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Courtyard Birmingham Downtown at UAB Gives Guests American History Lesson

Birmingham hotel introduces a new package giving vacationers tickets to the Birmingham Civil Rights Institute

Birmingham, AL – Courage, justice, equality, discontent. All set the stage for one of the biggest chapters in American history. The [Courtyard Birmingham Downtown at UAB](#) affords travelers the opportunity to witness history first-hand at the Birmingham Civil Rights Institute and learn how they can positively influence the future.

Birmingham has long been a center of historic events, with the world watching how it handled civil rights issues throughout the 1960s. Now through Dec. 31, 2013, this Birmingham hotel offers guests the [Experience the Birmingham Civil Rights Institute Package](#), enabling them to connect with and witness parts of America's most tumultuous and triumphant history. The deal includes deluxe accommodations, breakfast for two and two adult admission tickets to the Birmingham Civil Rights Institute.



The institute is only about a five-minute drive from the downtown Birmingham hotel and promises to be an enlightening experience for visitors of all ages. Not only does the museum have exhibits about past civil rights heroes such as Rosa Parks and Dr. Martin Luther King Jr., it also seeks to educate the public about current civil rights issues and prepare future generations to continue growing. In learning from the past, it aims to promote civil and human rights throughout the world via education.

After a day of exploring the institute and the city, vacationers will return to newly redesigned rooms to relax and unwind. [Rooms](#) at the downtown Birmingham hotel feature new luxurious bedding on one king or two queen-sized mattresses including cotton-rich sheets, custom comforters and fluffier pillows. Mini-refrigerators are also available in each room, as well as comfortable pull-out sofa beds, large desks with ergonomic chairs, irons and ironing boards, coffeemakers, flat-screen TVs and Paul Mitchell products in spacious bathrooms. Guests have access to a state-of-the-art fitness center with

cardiovascular equipment and free weights, as well as complimentary visits to [UAB's extensive Rec Center](#).

Other changes and upgrades have taken place at the Birmingham hotel, with The Bistro - Eat. Drink. Connect raising the standard for morning and evening meals with menus featuring thick-cut French toast, fresh seasonal fruits, burgers, pizzas, salads and sandwiches made to order. The café-style eatery sports a large communal table where families or small groups of business professionals can gather for a hearty breakfast or dinner. Comfortable bar and table seating can be occupied to enjoy freshly brewed Starbucks drinks, a number of craft, domestic and imported beers and custom-concocted cocktails whipped up by a friendly bartender. Multiple flat-screened TVs throughout the space display news, entertainment and sports programming.

Exciting additions to the hotel lobby and common areas include strategically placed media pods along the perimeter of the new welcome center providing guests with comfortable seating areas where they can enjoy their favorite TV shows on flat-screen TVs. Travelers can also take advantage of the hotel's complimentary Wi-Fi. A 52-inch interactive GoBoard displays local and national weather forecasts as well as driving directions, the latest flight information and information about things to do in Birmingham and the surrounding areas. A separate nook, known as the Boarding Pass Station, houses computers and printers for vacationers to print their boarding passes for convenient traveling.

Visitors can take advantage of the Experience the Birmingham Civil Rights Institute Package by using promotional code CUE when making a reservation online or over the phone at 1-800-228-9290. The offer is valid Dec. 31.

About Courtyard Birmingham Downtown at UAB

The Courtyard Birmingham Downtown at UAB is conveniently located near Birmingham Museum of Art, Birmingham Zoo and the Birmingham Botanical Gardens. The hotel has 115 rooms, seven suites and five meeting rooms with 1,982 square feet of flexible space. Complimentary Wi-Fi is available throughout the facility, which also boasts a fitness center with cardio equipment and free weights and The Bistro restaurant. For information, visit www.marriott.com/BHMDW.

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