, explore **Germantown Colony Museum**, once a 19th-century religious commune in Minden.

Toledo Bend Forest Scenic Byway

SABINE AND DESOTO PARISHES

Roadtrippers with an appetite for adventure should explore Toledo Bend Forest Scenic Byway. This 78-mile stretch wraps around **Toledo Bend Reservoir**, one of the top bass lakes in the U.S.

The lake is also a haven for wildlife, including bald eagles, often spotted in **South Toledo Bend State Park** in Anacoco. Hike or bike trails, but don’t fill up on protein bars. You’ll want to save room to grab a road snack from **L&W Tamale House**, a cash-only shop with made-to-order tamales in Zwolle.

Cane River National Heritage Trail Scenic Byway

NATCHITOCHE, NATCHEZ, MELROSE, CLOUTIERVILLE

This byway oozes small-town charm as it runs through a National Historical Park and Louisiana’s oldest settlement. Following **Cane River Lake**, the trail showcases Creole architecture beneath centuries-old live oaks. Visit sites like **Melrose on the Cane Plantation** in Melrose for a glimpse into the lives of those who lived on these lands for more than 200 years.

If you get a hankering for something sweet, head to Cloutierville’s **Little Eva Pecan Company** for gourmet pecan candy.

Creole Nature Trail All-American Road

SULPHUR, CAMERON, LAKE CHARLES

For a taste of Louisiana’s coast, cruise down the Creole Nature Trail All-American Road to enjoy fresh, wild-caught seafood and explore some of the state’s most ecologically rich habitats.

Shop at **Holly Beach Seafood Market** for your own fish fry in Sulphur or savor local flavors at **Tia Juanita’s Fish Camp** in Lake Charles. Birders shouldn’t miss **Peveto Woods Sanctuary**, attracting up to two million birds annually in Cameron. This preserve also showcases the beauty of a chenier ecosystem, characterized by live oaks dotting sandy ridges.

Zydeco Cajun Prairie Scenic Byway

ST. LANDRY, ACADIA, EVANGELINE PARISHES

Showcasing the music of South Louisiana, this 283-mile route takes you through rolling farms and vibrant towns past iconic music spots. Get down at **Fred’s Lounge** in Mamou, “Cajun Music Capital of the World,” and then head to the **Cajun French Music Hall of Fame and Museum** in Eunice.

For a bit of history (well a lot, actually) head to Washington, where 80% of the town’s buildings are on the National Register of Historic Places.

Louisiana Birding Trail

Thanks to its diverse ecosystems, Louisiana is a playground for birders and nature photographers. In the fall, visit marsh-like rice fields in the south and catch the Yellow Rails and Rice Festival. In the spring, travel down the state’s coast, where brightly colored migratory birds rest in graceful live oaks.



For more inspiration, visit BirdingLouisiana.com or just snap this code.



History & Culture

SAVORING THE PAST



VERMILIONVILLE HISTORIC VILLAGE, LAFAYETTE

Restaurants aren't the only places you'll find Louisiana's delectable food. From sugarcane to Coca-Cola®, get a taste of our state's history and culinary traditions at these attractions across the state.

St. Joseph's Day Altars

This annual Sicilian tradition on March 19 in New Orleans features bread-, cookie- and cake-studded altars dedicated to the saint, who represents hunger relief. The best part? Everyone is welcome to feast on the goodies! Pro tip: While you can find holy tables throughout the city, don't miss the displays at **Irene's**, a Sicilian restaurant in the French Quarter, and **St. Joseph Cemetery No. 1**, a historical memorial park.

West Baton Rouge Museum

Louisiana's history with sugarcane is storied and expansive. (No wonder the state makes such excellent rum.) Learn about sugarcane – and the enslaved people whose labor sustained the industry – at the “From Field to Factory” exhibit, the most in-depth and all-encompassing in the state.

Tunica-Biloxi Museum

This Marksville museum highlights the heritage of the Indigenous Tunica-Biloxi Tribe through language, pottery, trade beads, jewelry and more. Visit during the annual powwow each May to experience traditional dancing, handcrafted goods and delicious Native cuisine.

Biedenharn Museum & Gardens

If you love popping open an ice-cold Coca-Cola® on a hot summer day, you'll love this beautiful and fascinating spot in Monroe. Saddle up to the soda fountain to hear tales from a soda jerk, peruse vintage Coke bottles and learn about Joseph Biedenharn, who invented the drink's first bottling machine.

Left: Paul Kieu



BIEDENHARN MUSEUM, MONROE

ExploreLouisiana.com 47

Vermilionville

Visit this historic folklife park and “living history museum” in Lafayette for a taste of Native American, Acadian and Creole traditions. Before you leave, grab a cup of silky, savory gumbo – a dish with Cajun and Creole roots – from an authentic on-site kitchen.

Vue Orleans

See the Crescent City from 34 stories high at Vue Orleans, a 360-degree observation deck. Then dig into The Story Café, a virtual exhibit that features recipes and tips from local food icons, like journalist and “Louisiana Eats!” podcast host Poppy Tooker.



Discover more history and culture at [ExploreLouisiana.com/history-heritage](https://www.exploreLouisiana.com/history-heritage) or just snap this code.

The National WWII Museum

Tour this acclaimed museum in New Orleans, where comprehensive exhibits evoke the senses. Later, enjoy period dinner theater at BB’s Stage Door Canteen, one of seven (seven!) restaurants on site.

Frogmore Plantation

Explore the historic cotton gins and buildings on this property in Ferriday to get a glimpse of the past. Themed tours focusing on cotton, music, the Civil War and Christmas add to the education ... and fun!



Take a Spicy Tour!

Explore the **Longfellow-Evangeline State Historic Site** in the heart of St. Martinville to drink in sweeping views of Bayou Teche, visit a blacksmith shop and tour a traditional Acadian kitchen. After filling up on Louisiana’s Cajun and Creole history, make your way to nearby **Avery Island** – the home of TABASCO® hot sauce. Tour the spicy museum and purchase peppery products at the gift shop before savoring an authentic Cajun meal at TABASCO® Restaurant 1868.

