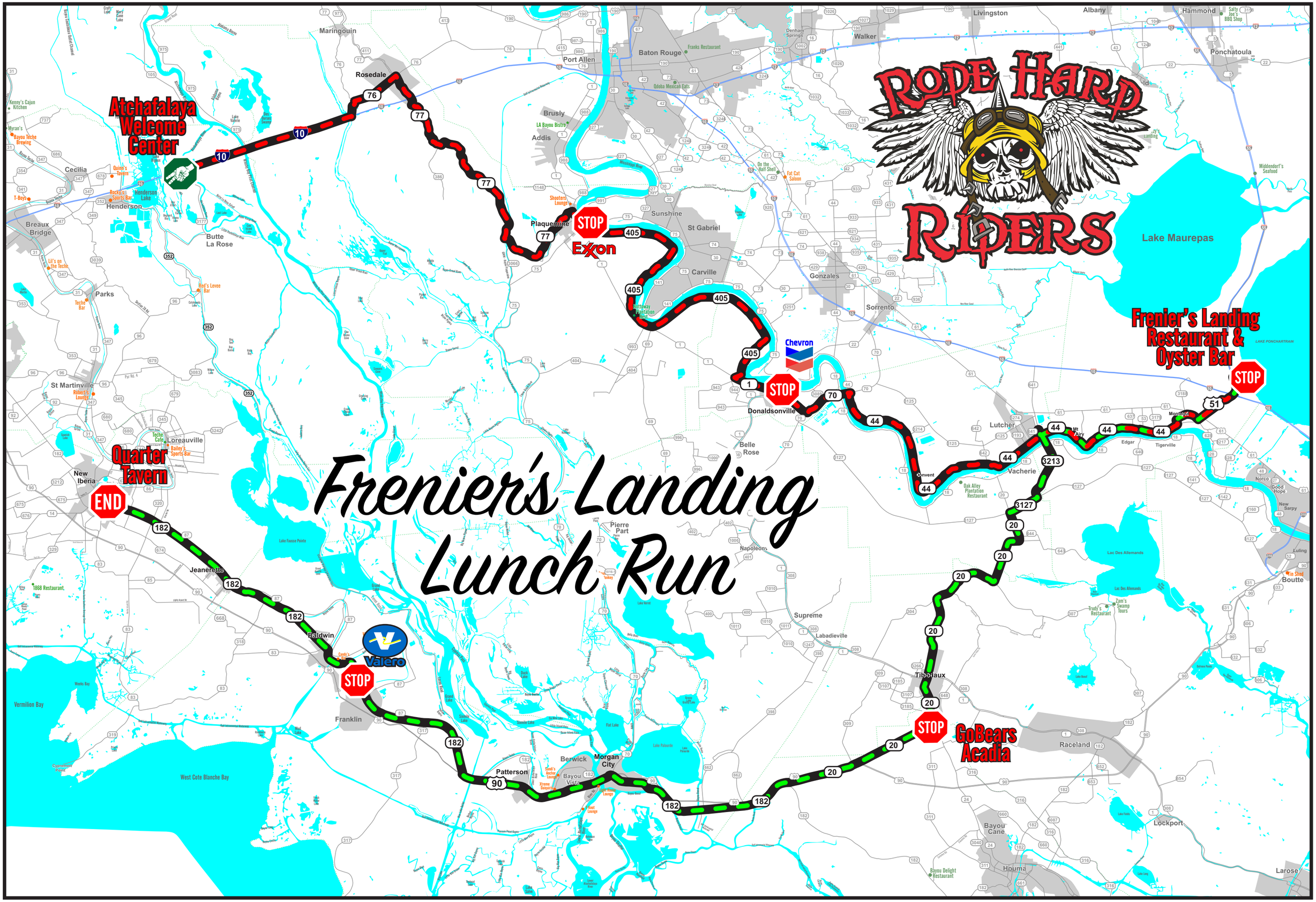
Rope Hard Riders
Frenier's Landing Lunch Run
Atchafalaya Welcome Center
Frenier's Landing Restaurant & Oyster Bar
Quarter Tavern
GoBears Acadia
START
END
STOP
Exxon
Chevron
Valero
Maringouin
Rosedale
Port Allen
Baton Rouge
Livingston
Albany
Hammond
Ponchatoula
Walker
Denham Springs
Brusly
Addis
Plaquemine
Sunshine
St Gabriel
Carville
Gonzales
Sorrento
Donaldsonville
Lutcher
Mt Airy
Edgar
Tigerville
Montegut
Vacherie
Convent
Belle Rose
Pierre Part
Napoleonville
Supreme
Labadieville
Thibodaux
Raceland
Bayou Cane
Houma
Lockport
Larose
Boutte
Luling
Norco
Good Hope
New Sarpy
Lake Maurepas
Lake Pontchartrain
Lac Des Allemands
Cecilia
Henderson
Breaux Bridge
Butte La Rose
Parks
St Martinville
Loreauville
New Iberia
Jeanerette
Baldwin
Franklin
Patterson
Berwick
Morgan City
Bayou Vista
Vermilion Bay
West Cote Blanche Bay
Lake Fausse Pointe
Lake Verret
Lake Palourde
Flat Lake
Lake Boeuf
Lake Fields
Lake Long
Lake Verret
Lake Palourde
Franks Restaurant
Qdoba Mexican Eats
LA Bayou Bistro
Shooters Lounge
Fat Cat Saloon
On the Half Shell
Salty Joe's BBQ Shop
Middendorf's Seafood
Kenny's Cajun Kitchen
Myran's
Bayou Teche Brewing
Quinn's Tavern
Rocky's Sports Bar
T-Boys
Lil's on the Teche
Red's Levee Bar
Teche Bar
Robert's Lounge
Teche Cafe
Bailey's Sports Bar
1868 Restaurant
Candy's Place
Xtreme Supercuts
Sandy's Anchor Lounge
Oak Alley Plantation Restaurant
Bayou Delight Restaurant
Trudy's Restaurant
Zam's Swamp Tours
Tin Shed
Lily's Landing
Lake Fausse Pointe
Lac Des Allemands
Lake Verret
Lake Palourde
Lake Boeuf
Lake Fields
Lake Long
Lake Verret
Lake Palourde
Lake Valerie
Lake Long
Lake Fields
Lake Boeuf
Lake Palourde
Lake Verret

Frenier's Landing Run

Dist	Turn	Road	Clock	Total Dist
	Start	at Atchafalaya Welcom Center 1908 Atchafalaya River Hwy, Butte LaRose		
	Go South	on LA-3177 / Atchafalaya River Hwy	7:15 AM	0.00 mi.
