



LOUISIANA'S BAYOU COUNTRY

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If you're looking for new, exciting adventures and enough memories to last a lifetime, you'll find them in **#OnlyLouisiana**.

Here, no two trips are alike. Whether it's our great outdoors where you can paddle, hike or bike through cypress trees, live oaks and bayous, or through a culinary adventure sampling our fresh, delicious seafood seasoned with classic Cajun and Creole flavors, there is something for everyone.

The sounds of Louisiana are iconic. Jazz was born in New Orleans and still drifts through the air from local musicians performing live all throughout the city. You can even get your toes tapping to the sounds of Cajun fiddles that will have everyone two-stepping on the dance floor, or get moving to some zydeco as the accordion and washboard work together to provide a unique sound.

Music is a central part of every celebration we have in Louisiana, from Mardi Gras to more than 400 festivals each year.

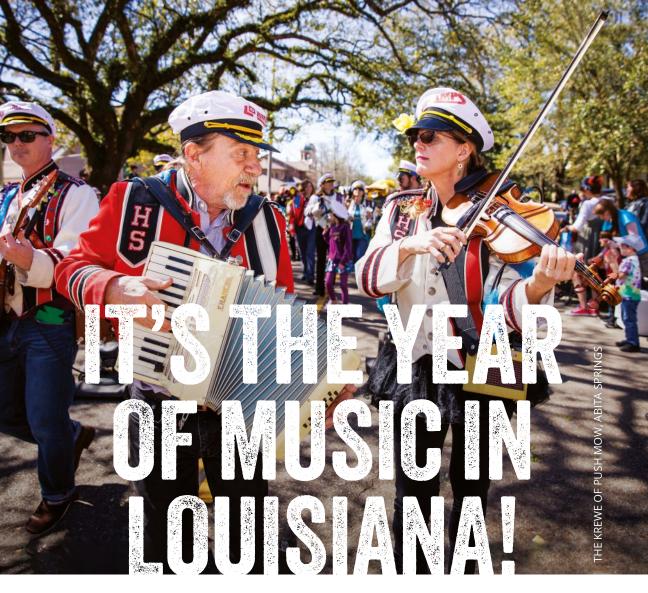
One thing is for certain. In Louisiana, you'll get an authentic cultural experience you won't find anywhere else in the world.

So come find your Louisiana and ... *Feed Your Soul*.



Lt. Governor Billy Nungesser

Billy Mangener



Louisiana is celebrating a year of music throughout 2024. As the birthplace of jazz, Cajun and zydeco, music is one of the defining characteristics of the Bayou State.

Louisiana has also had powerful impacts on the blues, country, rock, R&B, swamp pop, hip-hop, gospel and more. You name it, we're dancing to it.

In fact, Louisiana is even credited with giving the prestigious GRAMMY Award its name. State resident Rosejay Elizabeth Danna submitted that entry in a contest by The Recording Academy to name the ultimate award in music. And in 1959, Louis Prima became the first Louisiana artist to win a GRAMMY. The rest is history, and each year Louisiana artists are nominated by the dozen across a variety of musical genres.

So this year, it's time to sing about Louisiana's amazing musical talents. As you read on to get inspired to "Find Your Louisiana," you'll learn more about the culture that feeds creativity, Louisiana's impact on music and even what some local artists consider can't-miss experiences.

Ready for more? Visit LouisianaMusicTrail.com or simply scan the code to explore Louisiana music on this brand-new trail!





located in South Central Louisiana.

Symbols of the region's culture are present everywhere—
from a miracle site, folk art, and inspiring architecture
to our music, food, and the local brewery!

1 Hour West of Baton Rouge Ici on parle francais

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#### An Authentic Cajun & Creole Experience



- Creole Heritage Folklife Museum
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- · Louisiana Orphan Train Museum
- National Historic District
- Opelousas Museum & Interpretive Center

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#### **Louisiana Official Inspiration Guide**

The Honorable Billy Nungesser, Lieutenant Governor <u>Louisiana Department of Culture, Recreation and Tourism</u>

ExploreLouisiana.com

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



#### ON THE COVER

Louisiana Cajun-pop artist Amanda Shaw Photo: Bobby Childs d.b.a., NEW ORLEANS



- **06** Connect with Us
- 10 Explore Your Louisiana!
- 16 What's New in Louisiana

#### **FEATURES**

18 The Soundtrack of Louisiana

Groove to a melting pot of diverse musical genres.

- 24 The Magic of Mardi Gras
- **26** Celebrations, Big & Small
- **28** A Symphony of Flavors

Savor signature dishes that define our culinary culture.

- 30 Louisiana Seafood
- 34 Louisiana Libations
- 36 The Call of the Wild
- 38 The Soothing Sounds of Nature
- 4 Pick Your Park

Do it all or get away from it all? There's a park for that!

- 44 Beautiful Drives
- 48 Tune in to Louisiana History
- 50 Accommodations that Sing

Music-rich places to stay add rhythm to your night.



#### REGIONS

- 52 South Louisiana
- 84 Central Louisiana
- 94 North Louisiana

102 Coupons & Deals

#### GET THIS GUIDE ON THE GO!

Scan here to see the digital version.







Whether you're still planning your Louisiana vacation, or need trip inspiration while you are here, it's easy to stay up to date on the latest attractions and events around the state!



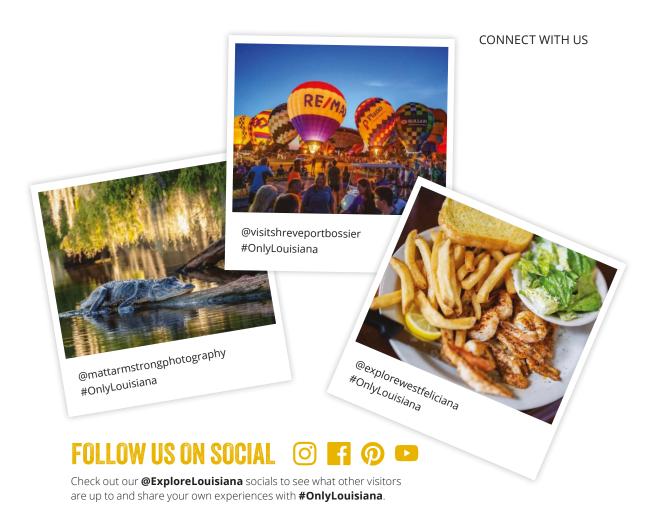
# VISIT EXPLORELOUISIANA.COM

Full of engaging articles, photos, videos, itineraries, events and, oh, so much more, this is your one-stop shop to plan your trip.



#### **WATCH VISUAL STORIES**

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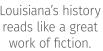
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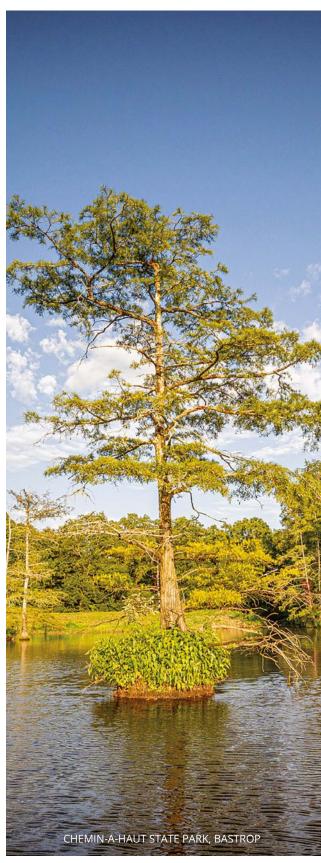


SAVOR THE SIGHTS,











#### **GET A GLIMPSE INTO THE PAST OR** LOSE YOURSELF IN THE PRESENT.





#### KICK UP YOUR HEELS OR PUT UP YOUR FEET.

Choose YOUR adventure at **ExploreLouisiana.com**!











Whether you're returning for another visit or planning your first trip, Louisiana always has something new to discover! Check out these recently opened and coming attractions.

#### FOOD & DRINK

Follow your taste buds to nearly 40 flavorful stops on the Shrimply Delicious Food **Trail** in Louisiana's Cajun Coast and score a free T-shirt along the way. Then head north to guench your thirst in Ascension Parish, home of the **Sweet Spot Cocktail** Trail, to sample signature libations and enter to win prizes from May through July.

Get lucky when you stop by Emeril's new restaurant, Emeril's Brasserie, at Caesars New Orleans, where you'll experience classic French dishes with a signature Creole twist. For a totally radical dining experience look into Hungry Eyes, a new '80s-themed restaurant in the city.

Play a hand at L'Auberge Casino in Lake Charles and grab a bite at the new location of famed chef Aarón Sánchez's Johnny Sánchez for traditional Mexican cooking in a modern atmosphere.

Plan a fun date night or brunch at **Trio's** in Alexandria and toast the new location's fun, chic atmosphere with a refreshing cocktail.

From one end of the state to the other. enjoy new offerings in Louisiana's craftbrewing scene. Find flavorful pies at Victory Pizza inside popular Flying Tiger Brewery in Monroe, or embrace your passion for craft beer at **Adopted** Dog Brewery in Lafayette, where your pooch is most certainly welcome.

At **Thirsty Farmer** in Calhoun, you can taste unique wines all cultivated on-site. For spirits of a different kind, stop by West Monroe's Two Warriors Meadery, a veteran-owned spot with award-winning honey wine made from local ingredients. Nearby Seventh Square Coffee will perk you up with caffeine paired with family-friendly entertainment like

Mario Kart/Smash tournaments, board game nights and latte art throwdowns.

Wish you could take some Creole food home? Visit **Tony Chachere's** new retail location in Opelousas to enjoy the authentic and unforgettable flavors of Louisiana in your kitchen.

#### **FAMILY FUN**

Want to learn about Louisiana history? Discover how **Layton Castle** in Monroe evolved from a Creole cottage to a Southern castle on 5 acres of historical grounds with a wine house, bottle museum and carriage house.

Head to North Louisiana to enjoy the expanded **East Bank District** in Bossier City. This lively spot offers local music at Hurricane Alley Live, fun at Bayou Axe Throwing, brews at the BeauxJax Crafthouse and snoballs at Streetcar Station.

Immerse yourself in new worlds as a zombie hunter or pirate of the high seas at the Omniverse VR Arena at **Lake Area Adventures** in Lake Charles. The 35,000-square-foot adventure facility also boasts a ropes course, airpark and aquatics center for hours of action-packed fun.

#### OUTDOOR ADVENTURE

Looking for places to go in your RV? The new luxury **Tiger's Trail RV Resort** has opened in Baton Rouge with amenities such as a lazy river, an outdoor bar, and a pond with kayak and paddleboard rentals.

At the newly renovated **Margaritaville RV Resort** in Breaux Bridge you'll find a little piece of paradise, whether you're glamping in style or setting up your RV for an extended stay.

Get off the beaten path and take a trip to the only state park on the Gulf of Mexico, newly reopened **Grand Isle State Park**, a haven for outdoor activities from inshore and blue-water fishing to birding and kayaking.

#### **FESTIVALS & EVENTS**

If you love food, Baton Rouge is the place to be in March for the **Louisiana Red Beans & Rice Heritage and Music Festival**, complete with a live cook-off, craft and food vendors, and a lineup of Louisiana entertainment.

Downtown West Monroe rocks out with live music, vendors and a can't-miss rubber-duck drop at the **Ouachita Riverfest**, now in its second year.





A symphony of diverse, historical and iconic sounds, Louisiana is known for its music!

After all, it's the birthplace of jazz, Cajun, swamp pop and zydeco, and has inspired genres from gospel to rock. Its artists are just as unique: Performers like Louis Armstrong, Mahalia Jackson, Jon Batiste, Lainey Wilson, Tim McGraw, Chubby Carrier and Lil Wayne are joined by a new crop of up-and-coming stars who are still writing the state's musical history.

Better still, you can hear it pretty much everywhere – from main stages to side streets, from the Superdome to speakeasys, from riverfronts to honky-tonks. No matter your musical taste, there's a memorable experience waiting just for you.







#### **CAJUN CLASSICS**

Cajun music dates to the 1700s, when Acadian settlers took root in Southwestern Louisiana. The unmistakable genre centers around accordions and fiddles, often inspiring fais do-dos, or Cajun dance parties.

Prejean's in Lafayette offers live zydeco brunches every Sunday, while **Buck** & Johnny's in Breaux Bridge boogies down five days a week. Catch zydeco tunes on Saturday mornings at Fred's Lounge in Mamou, or tune into their radio show that originated in 1962.