Chris Granger

EXPLORE OUR HISTORY AND CULTURE AT SIX LOUISIANA STATE MUSEUMS IN NEW ORLEANS



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A LOUISIANA STATE MUSEUM



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LEGACY**
A LOUISIANA STATE MUSEUM



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ORLEANS
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AT THE OLD US MINT



1850 HOUSE
A LOUISIANA STATE MUSEUM



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OF FAME & NORTHWEST
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Film Site Tours

ON LOCATION IN LOUISIANA

STEEL MAGNOLIAS HOUSE, NATCHITOCHES

Ever since opening the first seated theater back in 1896, Louisiana has been a leader in the film industry. More than 2,500 movies have been shot here and you can explore some of those film sites on fascinating tours around the state.

Steel Magnolias & 12 Years a Slave CENTRAL LOUISIANA

In *Steel Magnolias*, Dolly Parton's character Truvy Jones says "there's no such thing as natural beauty." She clearly wasn't talking about Natchitoches, where this classic was filmed. Stroll through the area to spot iconic locations like **St. Augustine Catholic Church**, where Shelby walked down the aisle, or stay the night at the **Steel Magnolia House B&B**. Following the story of free black man Solomon Northup, *12 Years a Slave* was filmed at multiple locations throughout Louisiana, including the Avoyelles Parish Courthouse in Marksville.

Where the Crawdads Sing HOUMA

Where *the Crawdads Sing* dressed up the town of Houma in a sleepy 1960s set. Today, you can enjoy a downtown dotted with boutiques, restaurants and live music venues like **Lumiere Blues & Jazz Bistro** or spend time by the massive, moss-covered oaks in the film.



Discover more film sites at LouisianaFilmTrail.com or just snap this code.

Interview with the Vampire & True Detective SOUTH LOUISIANA

Oak Alley Plantation was the tree-covered backdrop for *Interview with the Vampire*, filmed in Vacherie, where you can explore the vamp's home and stroll the same path Brad Pitt trotted down on horseback. Then, investigate where Rust Cohle and Marty Hart (Matthew McConaughey and Woody Harrelson) discover Dora Lange's body in *True Detective*, much of which was filmed along Southwest Louisiana's **Creole Nature Trail**.

True Blood SHREVEPORT/BATON ROUGE

Victorian-era B&B **Austen Place** in Shreveport is featured in the opening credits of *True Blood*, while Baton Rouge is home to **The Stockade Bed and Breakfast**, where Bill proposed to Sookie before meeting his (spoiler alert!) demise. Spend a night in both to experience your own Hollywood moment.

Treme, American Horror Story, NCIS & King Creole NEW ORLEANS

The Big Easy's Creole architecture stole the show in *Treme*, which highlights hidden-gem bars and restaurants like **Vaughan's Lounge**. *American Horror Story* brought viewers to **Lafayette Cemetery No. 1** for a famous jazz funeral. Visit **Café Du Monde** for sugar-dusted beignets, but be sure to tell your crew that it was a filming location for *NCIS*. Starring Elvis Presley himself, the 1958 musical drama *King Creole* was filmed at sites around the French Quarter.

EXPERIENCE SOUTHERN HOSPITALITY... BOYD STYLE!



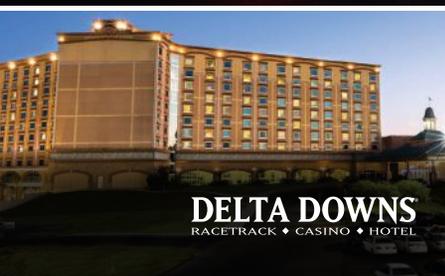
- Play over 700 of the best slots and all your favorite table games.
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South Louisiana

From the bayou to the city, from the lake to the coast and all points in between. You'll discover a rich mix of history, mystery, nature and so much good food in South Louisiana.



FRENCH QUARTER, NEW ORLEANS

Chris Granger

South Overview

South Louisiana is known worldwide for its vibrant cities, beautiful bayous, rich culture and mouthwatering cuisine. Here, you're encouraged to dance through the lively streets of **New Orleans** from dusk 'til dawn. Take in the sights from the 27th-floor observation deck of the majestic State Capitol in **Baton Rouge**. Embrace some of the happiest places in the country in **Lafayette**, the heart and soul of Cajun culture. Or enjoy a change of pace by paddling your way through the serene waters of **Lake Charles**.

Beyond the historic architecture, friendly people and memorable attractions is the food. The culinary scene in this part of the state tells a story all its own. Whether you're tasting local delicacies off the beaten path or dining at a world-renowned restaurant, South Louisiana promises an unforgettable trip filled with unique experiences and flavors that will leave you longing to return.



BOARDWALK, LAKE CHARLES

Top to Bottom: Neal Alfano; Chris Granger



To explore more in South Louisiana, just snap this code!



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Greater New Orleans

New Orleans is home to the iconic **French Quarter**, where live music fills the air and **Jackson Square** bustles with musicians and artists. Discover the rich history of the city through a variety of tours – by bus, bike, carriage or on foot.

Experience live music year-round at local venues or can't-miss festivals like the **New Orleans Jazz & Heritage Festival**, **French Quarter Festival**, **Crescent City Blues & BBQ Festival** and **Bayou Boogaloo**. Slip away to 1,300-acre **City Park** to explore the botanical gardens, mini-golf, Storyland or the Carousel Gardens Amusement Park.

Take a walk on the wild side at the **Audubon Zoo, Aquarium and Insectarium**, then explore historic and cultural treasures like the **Cabildo**, the **Presbytère** and the **Historic New Orleans Collection**. Cocktail connoisseurs will want to get their hands on classic Louisiana creations like the Sazerac or Hurricane.

