



**Land Trust**<sup>®</sup>  
OF NORTH ALABAMA

Saving North Alabama's Great Natural Spaces





# Who Are We?



CFC #29871

- Mission = preserving North Alabama's scenic, historic and ecological resources through **conservation, advocacy, recreation and education**
- **Local nonprofit** supported by members and donors, including CFC pledges





# Our Work



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- **9000+ acres** owned/managed in North Alabama
- **8 public nature preserves** open from dawn to dusk daily with over 70 miles of free trails
- **Environmental education** programs for kids and adults to experience and develop appreciation of the natural world



# Recreation



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- **8 public nature preserves**
- **105 Named Trails = 70+ miles**
- **Free to access, open dawn to dusk daily**
- **Trails for hiking, biking, & horseback riding**
- **Disc golf course at Chapman Mountain**
- **Trail maps at [landtrustnal.org](http://landtrustnal.org)**





# Education



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- **Outdoor and in-school** programs for students
- Opportunities for underserved children to **experience nature**
- **Guided hikes** offered monthly for all ages
- Resources for **self-guided hikes** and activities





# Benefits of Time in Nature



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Outdoor Recreation = great exercise





# Benefits of Time in Nature



Mood Boost =  
Reduce anxiety & depression



# Benefits of Time in Nature



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Give your eyes a break from  
technology





# Benefits of Time in Nature

Get a dose of vitamin D





# Benefits of Time in Nature



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Improve concentration, creativity,  
and improved mental clarity



# How to Help?

Beyond financial support, **volunteers** help monitor and maintain our trails and also assist with Land Trust events and programs throughout the year.



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