#### **JAZZ & BLUES**

Marked by instrumental and improvisation techniques, jazz can be found at The Spotted Cat Music Club on famed Frenchmen Street. Known locally as "The Cat," this New Orleans club provides a quintessential jazz experience in a buzzy atmosphere. The 21st Amendment Bar at La Louisiane, a speakeasy in the French Quarter, pays homage to the Prohibition Era with craft cocktails and live jazz.

Dew Drop Jazz & Social Hall in Mandeville is a historically Black social-club-turned-bar with a history as vivid as its music. For a taste of the blues, which are lyric-based and experience-driven, visit **Teddy's Juke Joint** in Zachary. The owner, Teddy, is known to sit on a "throne of music" while spinning rhythm and blues records for the crowd.

#### GOSPEL

Gospel has influenced generations of Southerners, giving language to their joy and grief. The New Orleans Jazz & Heritage Festival's famed Gospel Tent has been around as long as the festival has, and is a beacon of Black communal life in New Orleans. Antioch Baptist Church in Shreveport has a history as rich as the gospel music played there on Sundays. Built in 1866, this church was the first Blackcreated church in the city and is listed on the National Register of Historic Places.

Mahalia Jackson Theatre for the Performing Arts, named after the Civil Rights activist and "Queen of Gospel," frequently offers live music performances. If you're in Louisiana during the summer, the quiet river town of Gonzales hosts an annual Gospel in the Park festival.









#### HIP-HOP

Hip-hop's literary roots run deep, so it's no surprise that Louisiana has produced artists like Juvenile and Lil Wayne. Hear other hip-hop artists at clubs like Republic NOLA in downtown New Orleans. On the other side of the state, Shreveport's Let the Good Times Roll Festival unites Black culture and music, including hip-hop, in a lively setting.

## ROCK, POP & MAINSTREAM

Artists flock to Louisiana for a chance to play its world-class, historical venues. Catch a show at **The Saenger Theatre** in New Orleans, which exudes Golden Age luxury and has hosted acts such as Prince and Ringo Starr, or check out The Fillmore or The Toulouse Theatre. both near the French Quarter.

If you're in the capital region, see a show at **Chelsea's Live**, which boasts top-notch artists and a famous neon marquee in Baton Rouge. Also famous for its house-made whiskey, The Grouse Room in Lafayette hosts rock shows several nights a week.





lickr / Shreveport-Bossier Convention and Tourist Bureau



#### **A MEDLEY OF MUSEUMS**

Louisiana's rich music history is worth a deep dive. Visit these museums and exhibits for an immersive musical experience!

Once a historic hardware store in downtown Lafayette, the **Louisiana** Music Museum will house generations of stories on Acadiana's diverse musical heritage when it opens this year. It also serves as a Cajun and Creole dance hall, keeping the legacy of Louisiana dance halls alive for years to come.

The free **Delta** Music Museum in Ferriday showcases 29 blues, gospel and country artists.

Celebrate the history of jazz at the **New Orleans** lazz Museum before road-tripping to the Kentwood Museum in Kentwood to experience the unconventional **Britney Spears Exhibit**.





Line up the marching band, it's time to talk Mardi Gras. Grab a bite (or two!) of king cake and join us on a journey through a world of vibrant colors, infectious rhythms and delectable flavors during Carnival in Louisiana.

#### **RICH HISTORY** & HERITAGE

Begin your exploration in New Orleans and peek behind the curtain of Mardi Gras with a trip to Mardi Gras World, The Cabildo and The Presbytère. These attractions offer a behind-the-scenes glimpse into the creation of Mardi Gras floats, stunning costumes and the masked characters that have become synonymous with the season.

Continue your journey in Baton Rouge at the Capitol Park Museum, where exhibits showcase the origins and history of Mardi Gras in Louisiana.

#### REGIONAL **CELEBRATIONS**

Did you know you can experience Mardi Gras in every corner of the state?

In South Louisiana, immerse yourself in the grandeur of New Orleans parades, including those of renowned super krewes like **Endymion**, **Bacchus** and Orpheus. In Baton Rouge, you can't miss the vibrant presence of giant pink flamingos - the beloved mascots of Spanish Town Mardi Gras, one of the largest parades in the state's capital city.

The Lafayette region is host to several celebrations, including the Krewe of Bonaparte or Courir de Mardi Gras, where costumed men and women on horseback travel the countryside to beg residents for ingredients for a gumbo, culminating in a communal pot. Lake Charles is known for family-friendly celebrations like Main Event, which boasts more than 60 participating krewes in one parade on Mardi Gras Day.

Central Louisiana offers its own charm with the Krewe of Dionysus in Natchitoches, where the parade is a celebration of local culture and community spirit. In North Louisiana, join the revelry in Shreveport at the vibrant Krewe of Highland parade, known for its unusual throws and lively atmosphere.

#### A FEAST FOR THE SENSES

No Mardi Gras experience is complete without indulging in the delectable culinary treats that accompany these festivities. Head to Magic Grill in West Monroe, where you can savor the unique flavors of the Mardi Gras King Cake Burger, which replaces the usual bun with slices of king cake. In Evangeline Parish, join the locals for a community gumbo feast in Mamou, where the flavors of Cajun cuisine come alive. Don't miss the chance to stop by Lasyone's Meat Pie Restaurant in Natchitoches to grab a traditional Louisiana meat pie, a portable delight perfect for enjoying along the parade route.

# MARDI GRAS WORLD, NEW ORLEANS

#### KNOW BEFORE YOU GO: **MARDI GRAS EDITION**

These Carnival fast facts will have you sounding like a Mardi Gras pro in no time.

#### Purple, Green and Gold:

These are the official colors of Mardi Gras: purple stands for justice, green represents faith and gold signifies power.

**King Cake:** This iced cinnamon bread covered with purple, gold and green sprinkles is the iconic taste of Mardi Gras. If you get a slice with the toy baby in it, it's your turn to buy the next cake!

Floats and Krewes: These vessels carry krewes (groups of paraders) along the parade route. Floats vary in décor and style, depending on the parade.

**Specialty Throws:** These are the shoes, coconuts, plungers and pretty much anything else that are decorated and tossed at parades.

#### MARDI GRAS VIDEOS!

Why wait to get a little taste of the action? Snap this QR code now to see Mardi Gras videos, reels, recipes and more.





In a state steeped in culture and tradition, festivals are a natural expression of communal belonging and identity. From huge blowouts to local carnivals, Louisiana offers no shortage of shared joy. Check out a few of the best festivals to attend below!

#### **FOOD & DRINK**

No matter what region of the state you're exploring, the food here shines. Whether you're sinking your teeth into warm, gooey crawfish bread or spooning up hot and spicy gumbo, these festivals encourage you to connect to Louisiana's culinary roots.

The New Orleans Bourbon Festival in March celebrates that smoky spirit. In April, sample sandwiches at the **Acadiana** Po-Boy Festival in Lafayette or all manner of strawberries at the Ponchatoula Strawberry Festival. The Baton Rouge Soul Food Festival brings a helping of Southern fare to palates in May. The Natchitoches Meat Pie Festival in September celebrates a Louisiana staple.

#### **ART & CULTURE**

Louisiana's art and culture abound through its festivals. In March, explore the **Tennessee Williams** & New Orleans Literary Festival, or walk the plank at **Pirates of the** Pontchartrain each April in Hammond.

The Hammond Regional Arts Center hosts an art market and the **Brew Arts** Festival, a celebration of the craft brews that make South Louisiana a top stop for beer enthusiasts. Later that month, admire regional art or watch folklife demonstrations at Columbia's Louisiana Art & Folk Festival, the longest-running arts festival in the state.

#### **HERITAGE & HISTORY**

In a state as diverse as Louisiana, it's no wonder residents hold a special reverence for heritage and history.

Tremé, the oldest historically Black neighborhood in the United States, hosts the Tremé Creole Gumbo & Congo **Square Rhythms Festival** each March in New Orleans. It's a celebration of Black joy and ancestral traditions made complete with lectures and live music. Also in March are the **Independence** Sicilian Heritage Festival honoring the culture, music and food of Sicilian settlers in Tangipahoa Parish; the Lafayette Holi Festival celebrating the Acadian Hindu community through vivid displays of color; and the Louisiana Lao New **Year Celebration**, which celebrates the region's Southeast Asian population.

Founded by Spanish settlers, New Iberia holds **El Festival Español de Nueva Iberia** each April, where attendees can compete in a traditional "Running of the Bulls" race or sample tasty paella.

#### **LIVE MUSIC**

No event roundup could be complete without naming a few of Louisiana's live music festivals. After all, the same state where Cajun and zydeco were born also calls Louis Armstrong its own.

In April, visit Church Point for Cajun
Woodstock, a celebration of Cajun, zydeco
and country grooves. The Baton Rouge
Blues Festival pays homage to a distinctly
Southern genre, while the French Quarter
Festival fills New Orleans with dozens of
stages across all genres. The New Orleans
Jazz & Heritage Festival (Louisiana's
largest!) presents the soulful sounds of
jazz artists, while NELA Fall Bluegrass
Festival, held in Oak Grove in September,
hands guitar-pickin' artists the mic.



#### **WEIRD & WONDERFUL**

Louisiana's lovable oddities are plentiful, especially when it comes to festivals.

In May, explore the **Poke Salad Festival** in Blanchard, which highlights the pokeweed plant. This regional green, used most often for salads, even inspired the one-hit-wonder, "Polk Salad Annie," by Louisiana native Tony Joe White.

Mansura's **Cochon de Lait Festival** in May celebrates a culinary delicacy, roast suckling pig, through smoked pork dishes and an unforgettable greasy-pig-wrestling contest.

In the fall, Abbeville cracks more than 5,000 eggs for the **Giant Omelette Celebration**, where over 50 pounds of butter and a 12-foot skillet are used to create this ginormous dish.



From traditional dishes like gumbo and po'boys to more adventurous options like fried alligator and frog legs, there's something for every palate in Louisiana.

Cajun and Creole culinary traditions influence the lion's share of Louisiana cuisine, and here's the simple secret of telling the difference between the two: Creole cuisine uses tomatoes, whereas Cajun dishes do not. (You're welcome!)

You won't venture far into Louisiana cuisine without a mention of the Holy Trinity, a combination of onions, bell peppers and celery that forms the foundation of many dishes here. Discover the magical alchemy of spices and ingredients that steadily build flavor in classic dishes like gumbo, a hearty and savory stew; jambalaya, a flavorful rice dish; and etouffee, a succulent seafood sauce smothering fluffy rice.

The great thing is, you can enjoy them all while exploring renowned restaurants

that have left their mark on Louisiana's culinary landscape or discovering hidden gems cherished by locals.

In New Orleans, don't miss legendary Commander's Palace, where awardwinning cuisine and elegant ambiance create an unforgettable dining experience. In Baton Rouge, Mansurs on the **Boulevard** serves up elevated dishes that embody the essence of Louisiana's flavors.

In Lafayette, make a stop at Olde Tyme **Grocery**, a local favorite famous for mouthwatering po'boys. Venture to Lake Charles to experience the exquisite flavors of La Truffe Sauvage, a fine-dining restaurant where Louisiana-French dishes take center stage and showcase the creativity of our state's culinary talents.

For a taste of Alexandria's culinary scene, visit **Spirits Food & Friends**, where you'll be treated to a fusion of flavors in a warm, welcoming atmosphere. In Shreveport, savor the deliciousness of **Orlandeaux's Cafe's** stuffed shrimp.

Hungry yet? The only thing you need to bring on your trip to Louisiana is your appetite. We'll take care of the rest!

#### SAVE ROOM FOR DESSERT!

Slay your sweet tooth with Louisiana's iconic desserts.

Savor the pillowy goodness of beignets (deep-fried pastries, generously dusted with powdered sugar) at Café Du Monde in New Orleans, Coffee Call in Baton Rouge and Caster & Chicory in West Monroe.

Sink your spoon into bread pudding, a decadent dessert often accompanied by a luscious sauce, at **The Blind Tiger** in Shreveport and **Pujo St. Café** in Lake Charles.

Savor the showstopping Bananas Foster – a flaming dessert that combines bananas, brown sugar and rum – at renowned establishments like **Brennan's** in New Orleans, **Bon Temps Grill** in Lafayette or **Half Shell Oyster House**, with locations in Covington, Baton Rouge and Lafayette.







#### Seafood is always in season in Louisiana!

Dive into ready-to-peel crawfish during springtime, savor briny oysters during the cooler months, delight in juicy shrimp in the summer and indulge in plump crabs in the fall.

From fried and boiled to raw and grilled, there are countless ways to enjoy Louisiana seafood. Treat yourself to classics like fried shrimp, perfectly crisped with golden-brown batter. Feast on seasoned seafood boils, where aromatic spices infuse every bite. Tantalize your taste buds with fresh oysters or enjoy the smoky flavors of grilled or blackened fish.