Just 15 minutes outside of the French Quarter is St. Bernard Parish, where visitors can explore the **Los Isleños Museum and Historic Village** to learn about some of Louisiana's earliest settlers. Stop by **Rocky & Carlo's Restaurant & Bar** for a giant heaping of their iconic mac and cheese or take home some fresh seafood from **Today's Ketch Seafood & Restaurant**.

In Jefferson Parish, home to Louis Armstrong New Orleans International Airport, nature enthusiasts will revel in the beauty of **Lafreniere Park** and the **Barataria Preserve**. For a shopping break, head to **Lakeside Mall** and its more than 100 shops and eateries.

A Taste of New Orleans

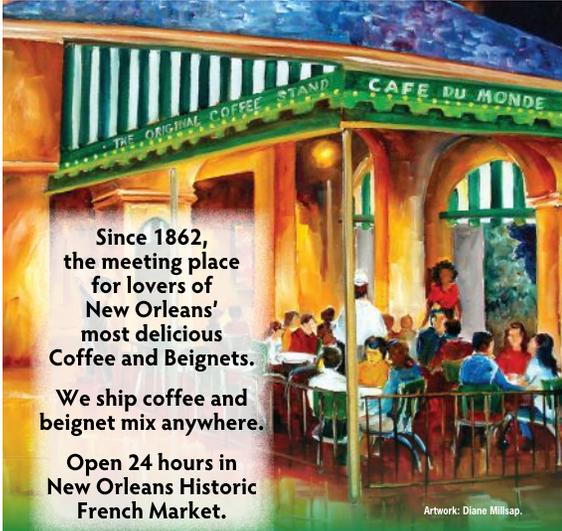
Bring home the flavors of Louisiana with a visit to these must-shop spots in New Orleans.

Start in the **French Market District**, where you can stroll through stalls brimming with local produce, spices and artisan goods. This historical market, established in 1791, is a perfect spot to sample iconic foods like beignets and muffuletta sandwiches.

Next, head on over to the **Crescent City Farmers Market** that sets up at various locations around New Orleans. You'll find fresh seafood, seasonal fruits and vegetables straight from local farms while chatting with the people who grew and sourced them to learn the stories behind the food you're buying.

For a true Louisiana shopping experience don't miss **Robért Fresh Market**, another regional favorite, where you can find everything from fresh crawfish to homemade pralines.





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Delicious Diversions

Dive into Louisiana's culinary scene with these unforgettable experiences in New Orleans!

Start at **The Sazerac House**, where you can explore this iconic born-in-NOLA cocktail through interactive exhibits and tastings. It's a must-visit for cocktail enthusiasts eager to learn about the birthplace of the Sazerac.

For hands-on fun, head to the **New Orleans School of Cooking**. Here, expert chefs teach you how to create traditional Cajun and Creole dishes, from gumbo to pralines. You'll be a pro in no time.

If you're into spooky stories and spirited beverages, Haunted History Tours offers a thrilling mix of ghostly tales and delicious drinks on its **New Orleans Haunted Pub Crawl**. Visit historical bars and hear about eerie legends while enjoying some of the city's best cocktails.

And don't miss the **Louisiana Oyster Trail**, where you can sample the freshest oysters from renowned seafood restaurants throughout Jefferson Parish. Whether raw, fried or chargrilled, you'll love tasting the Gulf's finest.



THE SAZERAC HOUSE, NEW ORLEANS

Left to Right: Neal Allamo, Zack Smith

Where every day is Mardi Gras!

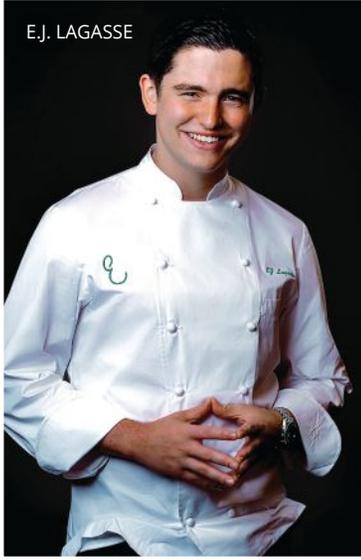
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E.J. LAGASSE



Chef's Choice

E.J. Lagasse

BAM! When Emeril Lagasse is your father, you're bound to pick up a thing or two in the kitchen. After attending culinary school and working in Michelin-star restaurants abroad, E.J. Lagasse continues his father's legacy as Chef Patron of **Emeril's** in New Orleans, revitalizing the restaurant with contemporary twists on classic dishes.

When not in the kitchen, E.J. loves exploring other local restaurants. "**Saint-Germain, Sukeban** and **Jewel of the South** are some of my favorites right now," he shares. "Also, Chef Ana Castro's new restaurant, **Acamaya**, is fantastic."

For visitors looking to experience other facets of New Orleans, he recommends a trip to **City Park**.

"**Café Du Monde** in City Park is a hidden gem; you get the same beignets without the lines of the French Quarter. I also always try to visit **NOMA** (New Orleans Museum of Art) for their latest exhibits and check out different art galleries in the Warehouse District, too. And of course, live music! I try to catch a show at **Tipitina's** whenever I can."



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PAT O'BRIEN'S, NEW ORLEANS

New Orleans Cocktail Culture

New Orleans boasts a rich cocktail culture, with many iconic drinks originating in this “spirited” city.

The Sazerac, created in the 1830s, is a must-try blend of rye whiskey, absinthe, sugar and bitters. For an authentic experience, head to **The Sazerac Bar** at The Roosevelt Hotel. The Vieux Carre, a drink named after the French Quarter, blends rye and cognac with bitters, Benedictine and sweet vermouth. It’s best enjoyed at the **Carousel Bar** in Hotel Monteleone, where you can snag a coveted seat at the revolving bar.

