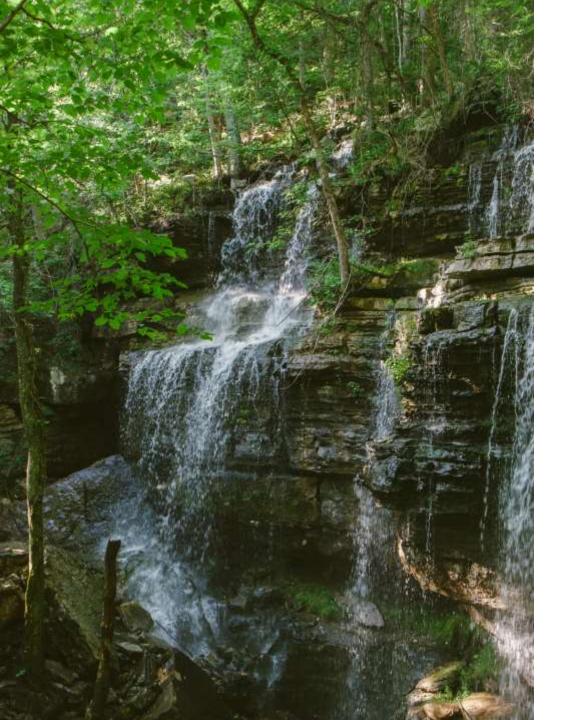
# **DANCE ALABAMA**

## Saving North Alabama's Great Natural Spaces



## Who Are We?



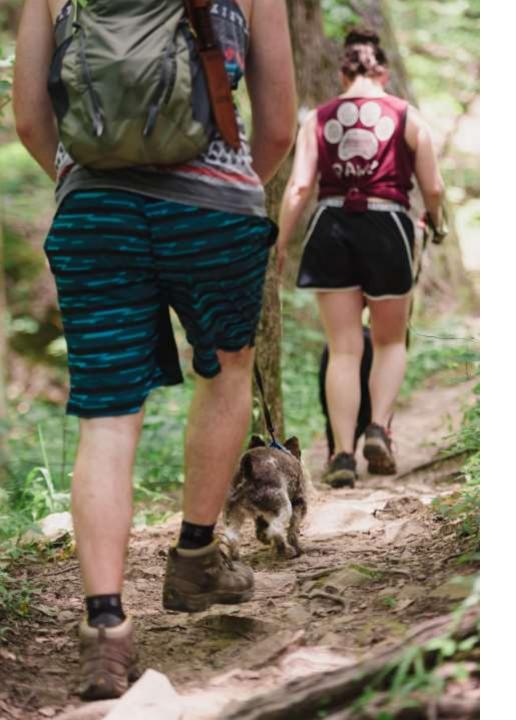
- Mission = preserving North Alabama's scenic, historic and ecological resources through conservation, advocacy, recreation and education
- Local nonprofit supported by members and donors, including CFC pledges



## **Our Work**



- 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



- 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





## Education



- 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





Outdoor Recreation = great exercise





CFC #29871

Mood Boost = Reduce anxiety & depression





Give your eyes a break from technology





CFC #29871

Get a dose of vitamin D





Improve concentration, creativity, and improved mental clarity





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

