

WELCOME TO NEW ORLEANS!

If this is your first time, we hope you enjoy the wonderful food, music, and culture that this city has to offer.

Our clinic is located in Metairie, which is a suburb half-way between the MSY airport (located in Kenner, 15 minutes to the west) and the French Quarter (15 minutes to the east of us). We are located below sea level, so you will appreciate the numerous levees and canals that keep us safe from the Mississippi River and Lake Pontchartrain.

We can recommend the Residence Inn by Marriott (3 Galleria Blvd.) which is just a block walking distance from our office, and which offers large rooms, full kitchens, and free breakfast.

If you are staying in Metairie, you can easily Uber to nearby shopping or restaurants. There is a Whole Foods, Trader Joe's, Rouses (more traditional grocery) and Lakeside Mall within a 2-mile radius of our office. You can get your fix of New Orleans' seafood at nearby restaurants like Dragos (known for their chargrilled oysters), Acme Oyster House (try their 10-napkin roast beef po-boy), or Chef Ron's Gumbo Stop (walking distance from our office, located on the other side of the Holiday Inn). If you're willing to venture a little farther, check out Landry's Seafood (with amazing views of Lake Pontchartrain and the marina area), to go to Bucktown for R&O's Restaurant (an Anthony Bourdain favorite), Station 6 (delicious but they don't take reservations), or Lime Leaf (delicious Thai food, say hi to Patrick- he's our nurse Lillian's husband.)

You can also easily Uber to the French Quarter:

Café Dumonde -the original location is at 800 Decatur St. right across from Jackson Square and with a prime view of the street vendors and artists and musicians offering their services around St. Louis Cathedral). Get a beignet and café au lait (any time of day!) and then walk around and see the Cathedral. If you want the same experience but closer to our office, you can go to the one in City Park 56 Dreyfous Dr. New Orleans, LA 70124 or the one at Lakeside Mall.

Royal Street – check out the numerous shops for art, antiques, and jewelry. Check out M.S. Rau's largest collection of antiques. Buy some "Mississippi Mud" at Laura's Candies to bring home to your friends and family.

French Market (518 St. Peter St.) Wander the stalls and see all the wares and food available (open 10am-6pm). Try some boudin (pronounced boo-DAN) and bring home some pecan pralines and hot sauce.

Walk along the Mississippi – you will see the Steamboat Natchez as well as the Audubon Aquarium, the Riverwalk shoppes, and can take photos with the river behind you.

Take a Tour! These are usually offered on Viator or Expedia. Cocktail tours will bring you to famous local bars and introduce to you to things like the Sazerac, the Pimm's cup, the French 75, and Herbsaint (anise-flavored liqueur created in the 1930s when absinthe got banned). Cemetery and Voodoo/haunted tours are fun too. The Sazerac House (located right on Canal Street) offers small group tours and tastings of their various rye whiskeys.

If you prefer to stay near the French Quarter, there are a multitude of great places to stay, including the Ritz-Carlton, The Hotel Monteleone (with great rotating bar called the Carousel Lounge), the JW Marriott on Canal St., the Four Seasons, the Roosevelt Hotel (excellent choice during the holidays-make sure you get a Sazerac in their eponymous bar), and the Windsor Court. The Westin has great views of the Mississippi river and a wonderful lounge. Just be careful about staying on Bourbon Street if you want a good night's sleep!

If you like to gamble, check out the Ceasar's Palace Hotel at the foot of Canal St.

Favorite FQ restaurants: GW Finns (upscale seafood), Irene's (Italian with a beautiful courtyard), Muriel's on Jackson Square (supposedly haunted!), The Gumbo Shoppe, Tableau, Doris Metropolitan (steak so tender you don't need a knife!), Arnaud's or Antoine's or Galatoire's (order the Cafe Brulot after dinner), Port of Call (grungy but great hamburgers), Central Grocery (muffaletta for lunch after you tour the French Market). Mother's is a classic tourist haunt for po-boys and traditional New Orleans food. Go to the Napoleon House if you want to sip on a traditional Pimm's cup while basking in old-world ambiance. The Court of 2 Sisters has a brunch buffet that is delicious! Make reservations if you want to sit in the courtyard.

Favorite FQ bars: Lafitte's Blacksmith Shop (sit at the piano and request a song late night!), Tropical Isle (drink a hand grenade), the Goldmine (flaming Doctor Peppers), Pat O'Briens (Dueling pianos). If you're looking for karaoke, go to the Cat's Meow for some late-night laughs and fun. If you want a classier late-night experience, check out the Ritz Carlton's Davenport Lounge and see if you can hear Jeremy playing his tunes.

Ready to explore more?