Next up? A Pimm’s Cup! This refreshing drink featuring Pimm’s No. 1 gin-based liqueur and lemonade is best enjoyed in the historic ambiance at **Napoleon House**, which serves a renowned version of this British import turned New Orleans staple. For the potent blend of gin or cognac (plus champagne, lemon and sugar) the French 75 is known for, head to **Arnaud’s French 75 Bar**.

When you’re brunching around New Orleans – and you absolutely must – do so with a Brandy Milk Punch in hand. You can find this sweet-and-strong mix of brandy, milk and vanilla at **Brennan’s**, the go-to spot for a traditional version. Your drinking companions will be green with envy over your Grasshopper, a bright and creamy cocktail made with crème de menthe and crème de cacao. It was first mixed up at **Tujague’s**, where you can still savor its original charm.

Finally, all behold the mighty Hurricane, a fruity rum-based drink that packs a boozy punch. It first became famous at **Pat O’Brien’s**, where a vibrant atmosphere and lively piano bar make it the perfect place to sip this classic concoction. And if you can’t finish a drink before you’re ready to move on, never fear. New Orleans has an open container law, meaning you can pour your drink into a to-go cup to sip and stroll around town.

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A Taste of South Louisiana

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There are a bounty of roadside stands and fresh markets offering local meats, produce, cheeses, breads and more in cities and towns throughout this region. Discover farm-fresh culinary riches at the **Lafayette Farmer's Market**, in business since 1839, then soak up more culture, history and signature flavors on a bus or walking **Cajun Food Tour**.

In Baton Rouge, head to **Red Stick Spice Co.** for a variety of locally sourced spices, blends and culinary tools. It's the quintessential stop for anyone looking to bring a bit of Louisiana flavor to their kitchen. The knowledgeable staff can help you find the Louisiana spices needed to elevate your cooking.

Elsewhere, experience a unique Louisiana specialty at countless stops along the **Boudin Trail** winding past places like Lake Charles, Westlake, Sulphur, Vinton and more.



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Northshore

Just across the lake from New Orleans, the Northshore is a paradise for outdoor enthusiasts. Known for quaint bed-and-breakfasts and charming local shops, it offers the perfect complement to that big-city feel across the water.

Explore the **Mandeville lakefront** and **Madisonville riverfront**, where scenic bayous beckon you to discover them by boat, kayak or standup paddleboard. After a day on the water, explore local shops, restaurants and tap rooms, all within walking distance. Pop by the **Kentwood Museum** to see an exhibit honoring one of Kentwood's own: Britney Spears.

Wander through welcoming towns like Ponchatoula, famous for its antiques and the annual **Ponchatoula Strawberry Festival**. In Covington, you'll find delightful dining and shopping options, such as **Copper Rooster Antiques and Gifts**. Slidell is ideal for family fun with must-visits like the **Old Town Slidell Soda Shop**, **Antique Umbrella Alley** or **Honey Island Swamp Tours**. For a workout, head to Abita Springs, where the **Abita Brew Pub** offers a perfect frosty reward after cycling on the **Tammany Trace**.



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Baton Rouge

Louisiana's capital city offers a combination of history and modern fun, just an hour outside of New Orleans.

Visit the **Louisiana State Capitol**, the tallest capitol building in the country, or snap a photo beneath the **Old State Capitol's** iconic stained-glass dome.

Traveling with kids? The interactive **Knock Knock Children's Museum** is a hit, or head to **Louisiana State University's** campus for a sporting event and a chance to see the school's live tiger mascot, **Mike the Tiger**.

For outdoor adventure, check out any of the city's national award-winning parks and refuel with an eclectic mix of restaurants and tap rooms, including **Soji: Modern Asian** and **Rally Cap Brewing Co.** While you're in town, don't miss the fresh catch of the day (and a handful of boudin balls) at **Tony's Seafood Market & Deli**, then recharge for more play with a fresh cup of locally brewed **Community Coffee** or **River Road Coffees**.

Delicious Diversions

Explore the culinary delights of South Louisiana through unique food trails and experiences.

Start with the Cajun Coast's **Shrimply Delicious Food Trail**, where you can savor the best shrimp dishes, from po' boys to gumbo, at restaurants like **Claudia's Soul Food** in Patterson or **The Galley** in Morgan City.

Next, sip your way through **Louisiana's Sweet Spot Cocktail Trail**, featuring stops at iconic spots known for their unique libations. Discover inventive drinks crafted with local ingredients, like the Spiced Rum Old Fashioned at **Sugarfield Spirits** or the Pink Azalea Spritzer at **Mike Anderson's Seafood**.

Pop the heads and pinch the tails along the **Bayou Country Crawfish Trail**, a must for any seafood lover. This trail takes you through the best spots to enjoy crawfish, prepared in a variety of traditional and innovative ways. From hot boiled crawfish to creamy étouffée, you'll experience the essence of Cajun cuisine.