Visit **Drago's** in Baton Rouge for renowned charbroiled oysters, or share a colossal seafood platter piled with fried shrimp, oysters, soft-shell crab and catfish at **Deanie's Seafood** restaurant and market in Metairie.

For boiled delights, dive into piles of Louisiana-caught shrimp at Big Al's Seafood in Houma, or enjoy waterfront views while peeling crawfish at **Steamboat** Bill's on the Lake in Lake Charles.

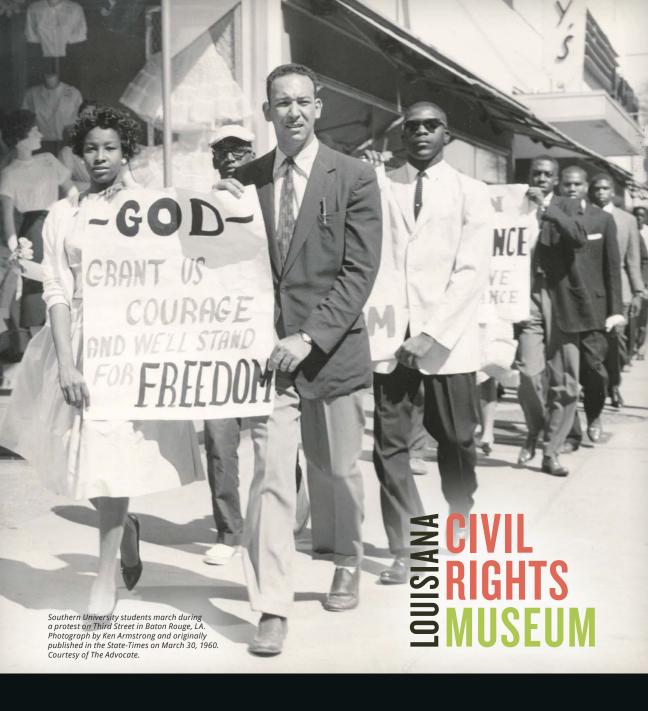


# Don't accept imitations.

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## Learn about the past and be inspired to create a better future.

Open Tuesdays through Sundays from 9 a.m. to 4 p.m. Admission is \$7 for adults, \$6 for seniors, active military & students, and FREE for children ages 6 & under.

> Ernest N. Morial Convention Center Just Inside the Julia Street Entrance 900 Convention Center Blvd., New Orleans, LA

> LouisianaCivilRightsMuseum.org



Fruity wines, bold rums and hoppy beers – Louisiana offers them all. So raise a glass at these beloved wineries, breweries and distilleries as you learn about the state's spirited past and present.

#### **BREWERIES**

Sip a blonde ale at Mandeville's **Chafunkta** Brewing Company. In Baton Rouge, **Cypress Coast Brewing Company** pours up crisp lagers and hazy IPAs, while **Huckleberry Brewing Company** in Alexandria fills glasses with hearty stouts and summer shandies. Enliven your senses with the colorful Miel Brewery and Taproom in New Orleans, where this brewery's playful branding fits perfectly on cans of seltzer, nitro coffee and zero-proof mocktails.

Louisiana's history with rum dates to the 1700s. Today, you can savor a nectary glass at 1827 Spirits, a boutique rum distillery in Vidalia, or at Sugarfield Spirits in Gonzales. If you prefer vodka, try a cucumber-infused glass at Seven Three **Distilling Company** in New Orleans. Before you head home, pick up a blueberry or amaretto liqueur to add to your bar cart at Baton Rouge's Laissez Versez.

## **WINERIES**

Louisiana's humid, subtropical climate is well-suited for growing muscadines and other red and white grapes. It's easy to find rich and fruity merlots, like the cherry and French oak-infused pour at On Cloud Wine Winery in Shreveport. Kickapoo Twist Winery & Vineyard, a farm-to-table winery, pairs wine with lush landscapes in Gloster. In Bush, Wild **Bush Farm + Vineyard** offers a monthly wine club complete with pinks and reds to sip. If you'd prefer a fruit-forward glass (think: blackberry or peach), check out **Thirsty Farmer Winery** in Calhoun.

## **TOURS & TASTINGS**

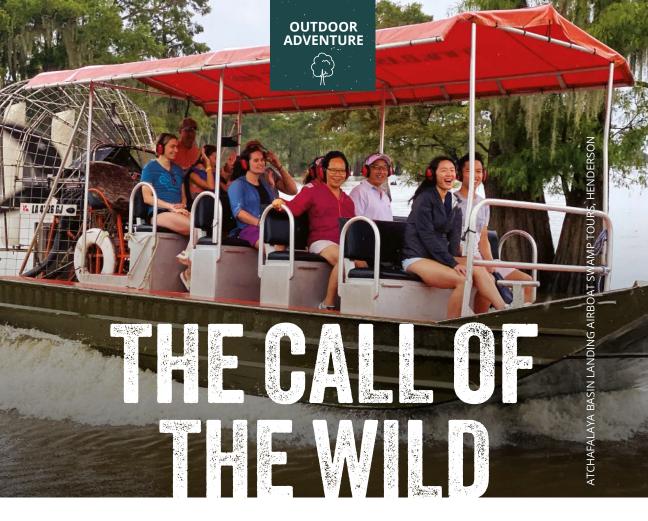
Explore the methods behind the magic on a brewery or winery tour!

In New Orleans, visit Faubourg Brewing for a lesson on beer or **NOLA Distillery** for the inside scoop on spirits.

Craft beer enthusiasts will love **Crying Eagle Brewing Company** in Lake Charles or **Utility Brewing Company** in Ruston.

Wannabe sommeliers can enjoy a stroll and tasting at West Monroe's Landry Vineyards.





If you're seeking an escape from the ordinary, explore adrenaline-pumping outdoor activities in Louisiana. From high-speed airboat tours through the swamps to soaring through the treetops on zip lines, adventure enthusiasts have found their paradise.

Take a fascinating airboat tour through Louisiana's swamps and awe-inspiring scenery with **Honey Island Swamp** Tours in Slidell, Jean Lafitte Swamp and Airboat Tours in Marrero and **Atchafalaya Basin Landing Airboat Swamp Tours** in Henderson. These tours let you feel the wind rush through your hair as you navigate intricate waterways. You'll also get up close and personal with captivating wildlife, including majestic alligators that call the swamps home.

Take your fun to new heights at ziplines and adventure parks throughout the state. At Toledo Bend Family Adventure Park in Zwolle, make a splash on new serpentine and racing water slides before dipping into the lazy river. Zip lining and gators, anyone? Experience the rush of flying above local wildlife in

the Maurepas Swamp at **Zip NOLA** in LaPlace. Embark on a thrilling adventure at Gators and Friends Adventure **Park** with an exotic-animal petting zoo.

ATV parks throughout the state provide various rental options, terrains and obstacles for thrill-seekers. Get dirty at **Muddy Bottoms ATV & Recreation Park** in Sarepta, with more than 5,000 acres of trails and off-road terrain. At Tower Trax ATV Recreation Park in Roseland, explore more than 2,600 acres of diverse off-roading trails suitable for all skill levels. Throw Dat Dirt ATV Park & Trail in Baton Rouge brings the excitement with more unique terrain, trails and obstacles.

When you're ready to answer the call of the wild, there's no better place than in Louisiana's great outdoors.



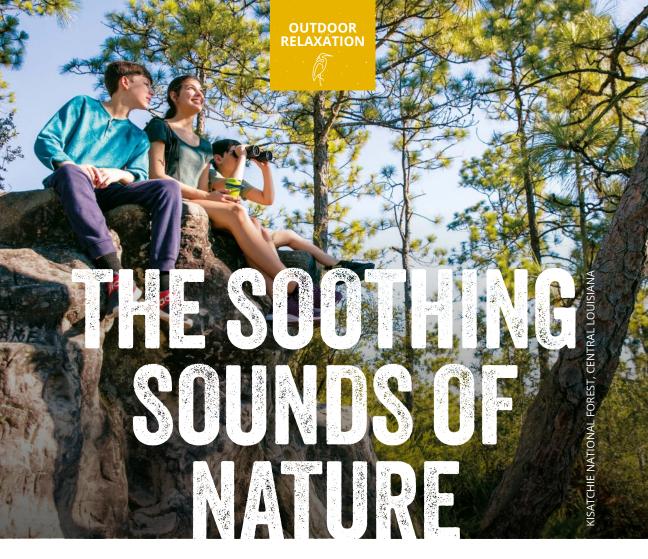
## **SEE YOU LATER, ALLIGATOR!**

Get up close and personal with alligators at Gator Chateau in Jennings. On your tour, you'll learn everything there is to know about alligators and their importance to Louisiana's ecosystem.

Don't miss your chance to hold a baby alligator or take a turn feeding them. You may even get to see a gator dressed in theme for the next holiday or big game!

After your visit, have a picnic at one of the pavilions while the little ones enjoy the playground. With free admission, Gator Chateau is a must-visit destination for families and wildlife lovers alike!





From scenic bayous to expansive golf courses, Louisiana invites you to explore the quieter side of its terrain.

For those seeking a slower pace, the state's nature trails offer an invitation to explore the wilderness on foot. Discover the serenity of locations like Tunica Hills Wildlife Management Area in St. Francisville, **Driskill Mountain** in Bienville Parish and Kisatchie National Forest in Rapides Parish – all inviting you to wander through lush forests, wetlands and wildlife habitats.

For nature enthusiasts, birding and wildlife watching offer a sense of connection and awe. Louisiana's abundant species provide a playground for both activities.

Visit Big Branch Marsh National Wildlife Refuge in Lacombe,

Indian Bayou Area in Krotz Springs, Peveto Woods Sanctuary in Cameron and Bodcau Wildlife Management **Area** in Benton to witness the beauty of Louisiana's enchanting inhabitants.

More relaxation awaits at Louisiana's plentiful natural treasures, including nature reserves in **Cane River** and the preserve at Jean Lafitte National Historical Park.

Tee off in a golfer's paradise amid picturesque landscapes across the state. The reopened course at Cypress Bend Resort offers sweeping views of Toledo Bend Lake, while The Island **Golf Course** in Plaquemine turns every swing into a moment of tranquility.

BAYOU SEGNETTE STATE PARK, WESTWEGO

Explore the sights, sounds and calming beauty of Louisiana's waterways at your own pace. You'll find dozens of kayaking and paddleboarding opportunities that provide a front-row seat to unforgettable landscapes. Paddle through the serene Bayou Bartholomew or Chemin-A-Haut, both in Northern Louisiana, or kayak along Whiskey Chitto Creek in Central Louisiana and Bayou Sauvage National Wildlife Refuge farther south in New Orleans.



## **CHILL OUT IN FOLSOM**

Pamper yourself with tranquility and wellness at Little River Bluffs Nature Preserve and Retreat, a serene sanctuary for relaxation and rejuvenation in Folsom.

Become one with nature as you explore miles of scenic trails while taking in the breathtaking views of rolling hills and the

meandering Little Tchefuncte River, one of the last clean artesian rivers in all of southeastern Louisiana.

Find your inner peace by swimming amid beautiful surroundings, biking or hiking nearby trails or recharging in cozy cabins nestled in the woods.



Adventure awaits in one of Louisiana's many state parks. From horseback riding to paddleboarding, there's an outdoor retreat with everyone in mind. Choose your own below!

## **BOATING & FISHING**

Situated on the sandy shores of Lake Pontchartrain, Fontainebleau State **Park** in Mandeville is an excellent spot for sailing. Freshwater anglers will appreciate waterfront views at **South** Toledo Bend State Park in Anacoco or Lake Bruin State Park in St. Joseph.

## **CANOEING & KAYAKING**

Grab a canoe or kayak for a peaceful paddle near the Gulf of Mexico in Cypremort Point State Park. In Madisonville, a canopy of oak trees offers shade in Fairview-Riverside State Park, while Poverty Point Reservoir State Park provides a long, open stretch of water to venture through.

## **CAMPING**

Whether you prefer to rough it outdoors or camp with more comfortt, Louisiana's state parks can accommodate. Sam Houston Jones State Park in Lake Charles is where campers can sleep beneath tawny longleaf pines. Ville Platte's Chicot State Park has cabins near a forest of Magnolia trees, which scent the air in spring. The colorful cabins at **Tickfaw State Park** in Springfield offer a bright boost of joy.

