

FRIENDS ALONG THE WAY

(with numbered orange stars corresponding to numbered orange stars on map)

VISITOR INFORMATION

www.atchafalaya.org 225.342.8119 or 337.228.1094



BUSINESS OFFICE 225.219.0768



VIDALIA-FERRIDAY AREA

www.ladelta65.org/places/Ferriday.htm
US 84 State Welcome Center in Vidalia 318.336.7008



MARKSVILLE-MANSURA-BUNKIE AREA

www.travelavoyelles.com 800.833.4195



NEW ROADS-MORGANZA-JARREAU AREA

www.pctourism.org 225.638.3998



BATON ROUGE AREA

www.visitbatonrouge.com 800.527.6843 or 225.383.1825
State Capitol Welcome Center 225.342.7317
Regional Music: WBRH 90.3 FM - jazz and R&B



DONALDSONVILLE-SORRENTO-GONZALES AREA

www.ascensiontourism.com 888.775.7990



PORT ALLEN AREA

www.westbatonrouge.net 800.654.9701 or 225.344.2920



PLAQUEMINE-WHITE CASTLE-GROSSE TETE-BAYOU SORRELL AREA

www.VisitIberville.com 225.687.5198



OPELOUSAS-WASHINGTON-EUNICE AREA

www.cajuntravel.com 877.948.8004
Regional Music: KBON 101.1 FM Eunice
KSLO 1230 AM Opelousas
KOCZ 103.7 FM Opelousas



BREAUX BRIDGE-HENDERSON-ST. MARTINVILLE AREA

www.cajuncountry.org 888.565.5939 or
I-10 Atchafalaya Welcome Center 337.228.1094



LAFAYETTE-SCOTT-DUSON AREA

www.lafayettetravel.com 800.346.1958 or 337.232.3737
Regional Music: KRVS 88.7 FM Lafayette



NEW IBERIA-AVERY ISLAND-JEANERETTE AREA

www.iberiatravel.com 888.942.3742 or 337.365.1540



MORGAN CITY-PATTERSON-FRANKLIN-CHARENTON AREA

www.cajuncoast.com 800.256.2931 or 985.395.4905



HOUMA-CHAUVIN-DULAC-COCODRIE AREA

www.houmatravel.com 800.688.2732 or 985.868.2732
Regional Music: WLRZ 100.3 FM



Atchafalaya

NATIONAL HERITAGE AREA

AMERICA'S
FOREIGN
COUNTRY



photo credit: City of Opelousas

How do you say it? It's easy...it starts like a sneeze:

"uh•CHA•fuh•lie•uh"

What is a National Heritage Area?



National Heritage Areas are designated by Congress as places where natural, cultural and historic resources combine to form a cohesive, nationally important landscape. Through their resources, NHAs tell important stories that celebrate our nation's diverse heritage. NHAs are lived-in landscapes that support historic preservation, natural resource conservation, recreation, heritage tourism and educational projects. NHAs are not National Park units but are affiliated with the National Park Service. The Atchafalaya National Heritage Area is managed by the Atchafalaya Trace Commission, a partnership of the Louisiana Department of Culture, Recreation and Tourism and the National Park Service.



LOUISIANA
Pick your Passion™

Visit www.atchafalaya.org for a tour of Atchafalaya National Heritage Area.

America's FOREIGN Country

Our country's landscape is rich and mysterious. It is filled with twisting bayous, backwater lakes, vast marshes and America's largest river swamp. We have fields of sugar cane and cotton, ancient live oaks and towering cypress trees. Alligators, raccoons and bears roam our lands while 270 species of birds take to our skies. From our waters come catfish, shrimp, oysters and the crawfish that make us so well known.



From this bounty we have created unique food. Our cuisine is an intricate mixture of European as well as African and Native American descent, often using a roux and the trinity – onion, bell pepper and celery. We make sauce piquante, gumbo, étouffée, and gâteau sirop.

With food comes celebration. Our area's musicians have inspired the worlds of rock and roll, country, gospel and rockabilly. Our native music is a complex melding of culture to create the Cajun rhythm and the staccato of zydeco. We use the frottoir, accordion, triangle and fiddle. We dance the two-step, waltz and jig.

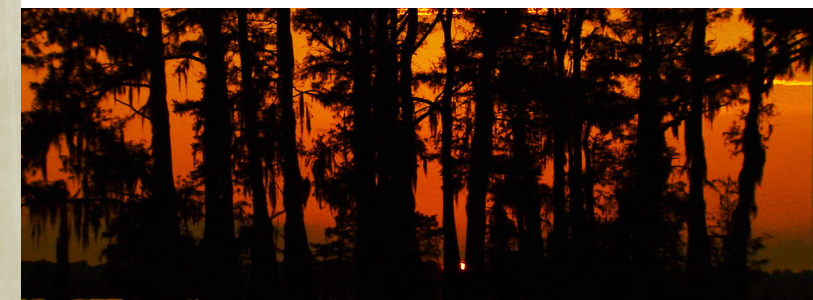


The music and food are emblems of our country's rich culture. From the Diaspora of L'Acadie in Canada and colonial French influence comes our French speaking tradition. This melded with our deep Native American and African roots created our Cajun dialect. Ours is a history of man and nature in an always

majestic but often foreboding environment. Our history and culture remain intact and we celebrate it with a *joie de vivre* unmatched in other lands. Our country is vast and varied but we share the story of water and swamp, man and survival around the Atchafalaya River, still traveling our waters as did our forebears.