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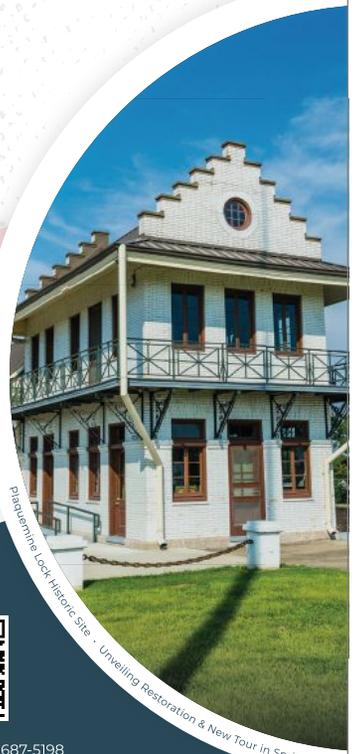
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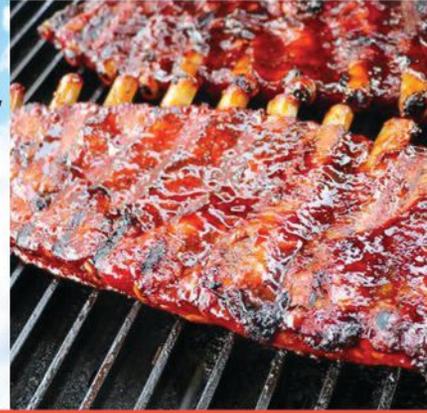
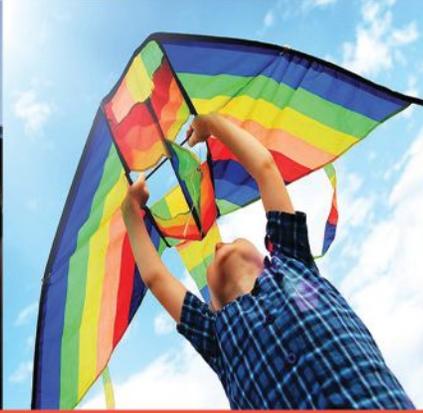
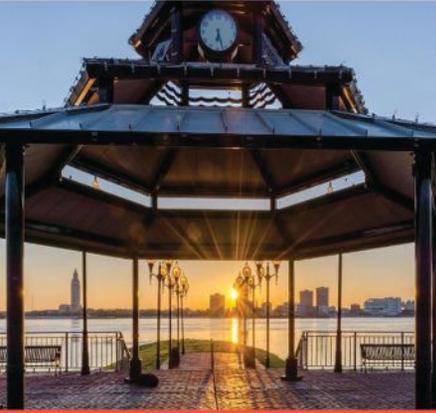
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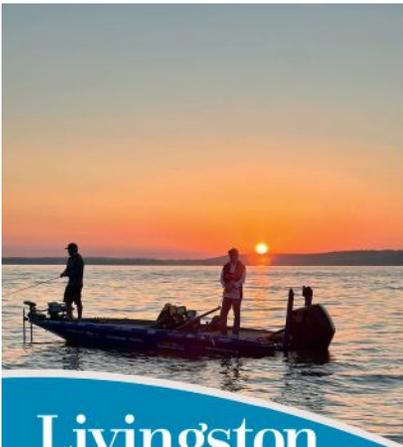
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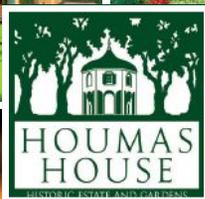
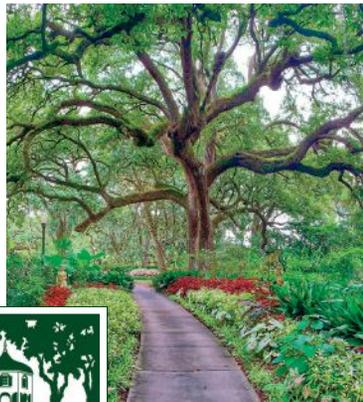
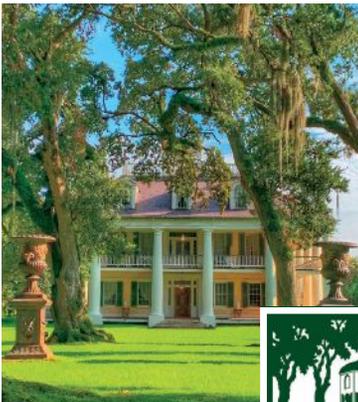
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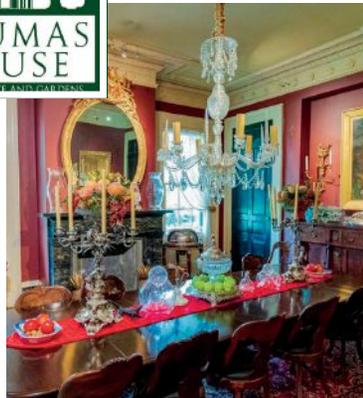
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For a deeper understanding of the area's heritage, visit the **Great River Road** and **River Road African American** museums. Dive into Civil War history by touring the **Fort Butler Commemorative Site** in Donaldsonville and stop by unique shops in the **Donaldsonville Historic District** and **Cajun Village** in Sorrento.

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Lake Charles

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In the heart of the city, **Charentier Historic District** invites you to step back in time. Stroll through streets lined with beautiful Victorian architecture to discover local restaurants and unique boutiques. When the sun sets, explore the local nightlife. Try your luck at casinos or enjoy the live music and buzzy atmosphere at **Panorama Music House**.

Food lovers will find big flavors in Lake Charles. Sink your teeth into giant dinosaur-like ribs at **Paul's Rib Shack Barbecue**, devour stuffed po'boy sandwiches at **Darrell's** and indulge in sweet delights from **Twanie's Terrific Treats**.



HOLLY BEACH, LAKE CHARLES

Clay Cook

A poster for an exhibition titled "Rodrigue Before the Blue Dog" at the Cabildo, Louisiana State Museum. The background is a painting of a large group of men in formal attire (white shirts, dark suits, and ties) sitting at a long table outdoors, possibly in a plantation setting. In the foreground, a large, stylized blue dog with a white patch on its face and yellow eyes is superimposed over the scene. The text "Rodrigue" is written in a large, yellow, cursive font, and "BEFORE THE BLUE DOG" is in a white, bold, sans-serif font. The Cabildo logo is in the top left, and the Louisiana State Museum logo is in the bottom right. The text "Exhibition is open now through September 28, 2025 only at the Cabildo on Jackson Square." and "Learn more at LouisianaStateMuseum.org" are also present.


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A LOUISIANA STATE MUSEUM

Rodrigue
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Eat, Drink, and Forget the Blues, 1971/1997, Courtesy of the George Godfrey Rodrigue Jr. Family Trust and © George Godfrey Rodrigue Jr. Family Trust.


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The **Cajun Coast Movie Tour** offers a unique glimpse into the region's film industry, taking you to iconic filming locations. If you're visiting in the spring, don't miss vibrant blooms along the **New Iberia Azalea Trail**.