## HORSEBACK RIDING

The equestrian trails at Chemin-A-Haut State Park in Bastrop trace a bluff overlooking Bayou Bartholomew. Lake **Bistineau State Park** in Doyline offers hardwood forest vistas reminiscent of a storybook, while trails in Franklinton's Bogue Chitto State Park run parallel to rolling landscapes, cypress-tupelo swamps and upland forests.

## WILDLIFE VIEWING

Watch for birds or deer at Westwego's Bayou Segnette State Park, just minutes from New Orleans. For a beachier landscape, walk the nature trails at **Grand** Isle State Park, where waterfowl roam. Those who prefer guided trails will enjoy the Louisiana State Arboretum State Preservation Area in Ville Platte.

## **ACCESS FOR ALL**

All-terrain track wheelchairs have arrived in Louisiana!

These electric-powered chairs, now available at several

### Louisiana State Parks,

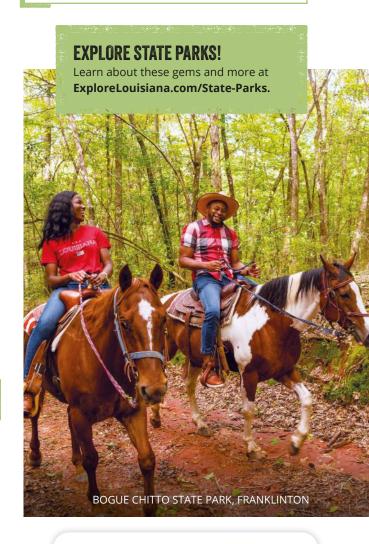
are specially designed to be used on designated park trails not suitable for conventional wheelchairs.

You can reserve them online at LAStateParks.com/ All-Terrain-Chair.

## **WATERFRONT WONDERS**

Picture this: You're floating peacefully on a lake warmed by the summer sun. Nearby, your loved ones are splashing playfully with one another. This scene is classic Louisiana.

Simply grab a canoe or kayak and see for yourself at Palmetto Island State Park in Abbeville, Lake Claiborne State Park in Homer. Lake D'Arbonne State Park in Farmerville or Jimmie Davis State Park in Chatham.



## **RESERVE YOUR SPOT!**

Book a cabin. Reserve a campsite. Purchase a park pass. Just scan the QR code to get started.





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.



Lake Fausse Pointe

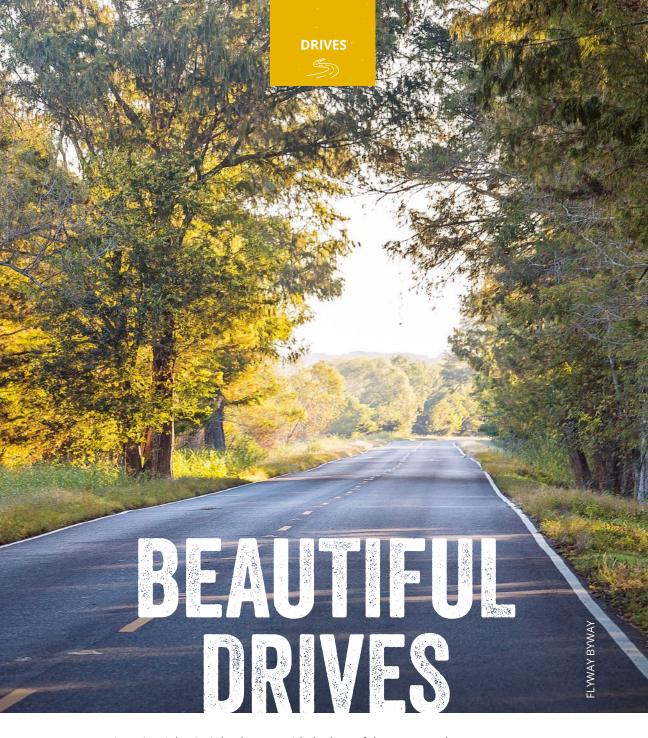












As writer John Steinbeck once said, the lure of the open road never goes out of style. In Louisiana, these five byways offer routes threaded with gorgeous scenery, historical homes, native wildlife and incredible restaurants.







## MYTHS & **LEGENDS BYWAY**

Based on true stories, ghosts and tall tales, this 181-mile drive through southwest Louisiana is like pulling a never-ending thread of mystery. The flat terrain was once a haven for pirates and outlaws. Albeit simple, the view is gorgeous: You'll pass blackberry farms, azaleas, dogwoods and mayhaws.

EAT: Faustos Family Restaurant in Kinder, Cecil's Cajun Kitchen in Deridder

**SEE:** Gothic Jail of Deridder, Merryville Museum and Burkes Log Cabin in Merryville

**EXPLORE:** Kisatchie National Forest, Clear Creek Wildlife Management Area and West Bay Wildlife Management Area





## **FLYWAY BYWAY**

There's a reason this route is called the Flyway Byway. The 55-mile route in southwest Louisiana winds past rice fields and crawfish ponds that house more than 160 species of migratory birds. Keep your eyes peeled for them along the way and be ready to pull over for a more immersive birding experience.

EAT: Darrell's of Jennings, Boudin King Restaurant in Jennings

SEE: Zigler Art Museum in Jennings, Welsh Museum in Welsh

**EXPLORE:** Lacassine National Wildlife Refuge in Lake Arthur

### **BEAUTIFUL DRIVES**



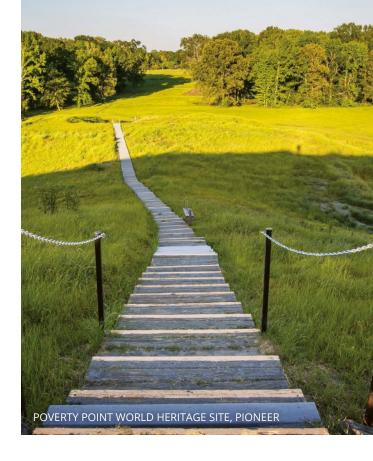
## **HISTORIC** U.S. 80 BYWAY

The Historic U.S. 80 Byway in northern Louisiana stretches 113 miles from Ruston (home to sweet and juicy peaches) to the Mississippi state line. You'll pass through open fields, lush landscapes and peaceful cities waiting to be explored.

EAT: Mitcham Farms in Ruston, Delta Biscuit Company in Monroe, Big Momma's Fine Foods in Monroe

SEE: Biedenharn Museum & Gardens in Monroe, North Louisiana Military Museum in Ruston

**EXPLORE:** Poverty Point World Heritage Site in Pioneer, D'Arbonne Wildlife Refuge





## **ZYDECO CAJUN PRAIRIE SCENIC BYWAY**

If you're the first to grab the mic at karaoke night, enjoy the 283-mile Zydeco Cajun Prairie Scenic Byway, which pays tribute to the music of south Louisiana. The views are serene, ranging from crawfish farms to sweet potato fields. There's also no shortage of music history here: Depending on which loop you choose, you'll pass through Mamou, the "Cajun Music Capital of the World," and Opelousas, home of the zydeco genre.

**EAT:** Frosto in Crowley

**SEE:** Louisiana Swamp Pop Museum in Ville Platte, Le Vieux Village in Opelousas, Louisiana Orphan Train Museum in Opelousas

**EXPLORE:** Louisiana State Arboretum in Ville Platte



ouisiana Orphan Train Museum



## **CAJUN CORRIDOR**

Here's to you, freshwater friends. The 34-mile Cajun Corridor highlights south Louisiana's abundant waterways, which are home to fresh shrimp, crawfish and oysters. Culturally, this short byway reflects the state's French and Acadian influences, while the views (sugarcane fields, cattle and rice farms) highlight its prime industries.

**EAT:** Suire's Grocery & Restaurant in Kaplan, Riverfront: A Louisiana Grill in Abbeville

**SEE:** Acadian Museum in Erath, Abbeville Cultural & Historical Museum

**EXPLORE:** Palmetto Island State Park, White Lake Wetlands Conservation Area

## **SNAP & FRAME IT!**

These social media photo-ops are worth their own road trip!

The **Giant Strawberry Statue** in Ponchatoula pays homage to the beloved fruit, which the city honors with its own festival.

Houma's larger-than-life **Giant Shrimp Boots** highlight Louisiana's distinct wetlands culture.

If you're in Lafayette, pose as the **Lafayette "Y"** for a sweet and simple memory to take home.

MAP YOUR TRID





From ancient Native American civilizations to the influences of French colonialism and the legacy of African American contributions, a treasure trove of historical significance awaits.

## **EXPLORING CULTURAL HERITAGE**

Delve into the roots of Louisiana's distinct heritage, where Native American tribes, French and Spanish settlers, Creoles and Cajuns, and enslaved people from Africa have shaped the state's history.

Discover Native American contributions at Capitol Park Museum in Baton Rouge, where immersive exhibits take you on a voyage through time. Learn about the state's diverse tribal communities and explore local museums dedicated to each tribe at the Chitimacha Museum in Charenton and the Tunica-Biloxi Museum in Marksville.

Uncover the enduring legacy of French and Spanish influences in Louisiana's historical landscape by wandering through New Orleans' iconic French Quarter, where echoes of the past color every corner. Immerse yourself in the heritage of the Canary Islanders at Los Isleños Museum and Historic Village in St. Bernard.

During your visit, experience the fusion of Creole and Cajun cultures that makes the state truly unique. From toe-tapping music to mouthwatering cuisine, the traditions of these vibrant communities are intertwined in the fabric of Louisiana. The Creole Heritage Folklife Center in Opelousas brings Creole culture to life through captivating exhibits and demonstrations.

## PLANTATIONS: THE FULL PICTURE

While exploring Louisiana's complex history, be sure to walk away with a comprehensive view of its plantation past. **Whitney Plantation** in Wallace focuses exclusively on the experience of enslaved individuals. Through guided tours, personal narratives, exhibits and restored slave quarters, visitors get insight into the harsh realities of slavery.

Magnolia Mound in Baton Rouge features a meticulously restored French Creole house dating back to the late 18th century. Visitors can explore the historical grounds, including the plantation house, slave quarters and surrounding gardens to gain an understanding of the daily lives of both the plantation owners and the enslaved individuals who worked the land.

In Vacherie, **Laura Plantation** is renowned for incorporating historical documentation into its vibrant storytelling. Visitors can take guided tours of the property and learn about the lives of enslaved individuals who lived and worked on the plantation.

These sites serve as educational platforms, fostering dialogue and reflection on the significant contributions, hardships and resilience of those who shaped Louisiana's history.

## JAZZ & MUSIC LEGACY

No exploration of Louisiana's history is complete without embracing its musical legacy. Stop by **Treme's Petit Jazz Museum** to experience the soulful rhythm of its historic neighborhood. In Eunice, head to the **Cajun Music Hall of Fame & Museum** to learn more about Cajun music heritage.

## **SEE INTO THE PAST!**

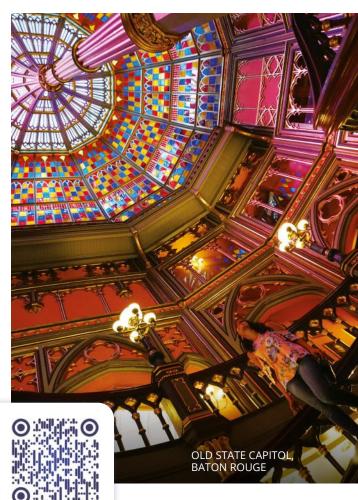
Scan the QR code below to explore video clips from several must-visit museums.

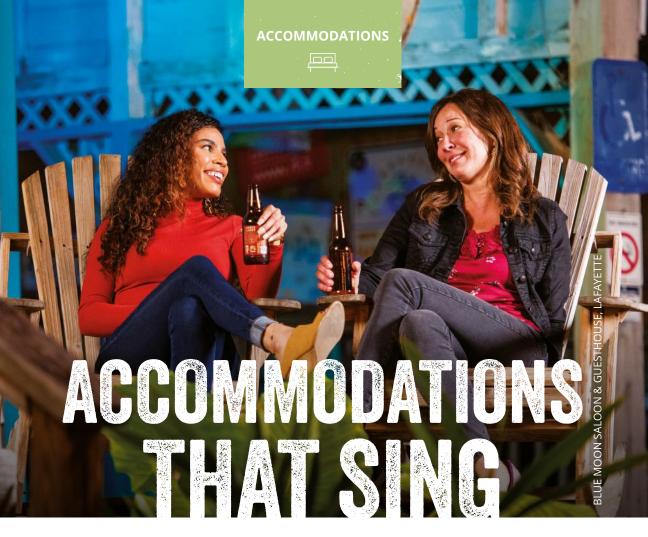
## **MUSEUM MUSTS**

One of the best ways to discover Louisiana's rich history and cultural heritage is through its diverse lineup of museums.

