



Visit Baton Rouge
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Experience Baton Rouge, [Louisiana's Capital City](#), and dive into a vacation filled with authentic culture, flavorful cuisine, soulful live music, and exciting nightlife.

Situated along the mighty Mississippi River in southern Louisiana, Baton Rouge is where lively culture, delicious cuisine, and rich history come together to form the heart and soul of the Bayou State. As the state capital, it's home to [Louisiana State University](#) — the state's flagship institution — as well as [Southern University](#), part of the nation's largest and only HBCU (Historically Black

Colleges & Universities) system. You'll also find [two state capitol buildings](#), quality [shopping](#) & [dining](#) experiences, and standout [attractions](#) like the newly renovated [Baton Rouge Zoo](#) and [Louisiana's Old State Capitol](#). Baton Rouge is the kind of place that invites you to slow down and soak it all in. With so much to discover, every visit leaves you inspired and wanting to come back for more.

With a [history](#) that stretches back over 300 years, Baton Rouge has always held a central place in Louisiana's story. The city got its name from early French explorers who spotted a red cypress pole on the bluff — marking the boundary between tribal hunting grounds. That “bâton rouge,” or [red stick](#), inspired the city's name and set the stage for a legacy that continues to evolve. Today, a [sculpture](#) honoring that exact moment stands on the bluffs of Southern University's campus, a powerful tribute to the area's roots. Across the city, you can still feel that history in the places that have stood the test of time.

To start your journey through Baton Rouge, visit the tallest state capitol building in the country. Standing at 450 feet with 34 stories, the [Louisiana State Capitol](#) offers panoramic views of the Mississippi River, the Governor's Mansion, and much of the city from its 27th-floor observation deck. After taking in the view, dive into history aboard the [USS KIDD Veterans Museum](#), where you'll find a variety of artifacts that celebrate veteran and naval military history. Then, breeze through the [Louisiana Art & Science Museum](#) and the Irene W. Pennington Planetarium for a mix of culture, creativity, and cosmic wonder.

Baton Rouge is just as much a haven for the [arts](#) as it is the hub of all things Louisiana. The [Shaw Center for the Arts](#) stands at the heart of the local arts scene. Inside, you'll find the [LSU Museum of Art](#) that showcases paintings, illustrations, sculptures, and mixed-media works from artists around the world. Catch a live performance at the [Manship Theatre](#), or head to [Baton Rouge Gallery](#) for ever-changing exhibitions and events. You'll also stumble upon even more creativity at local galleries and monthly pop-ups, like [Local Pop-Up](#) where local artists and makers show and sell their work.

Food is a major part of Louisiana's culture, and Baton Rouge is no exception being home to some of the best of the best. From Creole classics like chicken and sausage gumbo and shrimp & grits to Cajun favorites like crawfish and jambalaya, if you're craving it, chances are you'll find it at one of the [hundreds of restaurants](#) across the city. Be sure to visit during crawfish season (mid-January through early July), when local spots serve up their own takes on this Louisiana delicacy. And don't leave without indulging in the powdered sugar bliss of a beignet — [Coffee Call](#), a beloved Baton Rouge staple, serves up some of the best beignets and beignet fingers you'll ever taste. It's even been recognized by *Food & Wine Magazine* as having the best beignets in the state.



When evening arrives, dress up, hit the slots, and place your bets at one of Baton Rouge's [three casinos](#). For a taste of Louisiana-style [nightlife](#), unwind to the sultry sounds of blues and jazz at [live music](#) venues like [Chelsea's Live](#), [Teddy's Juke Joint](#), and [Phil Brady's Bar & Grill](#). Don't miss [Live After Five](#), a free seasonal concert series held in the heart of downtown that brings the community together with great music and good vibes.

It would be remiss not to mention Baton Rouge's powerhouse [football](#) culture. It's more than just a game in Baton Rouge, it's a way of life. On fall Saturdays, the city comes alive with purple and gold as fans pack [Tiger Stadium](#), affectionately known as [Death Valley](#), one of the loudest and most iconic college football

stadiums in the country. Just across town, [Southern University](#) brings its own electric energy, where the Human Jukebox marching band and the dazzling Dancing Dolls deliver halftime performances that are as legendary as the game itself. Whether you're tailgating on campus or cheering from the stands, football in Baton Rouge is an experience you won't forget.

Now that you've got your marching orders, it's time to [plan your trip](#) to Baton Rouge – where you can experience everyday richness at a weekend pace.