History buffs will love **Bayou Teche Museum** and **Shadows-on-the-Teche**, which provide deep dives into the area's past. Stroll along the town's Main Street on a self-guided walking tour to admire beautiful architecture, specialty shops and delightful restaurants. Along the way, be sure to visit the **Bunk Johnson Jazz Collection Room**, a tribute to the legendary jazz musician inside Iberia Parish's main library.



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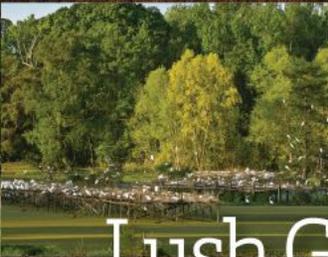


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Lafayette

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Satisfy your appetite with a delicious bus ride around town on popular **Cajun Food Tours** and soak up the spirited sounds of Cajun music at local venues or during the vibrant **Festivals Acadiens et Créoles** each fall. For outdoor fun, glide through the swamps on an airboat tour, explore **Cypress Lake** or paddle your way along calm bayous.

Between all these adventures, be sure to enjoy a convenient and tasty Louisiana plate lunch, full of hearty local favorites to keep you fueled for more exploration.



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An advertisement for Acadia Cajun Harvest Country. The top half features a plate of fried fish with a yellow sauce, green salad, and a lemon wedge. A red and white accordion is in the foreground. The text "Festivals AND FEASTS FOR ALL" is overlaid on the food. To the right, a band is performing on a stage with a colorful, illuminated backdrop. Below the band, the text reads "Discover the heartland of Acadiana and its celebrated Louisiana food, music, and culture." The Acadia logo is prominently displayed, with "ACADIA" in large green letters and "Cajun Harvest Country" in a script font below it. At the bottom, the website "AcadiaTourism.com" and phone number "1.877.783.2109" are listed.



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Put on your "Cajun Reeboks" (that's shrimp boots, y'all) and dive into the local shrimping industry on a **Down the Bayou Shrimp Tour** or get up close and personal with Louisiana's waterways on an **Annie Miller's Son's Marsh and Swamp Tour**.

Snap memorable vacation photos at **Chauvin Sculpture Garden** and appreciate vibrant folk art at the **Nicholls State University Art Studio**.

For a true taste of this region, visit **Bayou Terrebonne Distillers**, where you can savor their Contraband whiskey and Good Earth bourbon, each crafted to reflect the area's heritage and traditions.

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Central Louisiana

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Central Overview

These winding roads have epic stories to tell. Roam the red brick streets of the historic district in **Natchitoches** to learn more about Louisiana's oldest settlement – and its famous snack on the go: a Natchitoches meat pie. Follow Cane River to **Melrose on the Cane Plantation**, where you can discover tales about fascinating women, or visit **Frogmore Cotton Plantation & Gins** in Ferriday, where you can tour the fields and even pick your own cotton.

In Alexandria, the **Northup Trail** begins tracing the life of Solomon Northup, a man who reclaimed his freedom after being kidnapped and enslaved. Places like nearby **Kent Plantation House** go even farther back, preserving the stories of the people who lived on 18th-century Creole plantations.

As you delve into Louisiana's past, don't miss the chance to feed your soul with a celebrated local treat, the **Zwolle** tamale, a unique recipe influenced by the area's Native American and Spanish heritage.



Paul Rieu



To explore more in Central Louisiana, just snap this code!





CYPRESS BEND RESORT, MANY

A Taste of Central Louisiana

The best way to tour Louisiana is with a fork. Here are a few hidden gems sourcing fresh and prepared Louisiana-made products in the area.

Stock up your pantry with kitchen essentials at **Pop's Place General Store & Restaurant** in Pineville and add some zest to your meals with local sauces and spice blends like Slap Ya Mama Cajun Seasoning.

Embark on a family food adventure at a pick-your-own farm in Aimwell.

Cross Creek Berry Farm offers nearly two acres of sweet, juicy blackberries, with late May kicking off prime picking season. In June, venture to DeRidder for the **Beauregard Watermelon Festival** and taste a Sugartown watermelon, a local favorite known for its mouthwatering sweetness.

Chef's Choice Angela Lasyone

Chef Angela Lasyone is usually found in the kitchen at **Lasyone's Meat Pie Restaurant** in Natchitoches or on the road, sharing her famous pies with the masses at Louisiana festivals. When she gets a chance to unwind, she loves golfing in Many at **Cypress Bend Resort**. This 18-hole championship course is located on Toledo Bend Reservoir, the perfect setting for a relaxing day.

It's probably no surprise that dining is also one of her favorite ways to explore. Locally, she treats herself to a bowl of the Louisiana Gulf Shrimp Chowder from **Mariner's Restaurant**.

Back at Lasyone's, she draws her culinary inspiration from fresh, seasonal produce. One of her favorite dishes to prepare is fried eggplant, lightly sprinkled with sugar. After frying, she places the crispy vegetable on a paper towel in a ceramic dish, dusts it with sugar, then covers it briefly to let the sugar melt. On occasion, you can find this special dish on the menu.

Alexandria-Marksville Area

Get to know the area's history, politics and local legends at the **Louisiana History Museum** in Alexandria, then travel to nearby Marksville to learn more about the Tunica-Biloxi Tribe and view a large collection of European trade artifacts at the **Tunica-Biloxi Museum**. While in Marksville, stroll the historic grounds of the **Hypolite Bordelon House**, a beautiful example of Creole architecture.

Next, find inspiration through craft and contemporary art in Alexandria at **River Oaks Square Arts Center** and **Alexandria Museum of Art**, where kids can get creative with hands-on activities. For more family fun, get up close with animals found in our marshes, upland forests and swamps at the **Alexandria Zoo**, or choose your adventure at the **T.R.E.E. House Children's Museum**.