For those with peculiar interests, regale in the captivating tales of Bonnie and Clyde at the **Bonnie & Clyde Ambush Museum** in Gibsland. For grandeur, visit **Louisiana's Old State Capitol** in Baton Rouge, a majestic building filled with a kaleidoscope of stained glass that once housed the Louisiana legislature. For more history, delve into fascinating stories at **The National WWII Museum** in New Orleans.

All told, nearly 200 museums offer a glimpse into Louisiana's fascinating past, from local and hidden gems to the grand institutions that have stood the test of time.





Explore the heart of Louisiana's music scene and stay in a place that keeps you right in the beat of the action.

Visit a world-famous honky-tonk, then settle into its onsite guesthouse. Unwind in a historical inn near Frenchmen Street, the epicenter of live music in New Orleans. Enjoy breakfast in a cozy B&B in southwest Louisiana after a night in the heart of Cajun Country.

One of America's premier venues for roots music, the **Blue Moon Saloon** & Guesthouse in Lafayette is a true honky-tonk meeting place, where folks from all walks of life converge. Visit the saloon on Wednesday nights for a Cajun jam and dance party, then settle into your room for the night.

Visit the Louisiana Cajun Mansion Bed & Breakfast in Youngsville to reignite your relationship with music. It's just minutes from downtown Lafayette's music clubs, but also offers "Cajun Day Trips" that dive into Louisiana's music history.

Book a hotel nearby to listen to live music at **Buck & Johnny's** in Breaux Bridge, enjoy Saturday morning (yes, morning!) dance parties at Fred's Lounge in Mamou or visit the Cajun Music Hall of Fame & Museum in Eunice.

At more than 100 years old, The **Remington** hotel in Shreveport is home to The Remington Garage, a live music venue where local artists play. During the holidays, the venue is especially packed for long-awaited dance parties.

Built in 1883, The Columns hotel hosts weekly concerts in New Orleans. Its intimate mahogany bar touts James Beard-nominated mixologists and "late-night curiosities," such as after-hours wine tastings, often set to a soundtrack of live jazz or blues.



### JAM & GROOVE!

Ready for live music? Visit these iconic concert halls.

For big-name performers, head to the **Orpheum Theater** in New Orleans.

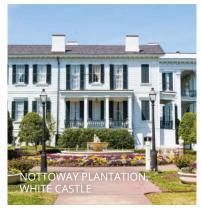
Catch regional and national artists at the Shreveport Municipal Auditorim, the actual place where Elvis was rumored to have first "left the building" after a stunning performance on the Louisiana Hayride.

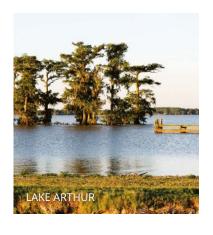
Varsity Theatre in Baton Rouge offers current music in a vintage venue.

A place that debuted silent films in 1928, the **Dixie Center for the Arts** in Ruston now prides itself as the "home and heart of the arts" in north-central Louisiana.

















Big cities and bayous. Rich history and culture. Phenomenal music and food. You'll find quintessential Louisiana experiences all throughout the southern part of the state.



## South Overview

With her creative culture and fascinating history, **New Orleans** is a place like no other. Tennessee Williams called her a "fairytale city," but the good news is the magic extends far beyond the parish line.

Farther up the Mississippi on the **Great** River Road you'll find plantations, where you can see firsthand what life was like. Not just for the sugarcane barons, but for the enslaved people to whom America owes so much of its music, food and culture.

Baton Rouge also has a story or two to tell, especially at the Louisiana State Capitol, guarded by stone gargoyles. Not far away in **Lafayette**, you can learn how to do the two-step and eat tray upon tray of crawfish like a real Cajun.

And farther west in Lake Charles, you can experience wildlife on the Creole Nature Trail and find even more excitement at three casinos.



## **EXPLORE MORE!**

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## **GREATER NEW ORLEANS AREA**

For a city more than 300 years old, there's a whole lot of "new" to discover in New Orleans. Both the **Audubon Aquarium** and the **Audubon Insectarium** have undergone extensive renovations and, just across the way, **Vue Orleans** offers fascinating cultural exhibits and 360-degree views of the city.

While you're here, take a ferry ride to Algiers to take in the American Jazz Walk of Fame. Return at sunset for mind-blowing views or, better yet, stay on the West Bank at Casa Pelican B&B, which offers cooking classes with your stay!

There's new and then there's the Vieux. The Vieux Carré, the French Quarter, is home to world-famous restaurants and music venues, plus St. Louis Cathedral, The Cabildo and The Presbytère in Jackson **Square**. Art, food, drinks, history, architecture, street entertainers - it never gets old.

And neither does a streetcar ride up St. Charles Avenue, shopping on Magazine Street, or a visit to The National WWII Museum or Music Box Village. A fishing trip in Jean Lafitte or Barataria should also be on your itinerary.

## **TOP MUSIC FESTIVALS**

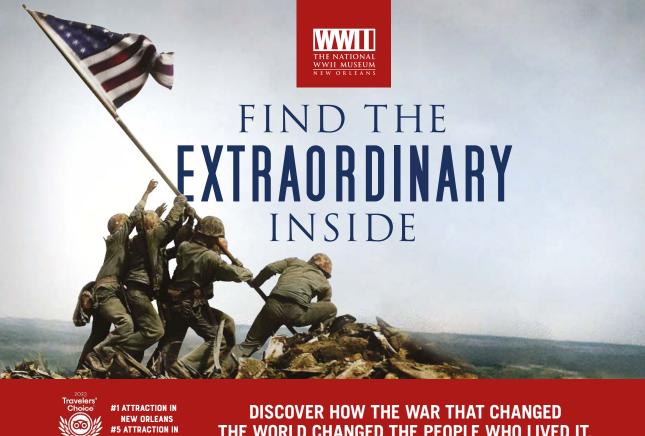
## NFW ORI FANS

New Orleans is famous for its Jazz & Heritage Festival, but it's only one of 130 or so musical events in the city every year.

Music lovers are also treated to the **French** Quarter Festival, said to be the largest free showcase of Louisiana music in the world. Another major fest is the Mid-City Bayou Boogaloo, a neighborhood party that includes boating and rafting on Bayou St. John. Come splash along with the music!

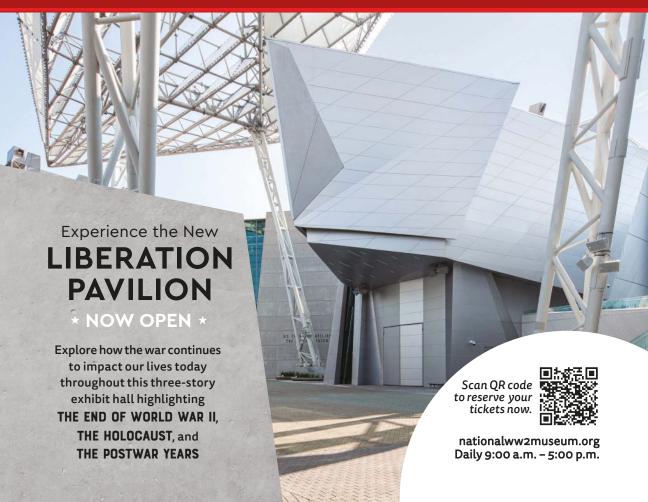
Every August, **Satchmo Summerfest** honors New Orleans' own Louis "Satchmo" Armstrong at the New Orleans Jazz Museum at the Old U.S. Mint. Along with music on two stages, the festival includes a Jazz Mass and Second Line Parade.

And in the fall, those in the know gather at Lafayette Square Park for the Crescent City Blues & BBQ Festival. While it's kind of hard to get the blues with all that great barbecue around, we try our best.

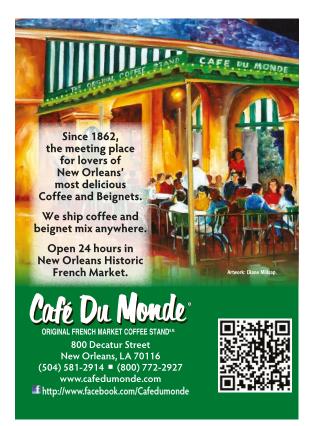




THE WORLD CHANGED THE PEOPLE WHO LIVED IT.







## **BEST PLACES TO** HEAR LIVE MUSIC

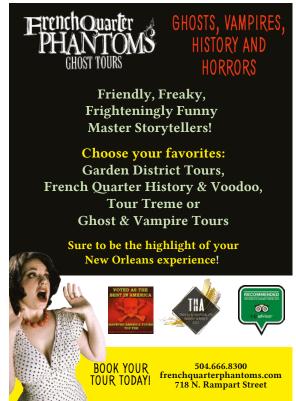
## **NEW ORLEANS**

Jazz was born in New Orleans and it never stopped growing up here. Along with other music forms, it flows out of the doors of French Quarter venues like the Bourbon Street Drinkery, Jazz Playhouse, Fritzel's European Jazz Pub and Preservation Hall, dedicated to the preservation of jazz, America's only original art form.

On Frenchmen Street, take your pick of performers at clubs including d.b.a., The Spotted Cat, Blue Nile and Snug Harbor. Uptown, **Tipitina's** has been the place to go since 1977, when Professor Longhair entertained crowds here. And locals and visitors alike can't get enough of the Steinway piano at the **Bayou Bar** inside the Pontchartrain Hotel, once a drinking den for Frank Sinatra and Truman Capote.

Of course, street musicians also perform throughout the French Quarter, particularly on **Royal Street**, **Jackson Square** and the French Market. If you're lucky, you'll bump into a brass band along the way as well!









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## **BEST PLACES TO HEAR LIVE MUSIC**

## **SOUTH LOUISIANA**

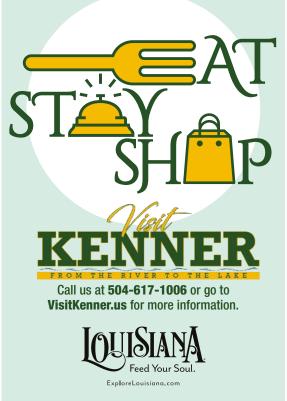
South Louisiana doesn't miss a beat. A band is always playing somewhere.

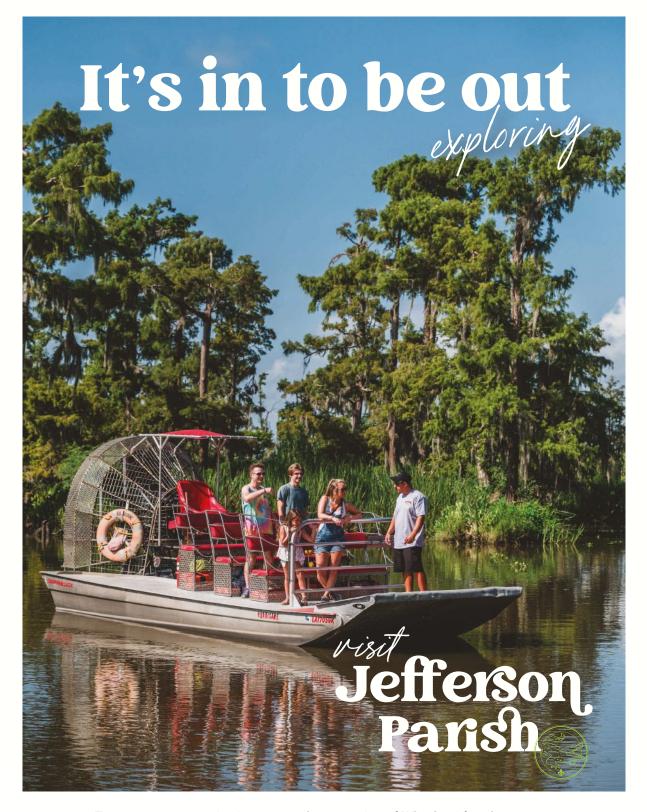
In the Lafayette area, you can get your music fix at The Ruins Lounge, Rock 'n' Bowl, Whiskey & Vine, Hideaway on Lee and The Freetown **Boom Boom Room** – and that's just for starters!

Baton Rouge is a college town and that means there's live music everywhere. Catch a show at Phil Brady's Bar & Grill or the Manship Theatre, a non-profit venue for theater, film, music, dance and performing arts. Not far from Baton Rouge is Teddy's Juke Joint in Zachary or the Magnolia Café in St. Francisville, where the only thing as good as the music is the food. In Houma, The Music Cove and The Pour House are where it's at.

On the Northshore, **Abita Springs Opry** presents "Louisiana Roots Music" six times a year, and Ruby's Roadhouse in Mandeville is always rockin'. Located in a rustic, 100-year-old building, Ruby's is one of the last remaining roadhouses in America.







