

• SUGGESTED ITINERARY •



Nestled in the foothills of the Appalachians, Birmingham has dramatic topography with mountains and rolling hills inviting natural outdoor exploration. This is an active community that protects and enjoys its lush environmental wonders. Along the way, visitors embrace the generous Southern hospitality of the area. **Here are just a few places to explore and enjoy:**

**MOSS ROCK PRESERVE/BOULDER FIELD** – Put on your hiking shoes and head out to the Birmingham suburb of Hoover for Moss Rock Preserve. This 350-acre nature preserve is filled with forest systems, waterfalls, wildlife, and large rock outcroppings. The Preserve's Boulder Field is a favorite among rock climbers of all skill levels, and hikers enjoy 12 miles of trails through the nature preserve.



**TURKEY CREEK NATURE PRESERVE** – Some of the most biologically diverse habitats in the region can be found at the preserve. The creek is home to three endangered species of fish, including the Vermillion Darter which lives nowhere else in the world. The

preserve provides recreational opportunities for the public and hands-on environmental education for young people.

**CAHABA RIVER** – Another critical habitat for endangered species, the Cahaba River National Wildlife Refuge also has 64 rare plant and animal species within its borders. Visitors enjoy fishing, canoeing, and wildlife observation. One of the most beautiful seasons at the Cahaba is May through June when the Cahaba lilies bloom. This threatened plant species, *Hymenocallis Coronaria*, fills the river with its magnificent white blooms and is one of the reasons for the creation of the refuge.





**ROTARY TRAIL** – This charming sunken trail is in the heart of downtown Birmingham. The pedestrian greenway was predominantly funded by the Birmingham Rotary Club in honor of their centennial anniversary. The half-mile park has benches and charging stations for cell phones. It also is home to a towering sculpture called “Frank’s Table” by artist Gregory Fitzpatrick. It pays homage to local chef and James Beard Award winner Frank Stitt, whose Birmingham restaurants are nationally acclaimed.

## TOUR PROFESSIONALS



AT THE GREATER BIRMINGHAM CONVENTION & VISITORS BUREAU  
ARE HERE TO HELP YOU PLAN ITINERARIES AND MORE. WE ALSO CAN  
ASSIST YOU WITH ACCOMMODATIONS, RESTAURANTS, AND OTHER  
ACTIVITIES FOR YOUR GROUP.

**RAILROAD PARK** – Fondly known as “Birmingham’s Living Room,” this 19-acre green space is situated near an active railroad in downtown Birmingham. The park provides a historically rich venue for recreation, concerts, and group events and connects the downtown area with the city’s Southside and the campus of the University of Alabama at Birmingham.



**RED MOUNTAIN PARK** – This beautiful urban park is a 15-mile trail system that courses over 1,500 acres and through 150 years of Birmingham history. The park contains closed mines and other artifacts of the city’s industrial heritage. Aerial adventure tours include ziplining activities, a treetop obstacle course, a climbing tower, and other team-building activities.



# BIRMINGHAM

Greater Birmingham Convention & Visitors Bureau

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