

The History, Food, and Customs tour is an experiential excursion that features the past and present Creole and Cajun lifestyles in Louisiana's River Parishes. The outdoor adventures of this tour involves experiencing the lifestyles and beauty of the swamps.

DAY 1

PLANTATIONS AND CAJUN COOKING

Your experience begins with breakfast at **Sandwich World** in Gramercy, Louisiana. Sandwich World offers a full Southern breakfast, ham, cheese, and shrimp omelets, and breakfast wraps.

After breakfast, visit **Laura Plantation: Louisiana's Creole Heritage Site** in Vacherie, Louisiana. Your visit will begin with a self-guided tour of the African American Museum, followed by a guided tour of the plantation, which presents the life of Laura LaCoul and the Creoles enslaved there.

Next, enjoy a fun and exciting hands-on **Cajun Cooking Experience with Spuddy**, your Cajun cooking instructor. Spuddy will teach you how to make Andouille, Jambalaya, and Gumbo, and after, you will "throwdown" with Spuddy and enjoy the meals you prepared.

Your next tour is at Whitney Plantation in Edgard, Louisiana. On this guided tour, learn several aspects about the harsh labor enslaved Africans and Creoles endured on sugarcane plantations, including exhibits that present stories told by the enslaved children laboring on the plantation.

Tonight before dinner, you will experience the **St. Joseph Plantation Creole Mourning Tour**, a living history presentation that illustrates how women were required to mourn after the death of a husband or a child. At dinner enjoy listening to a live Cajun local band.

DAY 2

EXPLORE THE OUTDOORS

Your outdoor adventure begins with breakfast at **Jaime Le Cafe** in Luling, Louisiana. Enjoy either a Southern, Creole, or Cajun big breakfast.

After breakfast, you will explore the deep waters of the bayous and marshlands on a thrilling airboat ride with **Ragin Cajun Airboat Tours**. Your cruise features magnificent views of nature and wildlife and a variety of sealife animals you will become closely acquainted with during your venture.

A few miles down the road in Des Allemands, Louisiana is the **Cajun Crab Connection**. Here you will explore how Louisiana Blue Crabs are caught, processed, and prepared for shipment.

For lunch, you will dine in Boutte, Louisiana at the **Cajun Kitchen Restaurant**. The Cajun Kitchen offers a variety of seafood, poboys, steaks, and daily specials.

After lunch, you will spend the remainder of your day having fun brushing up on your golf game at the **St. Rose Driving Range**. Golf lessons are available to help you work on your golf skills and improve your handicap.

Your dinner is at **La Caretta Restaurant** in LaPlace, Louisiana. Relax in a fresh, fun, and festive atmosphere while enjoying a variety of fresh Mexican cuisine, including queso, fajitas, tacos, burritos, enchiladas, and more.



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