Turn your next vacation into an outdoor experience! Whether it's a deep water fishing excursion, hiking nature trails or a camping trip, we have the right adventure for all outdoor enthusiasts in Jefferson Parish.

## MY FAVORITE SPOTS IN NEW ORLEANS

## **MIA BORDERS**

While AXS called powerhouse singer/ songwriter Mia Borders "a chanteuse of the highest order," Mia will tell you she'll always just be a New Orleans Uptown girl at heart.

"Whether you're in the Tremé listening to music or in the Irish Channel at the parade," she said, "you can immerse yourself in rich culture and heritage."

More specifically, here's what she likes to do most in her hometown:

- Get wet and wild with her niece and nephews at the Cool Zoo.
- Dine out at 14 Parishes Jamaican Restaurant or Three Muses.
- Head to the main stage at French Quarter Fest right on the river.









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GOOD PEOPLE





## **NORTHSHORE AREA**

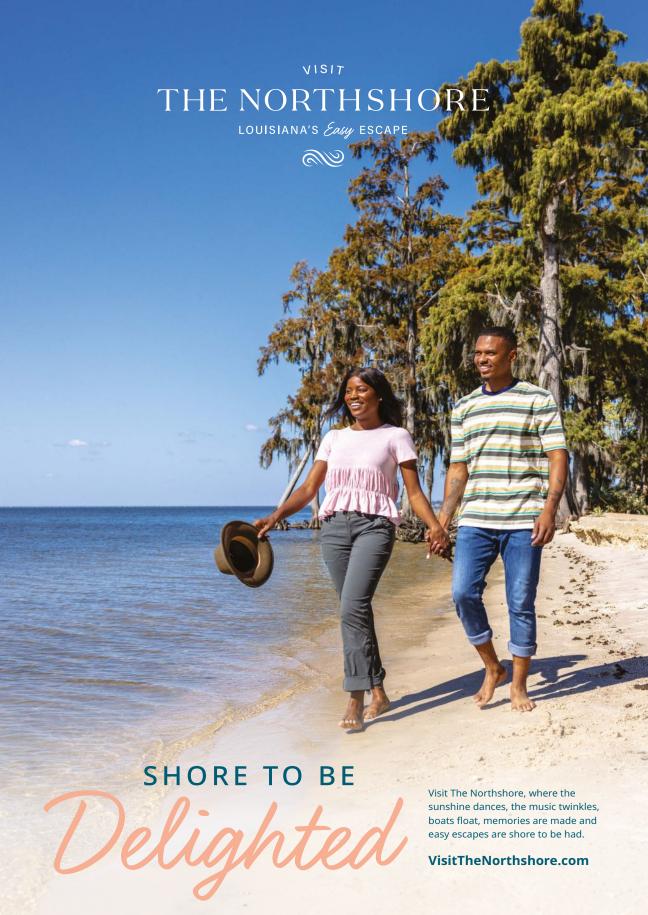
New Orleans may be known as the Big Easy, but the Northshore elevates "taking it easy" to a whole new level. On the Mandeville lakefront, sip or savor at Pat's Rest Awhile, Rips on the Lake or Old Rail Brewing. On the Madisonville riverfront, Tchefuncte's is calling.

In **Covington**, you can go lunching or antiquing in a cuter-than-cute historical downtown. Have little ones in tow? Find out which came first - the alligator or the egg - at the Insta-Gator Ranch and Hatchery.

In **Slidell**, you can learn about the Honey Island Swamp Monster on Dr. Wagner's Honey Island Swamp Tours. Afterward, treat yourself to something sweet at the Old Town Slidell Soda Shop.

Speaking of sweet, the charming town of Abita Springs is yours to explore. The Abita Brew Pub, Abita Mystery House at the **UCM Museum** and the **Tammany Trace** bike trail await. And you can get your daily water in by paddleboarding or canoeing on **Bayous Cane**, **Castine** and Lacombe, or the Bogue Falaya River.





## **BATON ROUGE AREA**

It doesn't have to be game day at Louisiana State University for Baton Rouge to be bursting with excitement.

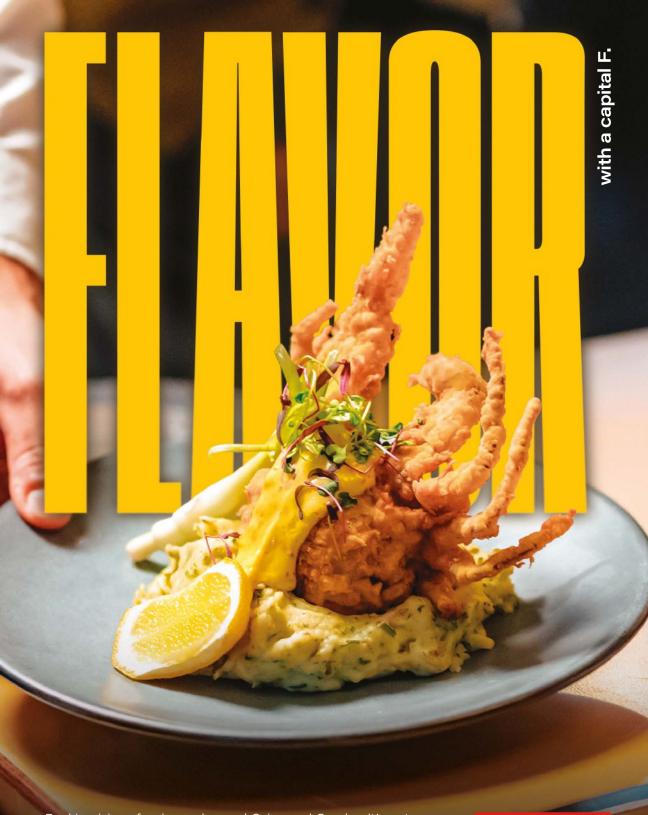
At LSU, you can visit the Mike the Tiger **Habitat**, a lush sanctuary for the school's living, breathing, roaring mascot. Then round out your stay with a visit to the LSU **AgCenter Botanical Gardens, Rural** Life Museum, Louisiana Art & Science Museum or antiquing at the Pink Elephant.

Love a good ghost story? Be sure to make time for the castle-like **Old State Capitol** as well.

Baton Rouge also has great one-of-akind restaurants. Pelican to Mars is a wonderful pet-friendly bar (the tiki-inspired drinks are only for humans though). KOK Wings and Things has a new expanded location in **Electric Depot**. Whether it's Taco Tuesday or not, **Barracuda** taco stand is not your typical Mexican joint. And you don't have to be a vegetarian or vegan to love the healthy menu at MJ's Café.







Real Louisiana food goes beyond Cajun and Creole - it's got a little bit of everything. And if real Louisiana food is what you're looking for, you won't find fare with that kind of flair anywhere other than Baton Rouge - Louisiana's Capital City.



AN AUTHENTIC LOUISIANA EXPERIENCE



## **TOP MUSIC FESTIVALS** SOUTH LOUISIANA

A music festival in South Louisiana is like an all-you-can-eat buffet. It's a great way to taste a little bit of everything all at one time. Cajun, jazz, swamp pop, zydeco, folk, gospel, rock 'n roll, the blues – fill up your plate and come back for seconds!

The day after they wrap up in Lafayette, folks are already looking forward to next year's Festival International de Louisiane and the Mamou Cajun Music Festival.

Covington is known for the Bluesberry Festival, Thibodaux for the BBQ, Bourbon and Blues Festival, St. Francisville for the **Tunica Hills Music Festival** and Gonzales for the **Swamp Pop Music Festival**. Plus, there's the Bogalusa Blues & Heritage Festival, Lebeau Zydeco Festival, Grand Isle Music Fest and the **Ebb & Flow Festival** in Baton Rouge.

Lake Charles is also an awesome festival city. Both the **This is Home Fest** in front of the Old Courthouse in May and the Cajun Music & Food Festival at Burton Complex in July are great excuses to indulge your love for Louisiana music.

Spread out a blanket, dab on some sunscreen and come join the fun. It's always festival time in South Louisiana.







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## **SOUTH LOUISIANA MUSICIAN SPOTLIGHT**

### TANK AND THE BANGAS

Ever since New Orleans became New Orleans it has been inspiring musicians, especially homegrown ones like Tarriona "Tank" Ball, front woman for Tank and the Bangas.

In 2017, the group's unique blend of funk, soul, hip-hop, rock and spoken word won NPR's Tiny Desk Contest, and they were nominated for Best New Artist at the 2020 GRAMMY Awards. Altogether, they have released three studio albums - Thinktank (2013), Green

Balloon (2019) and Red Balloon (2022).

Tank told gogirlmagazine.org, "I go to Germany, Japan, anywhere and I feel like I bring New Orleans with me." While Tank and the Bangas have gigs all around the world, you can still catch them in New Orleans at Jazz Fest and venues like Tipitina's.

## **EXPLORE MORE!**

tankandthebangas.com



















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Country where you can fish the waters of the

Catfish Capital of the World. Go further and you'll find hiking on boardwalks raised over marshy

swamplands, or kick back and enjoy a guided bayou boat tour.

Our history, real and unvarnished, is felt in the landmark homes of **New Orleans Plantation Country** and the museums along the **1811 Slave Revolt Trail**; offering compelling and authentic experiences which provide a stark, yet stunning, reminder of our complex past.

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#### RIVER ROAD AREA

Take a stroll through historical homes like Oak Alley, Laura, Nottoway and Houmas House and Gardens, the latter of which is also home to the **Great River** Road Museum. The River Road African American Museum in Donaldsonville offers a unique perspective on life in the Old South with exhibits on slavery, freedom, resilience and reconciliation.

A stroll through **Historic** Donaldsonville should be on your to-do list, as should a stop at the **Fort Butler Commemorative Site** and The Cajun Village in Sorrento.

On the Atchafalaya Water Heritage Trail, you'll get to see how water influences lives and landscapes. And don't leave without shopping for the latest fashions at Tanger Outlets.









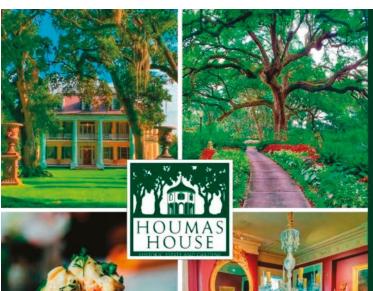
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This historic estate offers a glimpse into life in the 1800s through the guided tour and the original artwork and artifacts throughout the mansion. of the South's most acres beautiful gardens surround the estate, offering brightly colored florals year round. Restaurants and a boutique inn are also available for spending the day or night at Houmas House. Save time to visit The Great River Road Museum, which explores life along the Mississippi River in the 1800s.

40136 HWY 942 | DARROW, LA 70725 WWW.HOUMASHOUSE.COM



#### **HOUMA-THIBODAUX AREA**

In Houma and Thibodaux, storytelling comes to life on an **Annie Miller's Son's Marsh and Swamp Tour** or **Down the Bayou Shrimp Tours**.

After your adventure, visit **Bayou Terrebonne Distillers** to learn about Houma's first Mardi Gras Queen.

When she wasn't throwing beads, she was making moonshine.

Love visiting old churches? **St. Joseph Co-Cathedral** in Thibodaux is spectacular inside and out. The Rose Window is modeled after the iconic Rose Windows that were saved after the fire at the Notre Dame Cathedral in Paris.

Art lovers will be inspired by the impressive Chauvin Sculpture Garden and Nicholls State University Art Studio.





ExploreLouisiana.com



Louisiana is a birder's paradise, with diverse habitats that support an incredible variety of birdlife. From the pine forests in the north and cypress swamps of the Atchafalaya Basin to the barrier islands of the Gulf Coast, Louisiana offers something for every birder. Come learn about nature and enjoy the outdoors along the new Louisiana Birding Trail.

Start planning your getaway at BirdingLouisiana.com



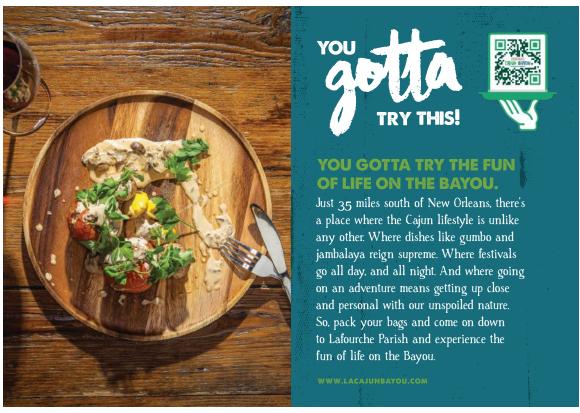
#### **MY FAVORITE SPOTS** IN SOUTH LOUISIANA

#### T.K. HULIN

Swamp-pop star **T.K. Hulin**, "the Voice with a Tear," was born in St. Martinville and resides today in Jeanerette. At age 16, T.K. made his solo debut with the hit, "I'm Not a Fool Anymore," then followed that up with successes like "As You Pass Me By (Graduation Night)" and "Alligator Bayou."