Go Shopping – Lakeside Mall is very close to our office and has major department stores as well as a colorful food court (they also have a Café Dumonde). You can buy some Mignon Faget jewelry (a favorite local jewelry designer) or eat at one of the other larger dine-in restaurants adjoining the mall (Cheesecake factory, PF Changs). If you want to get a massage, make a reservation at Earthsavers, which is right across the parking lot. Then, get a cup of coffee or a frozen granita at Puccino's (next to Earthsavers.) If you're looking for fancier shopping, go

downtown to the Canal Place mall, which has a Saks Fifth Avenue, Louis Vuitton, and Tiffany's (among others!)

Go to Frenchman Street – many more bars and restaurants await. Just cross Esplanade Avenue into the neighborhood called the Marigny. You will delight at the sound of live music everywhere. Check out Snug Harbor for intimate ticketed classic Jazz shows at 8 and 10pm, or go to DBA, the Blue Nile, Café Negril, or the Spotted Cat for larger, livelier shows. Good news! Snug Harbor makes the same fantastic hamburgers that are served at Port of Call, but you have to go before the show. They don't serve food inside the theater. Three Muses also offers live entertainment during dinner and Adolfo's is a delicious Italian restaurant above the Apple Barrel bar on Frenchman Street. Many weekends you can catch a live brass band playing in the streets! There is also a nighttime art market (Frenchman Art Bazaar) which opens around 7pm and goes until midnight.

Go Uptown – Take a trolley car up St. Charles Avenue, observing the beautiful mansions. See the beautiful Sacred Heart (girls school) and Loyola University on the way. You will reach Tulane University's uptown campus which is located across the street from Audubon park. If you want, take the trolley all the way to the Riverbend area, where there is the famous Camellia Grill serving food all day long. Go to the Audubon Zoo. Make your way back to the Rink, small shopping center at 2727 Prytania St. and Washington Ave. Get a small snack or meal then peruse the Garden District Book Shop and walk past the Lafayette Cemetery No. 1. If you plan ahead you may be able to catch a tour of the Garden district and try to also go by or eat at the famous Commander's Palace also at 1403 Washington Ave. Continue up Washington Avenue to Magazine Street. On the corner is delicious Coquette restaurant. Turn right from here and walk west along Magazine to check out the many shops and restaurants. Joey K's is a favorite as well as Shirley's Chinese. The Bull Dog is a favorite bar that has a great outdoor courtyard and people watching. If you want to step back into the days of Mad Men, get a drink at the Bouligny Bar, and have dinner at Lilette nextdoor. Clancy's is an uptown favorite, as is the Crepe Nanou (love their mussels). For lunch check out Stein's Deli (amazing bagels) on Magazine Street or St. James Cheese Shop on Prytania. If you want freshly shucked oysters, check out Casamento's on Magazine Street or Pascal's Manale (also known for their BBQ shrimp!) on Napoleon Ave.

Go to the CBD – You can spend an entire day touring the World War II Museum, with amazing planes and artillery and heartwarming stories from the past. While there, see if you can arrange to see a show by the Victory Belles or dine at the American Sector Restaurant and Bar. Across the street is the Ogden Museum of Southern Art. Walk up nearby Julia Street to tour the many art galleries. Stop into Peche restaurant for some amazing seafood.

Go to City Park – The New Orleans Museum of Art houses amazing exhibitions year-round. If you don't feel like paying the entrance fee, you can wander through the outdoor sculpture

garden for free or check out the swans in the lake nearby. During the holidays, City Park hosts “Celebration in the Oaks” a beautiful lighted wonderland with rides for kids and sights for all ages. Ralph’s on the Park is a beloved Brennan family restaurant that overlooks City Park.

See a Show – The Saenger Theatre hosts fabulous Broadway productions year-round. The Orpheum Theatre hosts the Louisiana Philharmonic Orchestra and the New Orleans Ballet Theatre. Both are located on Canal Street downtown. If you’re looking for more off-beat music options, go uptown to the Maple Leaf Bar (Oak Street) after a shrimp and alligator cheesecake at Jacques-Imo’s next door. Tipitina’s is also uptown and known for its late-night musical acts.

Go on a River Road Plantation Tour – Several famous ones are Oak Alley Plantation (Vacherie, LA) where you will see an iconic 300 year-old live oak tunnel leading to the mansion, The Laura Plantation (Creole history), and Houmas House and Gardens, Destrehan Plantation (Destrehan LA), and the Whitney Plantation (African American history).

Go on a Swamp Tour – these often will advertise through your hotel and may arrange hotel pick up and drop off for you. Yes, you will feed things like chicken and marshmallows to alligators. Just don’t get eaten in the process!

Words to the Wise:

New Orleans is fun, but *always keep your head on a swivel*. Nefarious characters can and will take advantage of tourists who drink too much or aren’t paying attention. Do not wander off into dark streets alone or late at night.