

# the Trails & Sidewalks of Mountain Brook

Mountain Brook park facilities offer a wide array of opportunities for residents and visitors to experience the outdoors. Some of these recreational activities include various sports, playgrounds, walking trails, fishing, and kayaking. Most of our parks include benches and picnic tables for a more relaxing option to enjoy the scenic views.

For more detailed information, please see our Parks and Recreation Handbook.



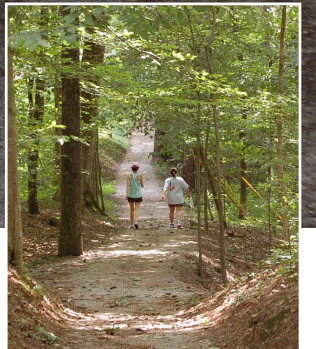
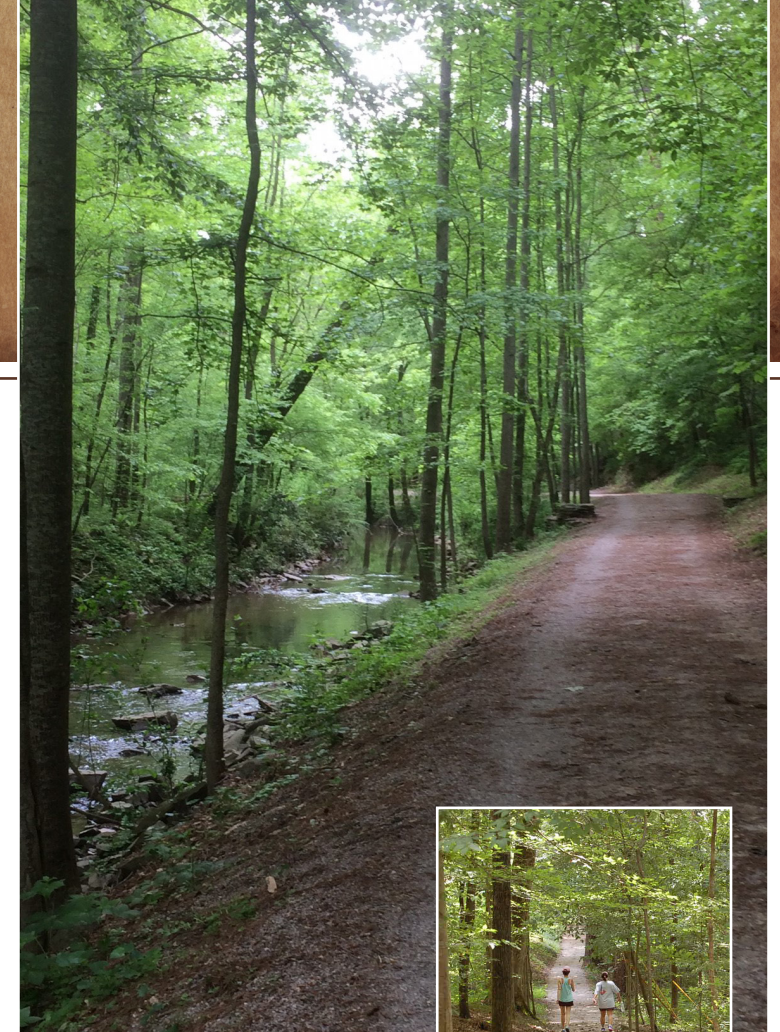
## Traveling Directions

Mountain Brook, Alabama is conveniently located in Southeastern Jefferson County between Interstate 459, Interstate 20, and US Highway 280. From I-459 take Exit 23 and from I-20 take the Montevallo Road exit. You can access Mountain Brook from Highway 280 at every exit or intersection between the Mountain Brook/Hollywood Blvd exits to I-459.

## Points of Interest

The large map on the inside of this brochure will guide you to the trails and sidewalks of Mountain Brook. These are some of the special areas you might encounter:

- Irondale Furnace ruins from the Civil War
- Jemison Trail was voted best trail in the Birmingham area in 2018
- The Old Mill is a historic private home along Jemison Trail
- Cahaba River Walk has access to the Cahaba River for fishing, swimming, kayaking
- Each of our Villages offer unique shops and dining experiences
- Overton Park has an all-inclusive playground and a picnic pavilion