T.K.'s family once owned the Yellow Bowl in Jeanerette, which he claims served just about the best crawfish étouffée around. These days, when he's not on stage at the New Orleans Jazz & Heritage Festival, the Baton Rouge Blues Festival or the Jambalaya Festival in Gonzales, here are some of his favorite places to escape:

- Enjoy a meal at Don's Seafood Hut in Lafayette.
- Dig into a plate of crawfish at Pat's Fisherman's Wharf in Henderson.
- Relax on his own front porch on **Bayou Teche**.







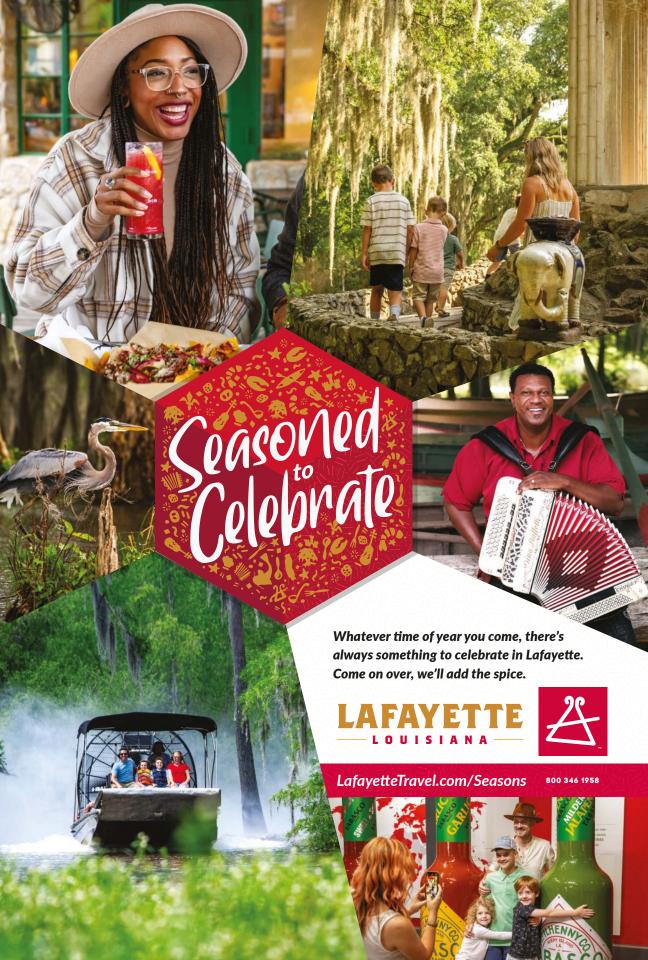
#### **LAFAYETTE AREA**

You can't truly experience Cajun culture unless you venture into the Lafayette area. There, both **Vermilionville Living History Museum & Historic** Village and Acadian Village provide a better understanding of what it means to be Cajun - and why this culture deserves to be preserved. In St. Martinville, pay a visit to the mighty **Evangeline** Oak, a symbol of the hope and young love between Evangeline and Gabriel, the Cajun Romeo and Juliet.

If you're planning to come to this part of Louisiana, you'd better come hungry. Pick up some boudin balls and cracklins at a gas station, but don't stop there. Cajun Food Tours will keep the culinary adventures rolling.

The pristine beauty of **Cypress Lake** will take your breath away, and there are plenty of places to go paddling in the parish and beyond!







#### **SOUTH LOUISIANA MUSICIAN SPOTLIGHT**

#### LOST BAYOU RAMBLERS

Lafayette gave birth to the GRAMMY Awardwinning Lost Bayou Ramblers, a progressive band rooted in Cajun traditions.

They were founded in 1999 by brothers Andre and Louis Michot, but the last 5 years have been big ones. The band appeared on Jack White's American Epic, made contributions to the Oscar-nominated film "Beasts of the Southern Wild" and received a GRAMMY award for their album "Kalenda."

The Lost Bayou Ramblers say they stand at the "crosscurrents of Louisiana culture by

inhabiting the gray area between Cajun and Creole." World Café says they are a "revvedup version of Cajun music, shot through with punk energy and psychedelic fuzz."

Check the musical lineups at your favorite Louisiana festivals this year to catch them if you can!

#### **EXPLORE MORE!**

lostbayouramblers.com







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#### **NEW IBERIA AREA**

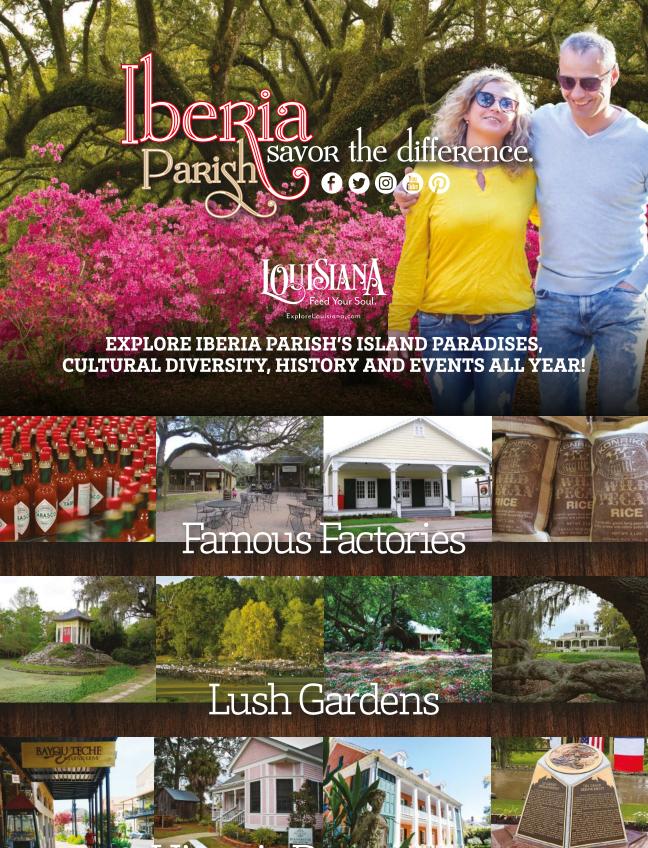
While you may not be familiar with New Iberia, chances are you have heard of Tabasco®, which makes about 50,000 bottles of hot sauce here every year. You can tour the factory on Avery Island as well as Jungle Gardens, a haven for nature lovers, who will also love the New Iberia Azalea Trail in spring.

History is on display year-round both at **Bayou** Teche Museum and Shadows-on-the-Teche. At the latter, discover "The Second Side" exhibit, a rich archive of oral histories of African Americans in Iberia Parish.

Hungry? Hit Landry's Cajun Seafood & Steakhouse, then have live music for dessert at Pelicans on the Bayou.

Music, history, adventure, food and fun all come together along the mystically beautiful **Cajun Coast**, home of the largest overflow swamp in the country at the **Atchafalaya National Heritage Area** along the Bayou Teche Scenic Byway.





Iberia Parish Convention & Visitors Bureau 2513 Hwy. 14, New Iberia, LA 70560 • 888-942-3742 • IberiaTravel.com

#### **LAKE CHARLES AREA**

Are you a foodie? Nature lover? History buff? You won't be able to get enough of Lake Charles.

While 40 blocks of Victorian splendor await in the **Charpentier Historic** District, 400 bird species and a lot of other wildlife can be spied on the Creole Nature Trail. Or explore the Wetland Walkway at the Sabine National Wildlife Refuge, then kick off your flip-flops and wiggle your toes in the sand at Holly Beach.

Back in town, hit the pool, the spa or the slots at your favorite casino. Dine at one-of-a-kind eateries like Luna Bar & Grill, BeauxDines' and Panorama Music House, and don't go home without picking up a souvenir at one of Lake Charles' unique boutiques.



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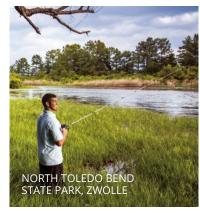


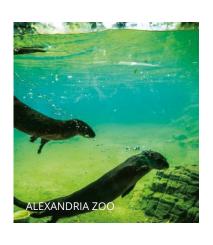








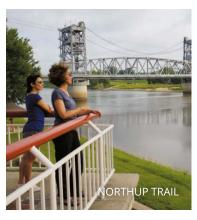












Charming towns and historic byways. Lush forests and vast lakes. Family attractions and craft beer. The heart of Louisiana beats throughout the central part of the state.



# **Central** Overview

**Kisatchie National Forest, Toledo** Bend, Cypress Bend. Just saying those words aloud brings a sense of peace to anyone who's ever caught a sunset or a fish in one of these magical places. And if you love fish, you can learn more about Louisiana aquatic life in Forest Hill at the **Booker Fowler Fish Hatchery**, open mid-February through mid-May, featuring 10,000 gallons of native species and some stunning hand-painted murals.

If you're a history lover, Natchitoches (the oldest city in the state) and Melrose Plantation (built for and by free Black people) will give you a story or two to add to your repertoire. Another must-see historical home in the area is **Kent Plantation** in Alexandria, built circa 1796, and you can learn more about life before the Civil War on the 83-mile Northup **Trail**. Hear the story of Solomon Northup, a free-born African American farmer and professional violinist from New York who was kidnapped and sold into slavery.

If all this exploring makes you hungry, swing into Lea's Lunchroom, famous for ham sammiches and homemade pies in Lecompte.



**EXPLORE MORE!** 

ExploreLouisiana.com/Cities-Regions





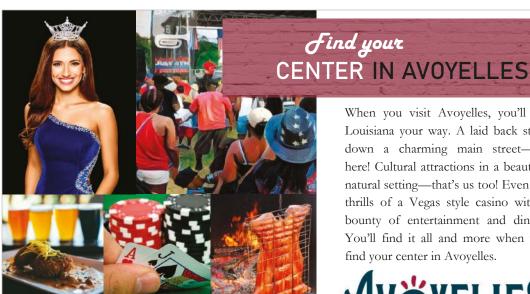
#### **ALEXANDRIA-MARKSVILLE AREA**

Get an introduction to this fascinating part of Louisiana at the **Tunica-Biloxi Museum**, then see how early pioneers lived at the **Hypolite** Bordelon House and cool your heels at the Broken Wheel Brewery & Bistro.

Over in Alexandria, enjoy family time at the T.R.E.E. House Children's Museum and **Alexandria Zoo**, where you can take a ride on the Bayou Le Zoo Choo Choo or hop aboard the Alexandria History Trolley Tour.

Other area must-dos include the River Oaks Square Arts Center, where you can watch artists at work. And after seeing the vintage postcard exhibit at the Louisiana History Museum, you'll be texting your friends: "Wish you were here!"





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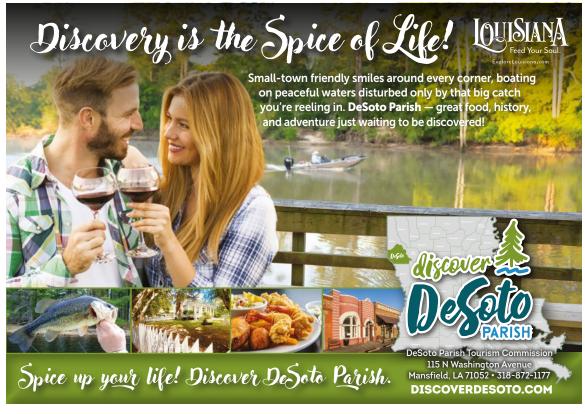


#### **TOLEDO BEND-**I AKE COUNTRY AREA

Check into a cozy cabin at Wildwood Resort and let the fun begin at North Toledo Bend State Park. Go on a backwoods camping adventure with Tack-A-Paw Expeditions, make memories with the kids at Toledo Bend Family Adventure Park, and drive through miles of wildflowers on the Toledo Bend Forest Scenic Byway. If you golf, head to the championship links at Cypress Bend.

Let your journey continue on the El Camino Real de los Tejas, a thoroughfare from the 18th-century Spanish colonial era. Explore more Spanish culture at **Los Adaes State** Historic Site and hear a story or two at Fort Jesup State Historic **Site**, once commanded by future president Zachary Taylor, a hero of the Mexican-American War.