We invite you to journey through our country and explore our mysterious landscape, dine on our rich cuisine, celebrate with our music and immerse yourself in our culture. Our country requires no passport, because our country is right here in America.

The Atchafalaya National Heritage Area, America's Foreign Country.



A COMPLEX ecosystem



Atchafalaya National Heritage Area is home to the nation's largest river swamp. Host to one of only a handful of actively growing river deltas in the world, the area runs about 150 miles north to south and its width varies along the course of the Atchafalaya River.

It contains a complex ecosystem, and is home to more than 85 species of fish, more than 270 species of birds, from songbirds to waterfowl – some of them endangered. Including swamps, marshes, bayous and backwater lakes, it is an exceptional illustration of river systems and lakes, water control technology, and recent geologic history. With landscapes ranging from coastal wetlands to rolling hills and prairies, you will find a variety of habitats including freshwater and saltwater marshes, cheniers, upland pines, cypress-tupelo swamps, bottomland hardwood forests and open meadows.



Whatcha feel like doing?

PADDLING

Head out for a day through miles of waterways beneath live oaks dripping with Spanish moss and cypress tree forests. Bring your camera to capture graceful egrets as they take wing, osprey nesting and beautiful sunsets. You may even glimpse an alligator slide into the water.

www.atchafalaya.org/content/natural-heritage



BOATING



For world-class deep sea fishing check out Gulf Coast opportunities in the southern part of the heritage area (see below), and the best freshwater boat launches:

www.wlf.louisiana.gov/fishing/where-fish or [www.lmrcc.org/LA Access Points.pdf](http://www.lmrcc.org/LA%20Access%20Points.pdf).

BIRDWATCHING

The Atchafalaya is home to more than 270 bird species including waders like herons, egrets, ibises and spoonbills. Forming part of the Mississippi Flyway, the area is a major wintering ground for ducks and geese, and eagles are often spotted. Not unusual in the warmer months are sightings of swallow tailed kite, Swainson's warbler and Bachman's sparrow. Visit www.braudubon.org, www.losbird.org, www.lsu.edu/birdoffice, and www.BirdLouisiana.com. For regional sighting accounts visit birdingonthe.net/maillinglists/LOUI.html.



Birdwatching photo credit: Jane Patterson

BIKING



With our mild climate and mostly flat terrain, enjoy biking all year. Cycle our back roads and make pit stops at our gas stations and country stores — you won't believe the food and friendly atmosphere in these little places! Choose a route at: www.BikeLouisiana.com



En Français

boudin – (boo•dan) Sausage casing stuffed with spicy pork or seafood mixed with onions, rice and herbs

filé – (fee•lay) Ground sassafras leaves used to season gumbo, among other dishes

fais do do – (fay•doe•doe) Party with traditional Cajun music and dancing

étouffée – (ay•too•fay) Spicy stew made with crawfish or shrimp and the trinity served over rice

Laissez les bons temps rouler! – (lay•say lay bo(n) tah(m) roo•lay) "Let the good times roll!"

joie de vivre – (zhwa•duh•veevr) Joy of life

fricassée – (free•kah•say) A stew typically made of smothered chicken served over rice

sauce piquante – (sose pee•kant) A spicy stew made with just about anything

mèche – (mesh) marsh

écrevisse – (ay•cray•vees) crawfish

ciprière – (see•pree•ayr) a cypress forest

barbue – (bar•bewe) a catfish

canard – (kah•nar) duck

cocodrie – (ko•ko•dree) alligator

ouaouaron – (wah•wah•ro(n)) a bullfrog, from the sound it makes

maringouin – (mar•ahn•gwah(n)) a mosquito, probably from the Choctaw or Mobilian language

chevrette – (shuh•vret) a shrimp

Bonjour – (bo(n)•zhoor) "Hello"

Comment ça va? – (commah(n)•sa•va) "How are you?"

Ça va, merci – (sa•va mer•see) "Fine, thank you"

C'est farce – (say fars) "It's funny"

C'est bon – (say bo(n)) "It's good"

Merci – (mer•see) "Thank you"

De rien / Pas de quoi – (duh•ree•e(n) / pah•duh•qwah) "You're welcome"



More EXPERIENCES Await

1 Count the Roseate Spoonbills nesting in an Avery Island tree.

2 Stop for boudin and cracklins along a Louisiana Scenic Byway.

3 Enjoy a fishing trip on beautiful Lake Verret.

4 Watch the sun set from a pirogue under a cypress tree.

5 Learn to play the fiddle and the accordion.

6 Grab your camera to photograph osprey and bald eagles.

7 Visit Old River Lock and Dam where three rivers meet.

8 Kayak under a full moon on Lake Fausse Pointe.

9 Play 18 holes at The Wetlands, The Island and Atchafalaya at Idlewild.

10 Charter a boat for deep sea fishing off Louisiana's Coast.