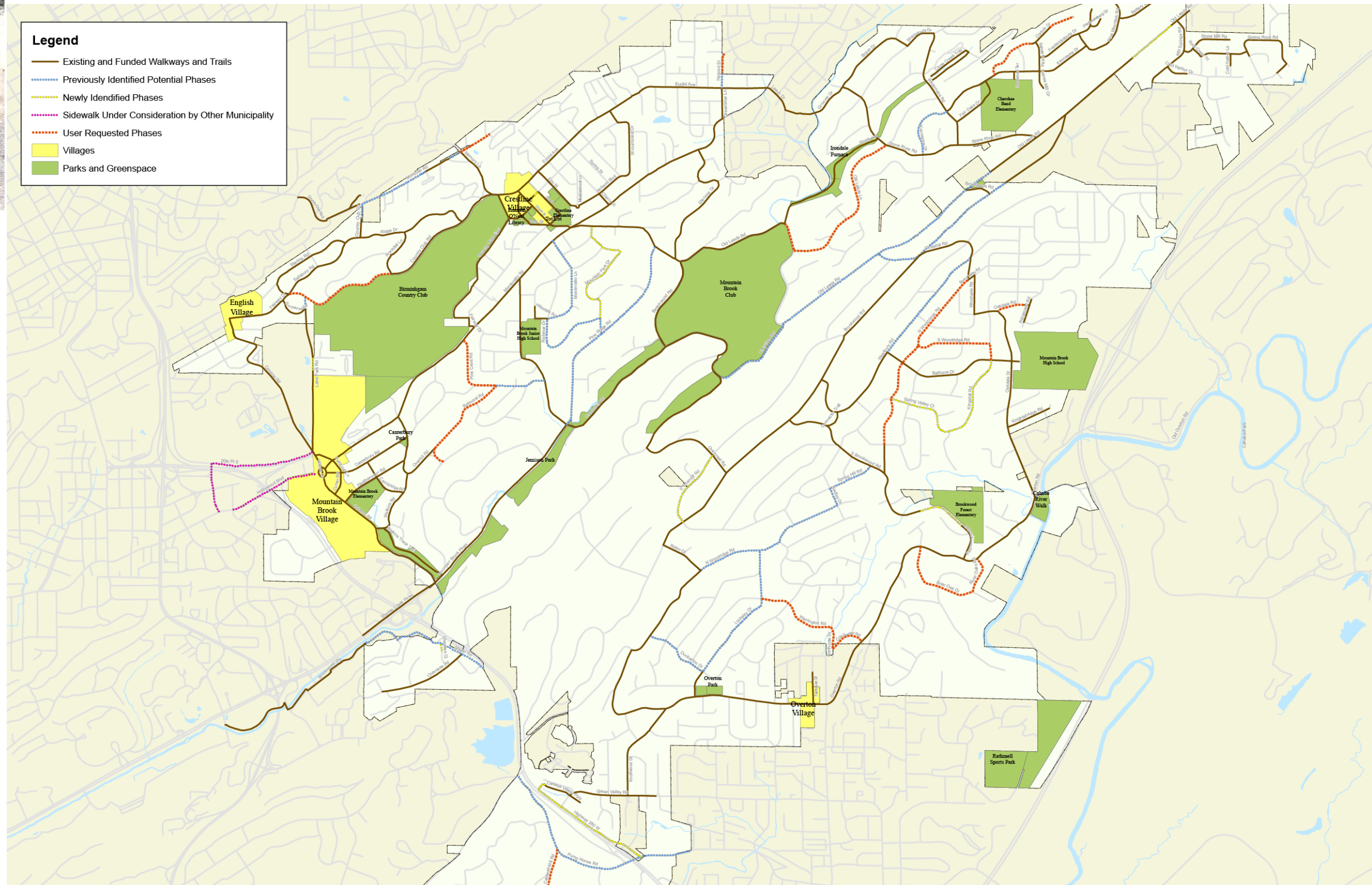
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[www.mtnbrook.org](http://www.mtnbrook.org)



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## **Mountain Brook...** *A Walkable City*

The City of Mountain Brook has added an extensive number of trails and sidewalks to support a growing pedestrian friendly environment. These links between neighborhoods, schools, parks, places of worship, and commercial areas has enhanced the quality of life and sense of community for our residents and visitors. Mountain Brook is proud of its natural outdoor spaces and historical value and the trails and sidewalks help maintain a comfortable balance of modern development and natural attraction.

To residents and visitors alike, we invite you to discover the unique features of the area. Take a stroll along our trails and sidewalks and enjoy a few minutes of what our city founders saw in the spectacular beauty of what is now Mountain Brook, Alabama.