Top off a full day of exciting activities with a frosty pint from **Broken Wheel Brewery** and Cajun food favorites from the brewery's bistro.



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Toledo Bend Area

We call it Lake Country for a reason. Follow the **Toledo Bend Forest Scenic Byway** for waterfront adventures. In Zwolle, camp in a luxurious cabin at **Wildwood Resort**. Unleash your inner child at the **Toledo Bend Family Adventure Park** or trek through woods lining the lake at **North Toledo Bend State Park** in Zwolle and **South Toledo Bend State Park** in Anacoco.

History buffs must drive the **El Camino Real de los Tejas**. Afterwards, settle in at **Cypress Bend Resort** in Many and then dig into Louisiana's early history at **Fort Jesup State Historic Site**. Next, make a sweet escape to **Tasty Treats on the Bend** for homemade ice cream, then continue your history tour in Robeline at **Los Adaes State Historic Site**, once the capital of Spanish Texas.

Complete your journey with a detour to Marthaville to uncover the legacies of local country music stars at the **Louisiana Country Music Museum** at the Rebel State Historic Site.

Delicious Diversions

Dining should delight all your senses, not just your appetite. Here are a few ways to explore Central Louisiana through food.

For a nostalgic dining experience, visit **Dodson Roadside Cafe & Creamery** in Dodson. This little-known gem serves classic diner-style food like burgers and shakes, all for a good cause by employing adults in rehabilitation. The café is the perfect spot for anyone with a big appetite and an even bigger heart.

For offbeat eats, head to **French Market Express** in Natchitoches. This all-in-one bakery, restaurant and convenience store is perfect for gassing up, grabbing essentials and enjoying a hot meal or a slice of cake.

It's no secret that our filling stations often serve the most authentic Louisiana bites, like boudin balls or smoked tasso (ham) sandwiches. There's even a Louisiana **Gas Station Eats** trail!



FORT JESUP STATE HISTORIC SITE, MANY

Top to Bottom: Paul Kiehl, Tim Mueller Photography



NORTH TOLEDO BEND STATE PARK, ZWOLLE



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Natchitoches

Natchitoches is famous for a thing or two – savory meat pies, the classic film *Steel Magnolias* and a long history dating back to the Louisiana Purchase.

Experience small-town charm with some festival fun: Dance to the rhythms at the **Natchitoches Jazz/R&B Festival**, see Cane River Lake sparkle at the **Christmas Festival**, or hunt for unique folk-art finds at the **Natchitoches-NSU Folk Festival**.

In Louisiana's oldest city, history is on full display. Downtown, take a free guided tour of its **National Historic Landmark District**. For a nostalgic experience, shop at **Kaffie-Frederick General Mercantile Store**, also the oldest general store in the state.

For more local lore, cruise on the **Cane River Queen Riverboat** or drive along **Cane River National Heritage Trail Scenic Byway** to explore Creole plantations.



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Maggie Heller

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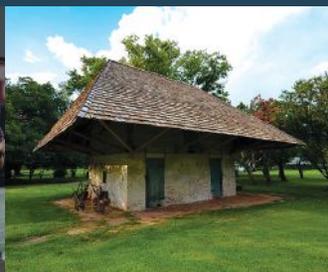
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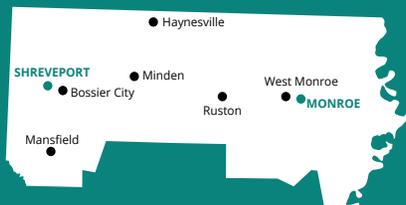




BLACK BAYOU LAKE NATIONAL WILDLIFE REFUGE, MONROE

North Louisiana

Explore sister river cities and thrilling festivals. Wander through gardens and galleries. Stroll in lush parks or hike mountain trails. Whatever you choose to do in North Louisiana, it's going to be good.



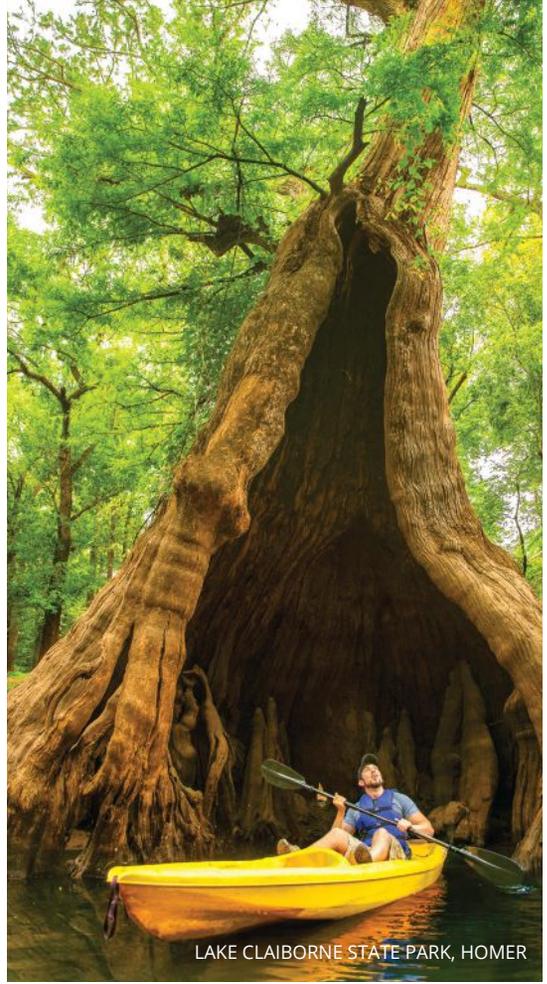
North Overview

North Louisiana boasts expansive outdoor areas and warm-spirited locals who love to share their Louisiana joy.

Fish, hike or kayak at **Lake Claiborne State Park** near Homer, bike through **Lincoln Parish Park** in Ruston and climb Bienville's **Driskill Mountain Trail**, Louisiana's highest point at a whopping 535 feet above sea level.

