



Green Earth Travel

destinations that make a difference

## US Southeast Civil Rights Movement Past & Present

### Dates

October 9-14 , 2026

### Overview

Journey through the American South on a reflective exploration of the **Civil Rights Movement—past and present**. This six-day, multi-city tour highlights key moments in the historic struggle and initiatives working to carry forward its legacy. Travel from **Atlanta's Sweet Auburn** neighborhood through downtown Montgomery, walk the bridge from **Selma**, step inside the sanctuaries of **Birmingham**, and absorb the melodies of **Memphis**. Immersive site visits and dialogue foster a deeper understanding of race, faith, and freedom in America; hearing the voices of movement veterans and contemporary activists inspires commitment to the ongoing struggle for racial justice. This unique tour has been adapted to highlight **vegan and vegetarian eateries**, including local food entrepreneurs who infuse southern cooking with an environmentally conscious, vegan flair.

*Itinerary below.*



MEJDI TOURS

## Itinerary

### **Day 1: Atlanta, Sweet Auburn - Friday, October 9** **[Guide, Transportation]**

*Pre-stay accommodations available on Thursday, October 8 for additional cost.*

*Tour begins in the lobby of your Atlanta hotel at 12pm. Boxed lunch provided.*

Meet your guide for introductions and a quick lunch sourced from an Atlanta-born, black-owned **vegan eatery**. Journey into Atlanta's historic **Sweet Auburn** neighborhood, walking in the footsteps of Civil Rights leaders, visiting the **King Center** to learn more about the remarkable Dr. Martin Luther King Jr, and seeing the inside of the original **Ebenezer Baptist Church**. Peak at the nearby Beltline for a glimpse of current development trends in the city, then head towards **The Temple**, Atlanta's oldest Jewish congregation. Hear about its historic role in the civil rights movement and the 1958 bombing that underscored the fight against bigotry and injustice.

*Interested travelers may remain at The Temple for Friday evening services (return transportation on own); others will head to dinner (self-pay) at the **Lov'n It Live, a leader in organic living and vegan cuisine**, before returning to your accommodations.*

*Optional: walk to the Centennial Olympic Park for the Fountain of Rings show at 9:00pm.*

*Overnight: Atlanta Marriott Marquis (or similar) [lunch included]*



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## **Day 2: Montgomery: Legacy & Heroes - Saturday, October 10** **[Guide, Transportation]**

Depart Atlanta in the morning and head south, making a **brief stop at the Tuskegee Airmen National Historic Site** to learn about the legacy of the first African American military pilots and their impact during World War II. Continue on to **Montgomery**, reaching the **Rosa Parks Museum** to explore the Montgomery Bus Boycott and the courage of ordinary citizens in the civil rights movement. Grab lunch at nearby **Plant Bae**, the city's only fully vegan eatery, then delve into the nation's racial history at the unparalleled **EJI Legacy Museum**, which traces the legacy of slavery, racial terror, segregation, and mass incarceration. Conclude the day with a reflective visit to the **SPLC Civil Rights Memorial**, honoring the lives lost in the pursuit of justice and equality.

*Evening at leisure in Montgomery or optional performance at Davis Theater (cost not included, depends on schedule of events).*

*Overnight: Staybridge Suites - Montgomery Downtown (or similar)  
[breakfast and lunch included]*

## **Day 3: Road to Selma - Sunday, October 11** **[Guide, Transportation]**

Begin the day at the **EJI National Memorial for Peace and Justice**, honoring the victims of racial terror at this powerful outdoor installation. Join Sunday morning worship services (*optional\**) at the **Dexter Avenue King Memorial Baptist Church** and take a short **boat ride** (*time permitting*) to **EJI's Freedom Monument Sculpture Park**, connecting stories of slavery and resistance to the Montgomery riverfront. [*Boxed lunch provided*] Depart Montgomery, making a brief stop at the **Viola Liuzzo Memorial**, honoring the white civil rights activist murdered after the 1965 Selma-to-Montgomery march, and arrive in Selma for a view of the **Brown Chapel AME Church**. Walk together across the iconic **Edmund Pettus Bridge**, a symbol of courage and sacrifice in the fight for voting rights, before continuing to **Birmingham** for the evening.

*\*Travelers may opt instead for an informal tour exploring downtown Montgomery sites such as the State Capitol, the First Capital of the Confederacy, the campus of the HBCU Alabama State University, and others.*

*Overnight: Redmont Hotel, Birmingham (or similar) [breakfast and lunch included]*



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**Day 4: Birmingham: Paths to Justice - Monday, October 12**  
**[Guide, Transportation]**

Walk through **Kelly Ingram Park** downtown, where powerful sculptures depict scenes of protest and police violence during Birmingham's civil rights struggle. Pass the nearby **16th Street Baptist Church**, site of the tragic 1963 bombing that galvanized the nation, and discuss the resonance of King's Letter from a Birmingham Jail. Make a coffee stop at the newly restored **AG Gaston Motel**, where young entrepreneurs have established a business carrying on the spirit of this key historic site. Meet with members of the **Civil Rights Foot Soldiers**, who share firsthand experiences of marching and activism during the 1960s. After lunch at the vibrant Pizitz Food Hall, tour the **Historic Bethel Baptist Church of Collegeville**, once led by Rev. Fred Shuttlesworth, a major figure in the Birmingham Campaign. Conclude the day with a cooking workshop on southern cuisine done vegan-style and dinner prepared by a pop-up, **women-owned vegan food initiative**.

*Overnight: Redmont Hotel, Birmingham (or similar) [breakfast and dinner included]*

**Day 5: Towards Graceland - Tuesday, October 13**  
**[Guide in PM, Transportation]**

Visit one of **Birmingham's synagogues** for a workshop on the community's reckoning with its role in local civil rights history and ongoing commitment to racial justice. End your visit on a lighter, but powerful note at the **Alabama Jazz Hall of Fame**, celebrating the state's rich musical legacy and Black cultural expression. Stop by the **Golden Temple Vegetarian Cafe** for lunch (not included), before getting on the road to Memphis. Arrive in time for a brief orientation tour of Beale Street and its surroundings.

*Overnight: Hotel Indigo, Memphis (or similar) [breakfast included]*

**Day 6: Memphis Spirit - Wednesday, October 14**  
**[Guide, Transportation]**

An alternative tour of Memphis explores the resilient spirit of Memphis, rooted in creativity and memory where music, civil rights, and Southern culture meet. Pass the First Baptist Church and stand in the courtyard of the **Lorraine Motel** (*entrance to the National Civil Rights Museum not included*). Hear about community innovation in communities surrounding the downtown core and look across the “**I AM A MAN**” **monument** adjacent to the historic Clayborn Temple. The experience concludes at a gallery and museum showcasing some of the most **iconic images** of the civil rights era. Transfer to the airport for departing flights.

*Tour concludes at ~1:30pm near Beale Street in central Memphis. Departing travelers will transfer to the airport (included, arrival by 2pm). Travelers may extend their stay in Memphis to visit the National Civil Rights Museum, Graceland, and other local sites.*

*Overnight: N/A [breakfast included]*



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