in 0.05 miles	Turn right	on to I-10 E on ramp	7:16 AM	0.05 mi.
in 0.40 miles	Enter	on to I-10 E	7:17 AM	0.45 mi.
in 14.00 miles	Exit I-10	on to Exit 135 / LA-3000	7:30 AM	14.45 mi.
in 0.40 miles	Turn right	on to LA-3000 / Ramah Rd	7:31 AM	14.85 mi.
in 1.20 miles	Turn right	on to LA-76 / Rosedale Rd	7:34 AM	16.05 mi.
in 3.60 miles	Turn right	on to LA-77 **(Rosedale)**	7:39 AM	19.65 mi.
in 2.30 miles	Keep right	on LA-77 / Cedar St **(Grosse Tete)**	7:43 AM	21.95 mi.
in 0.30 miles	Turn left	on LA-77 / Willow St	7:44 AM	22.25 mi.
in 14.00 miles	Turn left	on LA-77	8:02 AM	36.25 mi.
in 7.40 miles	Turn right	on to LA-1 **(Plaquemine)**	8:13 AM	43.65 mi.
in 1.20 miles	**STOP**	**at Exxon**	**8:16 AM**	**44.85 mi.**
	Continue South	on LA-1	8:36 AM	44.85 mi.
in 0.10 miles	Turn left	on to LA-75 / Belleview Dr	8:39 AM	44.95 mi.
in 0.20 miles	Keep right	on to LA-405 / River Rd	8:40 AM	45.15 mi.
in 29.20 miles	Turn left	on to LA-1	9:16 AM	74.35 mi.
in 3.30 miles	**STOP**	**at Chevron (Donaldsonville)**	**9:23 AM**	**77.65 mi.**
	Continue Southeast	on to LA-3089	9:43 AM	77.65 mi.
in 3.30 miles	Enter	on to LA70	9:49 AM	80.95 mi.
in 3.30 miles	Exit right	on to LA-44	9:53 AM	84.25 mi.
in 0.70 miles	Turn left	on to LA-44	9:54 AM	84.95 mi.
in 31.00 miles	Keep left	on LA-44 **(LaPlace)**	10:37 AM	115.95 mi.
in 2.30 miles	Turn left	on to LA-44 / Main St	10:42 AM	118.25 mi.
in 2.30 miles	Turn right	on to US-51 /Main St	10:47 AM	120.55 mi.
in 1.50 miles	Go straight	on to Old US-51	10:51 AM	122.05 mi.
in 0.80 miles	Turn right	on to Peavine Rd	10:52 AM	122.85 mi.
in 1.10 miles	**STOP**	**at Frenier Landing Restaurant & Oyster Bar**	**10:55 AM**	**123.95 mi.**
	Go East	on Peavine Rd	12:40 PM	123.95 mi.
in 1.10 miles	Turn left	on to Old US-51	12:43 PM	125.05 mi.
in 0.80 miles	Go straight	on to US-51	12:44 PM	125.85 mi.
in 1.50 miles	Turn left	on to Main St	12:47 PM	127.35 mi.
in 2.30 miles	Turn right	on to LA-44	12:52 PM	129.65 mi.
in 2.30 miles	Keep left	on LA-44	12:57 PM	131.95 mi.
in 11.00 miles	Turn right	on to LA-3213 Ramp	1:13 PM	142.95 mi.
in 0.90 miles	Enter	on to LA-3213	1:15 PM	143.85 mi.
in 5.80 miles	Turn right	on to LA-3127	1:21 PM	149.65 mi.
in 2.30 miles	Turn left	on to LA-20	1:25 PM	151.95 mi.
in 21.00 miles	Keep right	on LA-20 **(Schriever)**	1:58 PM	172.95 mi.
in 0.20 miles	**STOP**	**at GoBears Acadia**	**1:59 PM**	**173.15 mi.**
	Go West	on LA-20	2:19 PM	173.15 mi.
in 12.00 miles	Go straight	on to LA-182	2:33 PM	185.15 mi.
in 14.00 miles	Turn left	on to Federal Ave **(Morgan City)**	2:55 PM	199.15 mi.
in 0.05 miles	Turn right	on to US-90 Ramp	2:56 PM	199.20 mi.
in 11.00 miles	Turn right	on to LA-182	3:08 PM	210.20 mi.
in 12.00 miles	**STOP**	**at Valero (Franklin)**	**3:27 PM**	**222.20 mi.**
	Continue East	on LA-182	3:47 PM	222.20 mi.
in 23.10 miles	**END**	**at Quarter Tavern (New Iberia)**	**4:20 PM**	**245.30 mi.**
		TOTAL TIME / DISTANCE	**9:05:00**	**245.30 mi.**