



Visit Baton Rouge
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Baton Rouge is a vibrant city that offers an exciting mix of experiences for every kind of traveler and [things to do](#). Whether you're a [foodie](#) eager to dive into authentic Louisiana flavors, a [history buff](#) ready to explore fascinating museums, a thrill-seeker looking to try your luck at the [casino](#), or an [outdoor enthusiast](#) craving scenic adventures, this city has it all. And if you happen to visit during [football season](#), get ready to witness game days that transform the city into an electrifying hub of culture and spirit.



Explore Local Cuisine

Louisiana is the place to go for Cajun and Creole cuisine — and Baton Rouge has earned its title as one of the “Best Foodie Cities” for good reason. From Hallelujah crab and po’boys to beignets and shrimp & grits, the [local restaurants](#) serve up bold flavors and

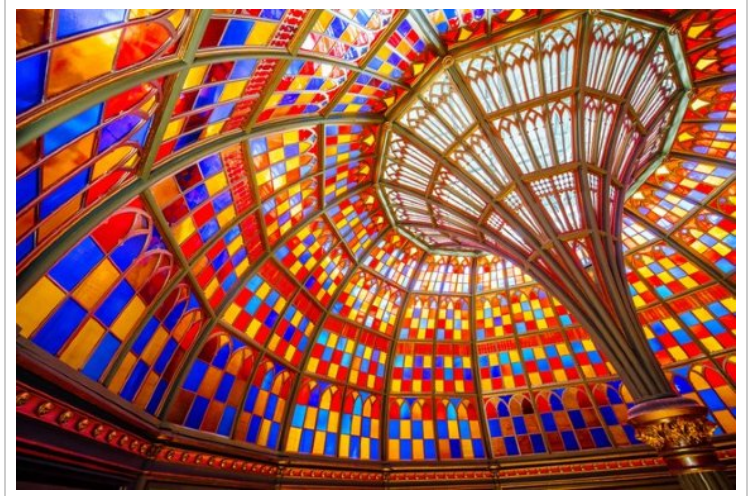


unforgettable dishes. For a walkable dining experience, head to the Perkins Overpass area, where you'll find a diverse lineup of restaurants in a lively district. Enjoy farm-to-table fare on the patio at [BLDG 5](#) or soak up rooftop views with modern Mexican at [Luna Cocina](#). End the

day with a scoop or two from [Gail's Fine Cream](#), where 12 rotating flavors are always on the menu. Just a short drive away in Mid City, you'll find [Elsie's Plate & Pie](#), known for its comforting Southern dishes and must-try house-made pies. It's a local favorite that's well worth the stop. With so much to try, one thing's for sure, bring your appetite to Baton Rouge.

Immerse Yourself in History

Baton Rouge is also home to a rich lineup of [museums](#) that bring Louisiana's culture, history, and creativity to life. Step inside [Louisiana's Old State Capitol](#), a striking Gothic-style building that tells the story of the state's political past. Just down the road, [Capitol Park Museum](#) dives deeper into Louisiana's vibrant history, from Mardi Gras to jazz music and everything in between. For family fun, [Knock Knock Children's Museum](#) is a must-visit, filled with hands-on exhibits designed to spark imagination and learning for kids of all ages.



Over at [LSU Rural Life Museum](#), you'll find artifacts dealing with everyday rural life up to the early 20th century. Whether you're visiting with little ones or simply love a good story, Baton Rouge's museums offer something for everyone.



Place Your Bets at a Casino

Whether you're a Blackjack pro or just love the thrill of the slots, Baton Rouge has three casinos where you can play — and win — big. Try your luck at [Bally's Baton Rouge](#) or [The Queen](#), both offering hundreds of slot machines and table games like poker, craps, and more. For even more action, head to [L'Auberge Casino & Hotel](#), where you'll find 30,000 square feet of gaming space, over 1,500 slot machines, 51 table games, and even a rooftop pool to unwind after the excitement.

The Great Outdoors



Louisiana is known as the Sportsman’s Paradise, and Baton Rouge lives up to the name. Thanks to BREC, the city’s nationally acclaimed, award-winning park system, there’s no shortage of ways to enjoy the [outdoors](#). Wander more than a mile of gravel paths and boardwalks through cypress-tupelo swamps and beech-magnolia forests at [Bluebonnet Swamp Nature Center](#) or rent a kayak or paddleboard for a relaxing ride along the water. For an off-the-beaten-path adventure, paddle along the scenic Bayou Manchac, perfect for soaking up Louisiana’s natural beauty. If you're craving more trails and green space, check out [Blackwater Conservation Area](#) or [Frenchtown Road Conservation Area](#), both located just outside the city limits.



Game Days in Baton Rouge

Fall in Baton Rouge means one thing: college football, and there’s nothing quite like experiencing it there for the first time. On [LSU game days](#), [Tiger Stadium](#) — better known as Death Valley — transforms into one of the largest “cities” in Louisiana, packed with roaring fans, sizzling tailgate, and electric energy that echoes for miles. Just across town, a [Southern University football](#) game delivers a show-stopping experience of its own, with the legendary Human Jukebox and Dancing Dolls turning halftime into a true celebration of

sound and spirit. Whether you're in the stands for the first time or the hundredth, a [game day in Baton Rouge](#) isn’t just about football — it’s about tradition, pride, and unforgettable moments you’ll be talking about long after the final whistle.