You'll find unforgettable fun here, too. Roll high in Shreveport-Bossier City, where you can enjoy world-class dining, drinking and gaming at local casinos. Experience the brushstrokes of Renaissance painters up close at the **R.W. Norton Art Gallery** or appreciate prismatic petals at the 118-acre **American Rose Center**.

In the Monroe-West Monroe and Ruston areas, explore **Biedenharn Museum & Gardens**, where you can tour formal English terraces, learn about the Coca-Cola® bottling process (for which Biedenharn was known) and see a page from the 15th-century Gutenberg Bible. If you love folk flair, see more than 500 regional works at the **Masur Museum of Art** before swiping across your own canvases with vibrant acrylic color at **Ruston Artisans**.



LAKE CLAIBORNE STATE PARK, HOMER

Top to Bottom: Chris Granger, Paul Kieu



To explore more in North Louisiana, just snap this code!



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SCI-PORT DISCOVERY CENTER, SHREVEPORT

Shreveport-Bossier City Area

Immerse yourself in the “Louisiana Hayride” exhibit at **Shreveport Municipal Auditorium**, where Elvis Presley famously left the building. (Seriously, this is where that famous phrase first started.) If you prefer the kind of stars that aren’t celebrities, gaze up inside the Sawyer Space Dome Planetarium at **Sci-Port Discovery Center**.

Festival fanatics can paint the town at endless shindigs. Groove to legendary performances at **Highland Jazz & Blues Festival** or sample local pilsners and stouts at **Kegs & Corks**.

The area’s music is as diverse as its festivals. Catch a concert at the **Louisiana Grandstand**, an intimate and historical venue. Sway to smooth and sultry R&B shows at **J.O.S.H. Lounge**, or kick back with a cocktail while local musicians pick strings at **1931 Lounge**. Prefer country music? Savor a spicy crawfish platter at **BeauxJax Crafthouse** as you listen to the next rising star.

Few cities rival Shreveport’s craft-beer scene. Throw back a Louisiana pale ale at **Great Raft Brewing** or sit a spell at the cozy **Seventh Tap Brewing Project** bar. At **Flying Heart Brewing & Pub**, savor small plates like wings and pretzel bites, or order a pepperoni-topped craft pizza.

DISCOVER Home Cooking

Savor an array of dining options like Cajun, Mexican, Italian and some of the area’s best soul food and barbecue! Fried fish, smoked brisket, hot-water cornbread and more await.



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A Taste of North Louisiana

Whether looking to treat yourself to some Louisiana-made goodies or scooping up snacks for others, check out these local picks.

Grab a sweet Thai-inspired rolled ice cream from **Yum Yum Dessert Bar** in Shreveport. This gem features flavors like strawberry cheesecake and banana pudding, or you can customize a base with crunchy candy toppings.

Balance that indulgence by getting your veggie fix at **Indian Village Harvest Farm** in Calhoun. This u-pick farm features everything from peaches, okra, watermelon and tomatoes to sweet-and-savory jams, honeys and baked goods.

Stock your pantry at **Laffitte's Cajun Foods** in West Monroe, where you can grab a jar of gourmet relish, jalapeños or Cajun pickles brined to perfection. Find more hot and crispy treats at other Laffitte's locations across the state.



MITCHAM FARMS ORCHARD AND PEACH STORE, RUSTON



RUSTON BULLDOGS

Paul Kieu



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Monroe-West Monroe & Ruston Area

Kayak through winding pine- and hardwood-dotted swamps at **Black Bayou Lake National Wildlife Refuge**, a habitat for majestic birds and native plants, then bike the **Rock Island Greenway**, a multipurpose path that weaves through Ruston's gorgeous neighborhoods.

Love history? **Chennault Aviation and Military Museum** details the rise of Delta Airlines, once a humble crop-dusting company, while the **North Louisiana Military Museum** showcases the experiences of the state's soldiers, sailors and airmen – and the artifacts and technologies they used in battle.

Surprise little ones with a trip to the **Northeast Louisiana Children's Museum**, where Baby Bayou's touch-and-play displays excite the senses. If the kiddos tucker out, perk them up with peachy treats like ice cream, fritters or jam from one of the many farmers markets in Ruston, a city celebrated for growing this sweet Southern fruit.

Chef's Choice

Damien "Chapeaux" Chapman

Chef Damien "Chapeaux" Chapman is the fifth-generation CEO of Shreveport's **Orlandeaux's Café**, which his forefathers opened back in 1921 during the height of segregation. Originally called Freeman & Harris Café, its purpose was to cultivate a space where Black residents could connect over an excellent meal.

Fast forward more than 100 years later and Chapman is now a legacy to the longest continuously operating African American family-owned restaurant in the nation. And it's an honor he fully embodies. You'll find him wearing a silver Saint Christopher medal in honor of his ancestors' Catholic faith or wondering how his great-grandfather, "Scrap," might have handled a challenge in the kitchen.

Chapman's success, though, isn't found in his family's time-honored technique of stuffing shrimp to make the café's most famous dish. It's in the real power and presence the restaurant has built in its community.





NORTHEAST LOUISIANA CHILDREN'S MUSEUM, MONROE

Delicious Diversions

Louisiana's long list of food-focused experiences is not to be missed. Here are a few regional favorites!

Ruston's **Heard Freighthouse Food Park**, known to locals as "The Heard," offers all kinds of local food trucks. You'll find spicy-sweet barbecue ribs, bacon-stacked burgers and lime-drizzled tacos.

Tasty foods, luscious libations and fine art all come together for the "Biggest Party on the Bayou" at **BLEND**, sponsored by the Northeast Louisiana Arts Council in Monroe. Live music and a silent auction round out the festival's offerings.

Can't get enough crawfish? Us either. That's why the three-day **Mudbug Madness Festival** in Shreveport is one of the state's most popular summer celebrations. Soak up Cajun and Zydeco music while savoring spicy crawfish, corn and potatoes.

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