#### **OUR FAVORITE SPOTS IN CENTRAL LOUISIANA**

#### THE HOOCHIE DIGS

The Hoochie Digs – married duo Joey Wilson and Cher Marie Couvillion, known as "The Digs" for short – first took to the stage in Louisiana in 2014. Since then, they've released two albums featuring his music and her lyrics, folk in nature but with a hint of country seeping through.

And what's up with that name? It came from Cher's French grandmother, who would say "hoochie dig" in place of a name she could not recall.

When they're not performing at places like Fighting Hand Brewing Co. in Pineville or Alex River Fete in Alexandria, their favorite things to see and do when they're back visiting the region include:

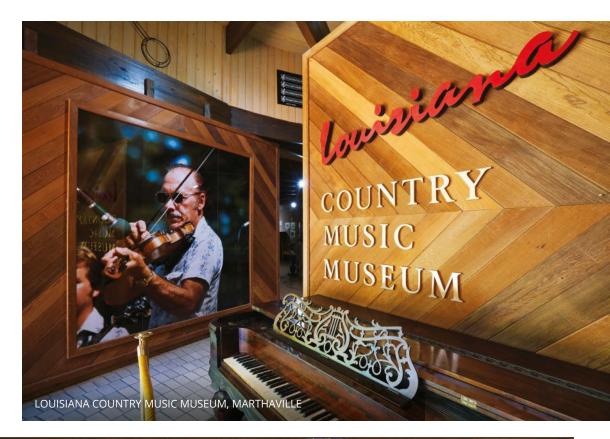
- Ride bikes to Fort Buhlow to tour the museum and go fishing on the Red River.
- Grab a cup of java at Common Grounds or Tamp & Grind Coffee Shop.
- Go for a custom pizza at Wildwood Pizza, followed by dessert at Atwood's Bakery.
- Do yoga and check out the exhibits at the Alexandria Museum of Art.

#### **EXPLORE MORE!**

linktr.ee/thehoochiedigs









#### **BEST PLACES TO HEAR LIVE MUSIC** CENTRAL LOUISIANA

There's nothing like live music to make you feel, well, alive.

In Central Louisiana, locals and visitors alike hang out at Bailey's Night Club in Marksville, a converted old theater. Bootlegger's in Alexandria is a bar with a Prohibition-Era feel that specializes in music and moonshine cocktails. In Natchitoches, Pioneer Pub, Flying Heart Brewery & Pub and Roque's Blues Hall await. At Mama's Blues Room on Front Street, blues

and zydeco are on the menu.





#### **TOP MUSIC FESTIVALS CENTRAL LOUISIANA**

Visitors flock to Central Louisiana for exciting festivals showcasing local musical talent. Get your fill of tunes at the Avoyelles Arts & Music Festival, Natchitoches-**NSU Folk Festival** and Natchitoches Jazz Fest.

Of course, food is a major headliner at all Louisiana festivals, too. Build your next vacation around the Zwolle Tamale Fiesta, Sabine Freestate Festival or Louisiana Elvis Festival, all of which feature good eats!







#### **CENTRAL LOUISIANA MUSICIAN SPOTLIGHT**

#### **ALEX SMITH**

Music came naturally to Alex Smith, a musician and songwriter from Alexandria whose grandfather sang and played a six-string and whose dad played bass in a four-piece zydeco band with Sonny Landreth.

In the eighth grade, inspired by the video game Guitar Hero, Smith picked up a guitar himself. This eventually led to playing in church and local bars, followed by a move to Nashville after college, where he has since opened for superstars Brett Eldredge and Uncle Kracker.

Smith's debut single, "Load It Up," hit #41 on the Billboard chart and his latest album, Bootshake, was released this past year.

#### **EXPLORE MORE!**

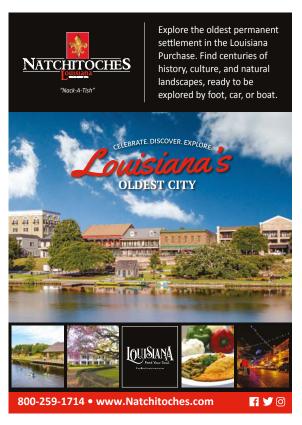
alexsmith5.bandzoogle.com

#### **NATCHITOCHES AREA**

Born four years before New Orleans in 1714, Natchitoches was Louisiana's original French colony. Today, you can be regaled with tales of the old days on a carriage ride, a cruise on the **Cane River** Queen Riverboat or a walking tour of the National Historic Landmark District

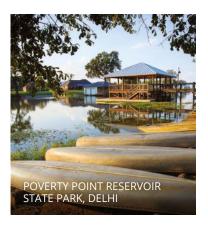
Pick up a souvenir or two at Kaffie-Frederick General Mercantile Store, where they'll ring you up on a cash register from 1910. Come celebrate state greats like Archie Manning, Willis Reed, Shaquille O'Neal, Chanda Rubin and many others at the **Louisiana Sports** Hall of Fame. Take a time-out to meditate in the chapel at Fort St. Jean Baptiste.

For a trip to remember, mosey down the Cane River National Heritage Trail Scenic Byway, which will wind its way into your heart.



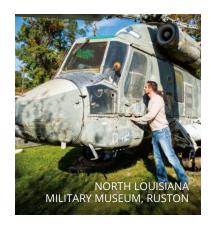




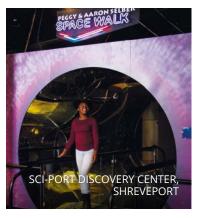




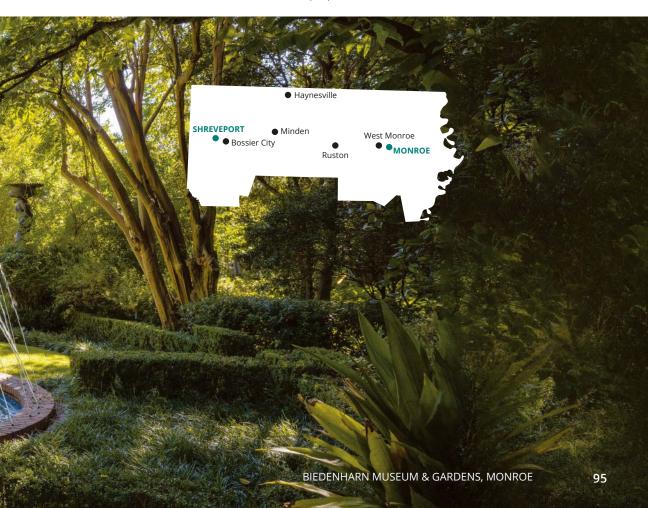








Sister river cities and lively festivals. Plentiful parks and mountain trails. Gardens, galleries and art. The northern part of the state is a top spot for vacation fun.



# North Overview

North Louisiana is the big outdoors and big-hearted locals who love to share it all with you.

Hunting, fishing, hiking and kayaking are on the agenda here in magical places like Lake Claiborne State Park near Homer, Lincoln Parish Park in Ruston and Bienville's Driskill Mountain Trail, Louisiana's "highest" point at a whopping 535 feet above sea level.

Big-time fun is easy to find here as well. In Shreveport and Bossier City, you can enjoy world-class wining, dining and gaming. Get up close and personal with Remingtons and Russells at the R.W. Norton Art Gallery. Find out why a rose isn't just a rose at the 118acre American Rose Center.

In the Monroe-Ruston area visit Biedenharn Museum & Gardens, where you can tour formal English gardens, a historic home, a Coca-Cola museum (Biedenharn was the original bottler of Coke) plus a museum with an original 1611 King James Bible and a page from a 1454 Gutenberg Bible.

If you love art – looking at it and creating it - check out the Masur Museum of Art and then take a class at Ruston Artisans.



**EXPLORE MORE!** 

ExploreLouisiana.com/Cities-Regions







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#### MONROE-RUSTON AREA

While pristine Black Bayou Lake National Wildlife Refuge in Monroe draws outdoor lovers, this part of Louisiana is a history lover's paradise as well. At Chennault **Aviation and Military Museum** in Monroe, you can learn how a small crop-dusting business evolved into massive Delta Airlines.

Traveling with the kiddos? At Monroe's Northeast Louisiana Children's Museum, little ones 3 and under can visit Baby Bayou to dive into a touchand-play experience that will stimulate their senses - and tire them for a nap! And be sure to get in a walk, run or bike ride at Ruston's Rock Island **Greenway**, named after the rail line Johnny Cash once sang about.





#### **NORTH LOUISIANA MUSICIAN SPOTLIGHT**

#### **IAMES BURTON**

While there are fewer than 300 residents in the tiny town of Dubberly, millions of people know the name of guitar great James Burton, who has been called "one of the best guitar players to ever touch a fretboard." A member of the Rock & Roll Hall of Fame, Burton is ranked number 19 on Rolling Stone's list of the "100 Greatest Guitarists of All Time."

Self-taught when he was still a teenager, Burton was part of the staff band for the "Louisiana" Hayride" radio show in Shreveport.

Since then, this homegrown talent has recorded and performed with everybody who's anybody, including Ricky Nelson, Elvis Presley (he was leader of Presley's TCB Band), Johnny Cash, Merle Haggard, Glen Campbell, John Denver, Gram Parsons, Emmylou Harris, Roy Orbison, Elvis Costello, Vince Gill and so many others.

#### **EXPLORE MORE!**

james-burton.net



Red River Revel Festival

#### NORTH LOUISIANA

In Shreveport, take in big-name entertainers and some who soon will be at Louisiana **Grandstand**, formerly the Shreveport Opry. Then hop on over to J.O.S.H. Lounge, where the name stands for jazz, old school and heritage.

In Bossier City, follow the tunes to 1931 **Lounge** inside Horseshoe Casino or head to BeauxJax Crafthouse in the East Bank District, a newly renovated entertainment area.

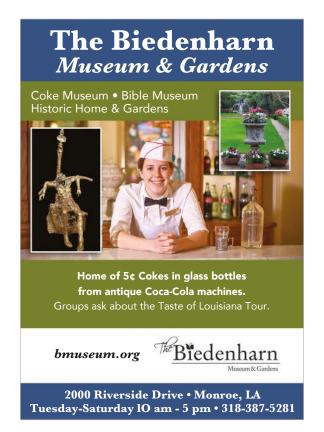
The Revelry in Ruston is home to "loud music and boisterous fun," and you'll never forget the music you heard at **Enoch's** Irish Pub and Café in Monroe – or their Blarney Stone Blue Cheese Burger!

### **TOP MUSIC FESTIVALS**

#### NORTH LOUISIANA

Shreveport contributed to American music for years with the "Louisiana Hayride" music show and we're still rockin' and rollin' up here on the Red River at events like **Highland Jazz & Blues** Festival, Red River Revel Festival and the Kegs & Corks Craft Beer, Wine and Music Festival.

And around Monroe, music lovers are slathering on sunscreen for the **Ouachita** RiverFest, Northeast Louisiana Celtic Festival and New Music on the Bayou.



RED RIVER REVEL FESTIVAL, SHREVEPORT



#### SHREVEPORT-**BOSSIER CITY AREA**

When Nashville said no to Hank Williams and Elvis Presley, the "Louisiana Hayride" said yes. Learn all about it at the "Louisiana Hayride" exhibit at Shreveport Municipal Auditorium. And speaking of stars, you can fly through them at the Sawyer Space Dome Planetarium at Sci-Port Discovery Center.

At the Bonnie and Clyde Ambush Museum, learn how these infamous bank robbers met their end. Afterward, head over to Great Raft Brewing to sip brews with names like Reasonably Corrupt and Amber Waves of Pain.

If where you stay is as important as where you go, then follow the scent of fresh-baked blueberry muffins to Fairfield Manor, Shreveport's first bed and breakfast.



#### **MY FAVORITE SPOTS** IN NORTH LOUISIANA

#### A.I. HAYNES

Singer/guitarist/activist **A.J. Haynes** fronts the rock-and-soul band Seratones, whose newest album, Love and Algorhythms, has been called "a cosmic meld of soul and Afrofuturist funk."

Before her music career took off at local clubs like Bears and Strange Brew, A.J. was a middle school and high school teacher in Shreveport. She also gave music lessons and still organizes music events for the youth in her hometown at the Renzi Arts & Education Center.

When she has a bit of free time, here's what she loves to see and do in North Louisiana:

- Grab a Calaverita margarita at Ki' Mexico.
- Dine on stuffed shrimp at Orlandeaux's Cafe, the oldest continuously operating African American family-owned restaurant in the U.S.
- Do yoga at Humm or Bloom Yoga both have great teachers!

#### **EXPLORE MORE!**

seratones.com

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