Before arriving in Montgomery:
Be sure to schedule meetings with your legislator(s). You can find contact information for your lawmaker here: www.capwiz.com/state-al/home/ or by calling (334) 242-7600 for members of the House and (334) 242-7800 for members of the Senate.

Where should I park?
When you are traveling to Montgomery for general purposes, such as meeting with your legislator, parking is always available at the League’s building located at 535 Adams Avenue, Montgomery, AL. Please be sure to let us know ahead of time that you will be parking in our lot. For additional information on the League’s location, visit alalm.org or call 334-262-2566.

There is also limited metered parking available on the streets near the State House. Be sure to bring coins with you to feed the meter. The meters with gray tops have a two-hour limit; meters with red tops have a 15-minute limit.

Where are the offices and committee rooms?
Typically, your legislator will be found in his/her office or committee room which are all located in the Alabama State House at 11 South Union Street, Montgomery, AL.

Offices for members of the House are on the 4th, 5th and 6th floors. The House Chamber is located on the 5th floor with the viewing gallery on the 6th floor.

Offices for members of the Senate can be found on the 7th floor. The Senate Chamber is located on the 7th floor with the viewing gallery on the 8th floor.

Please keep in mind that constituents are not allowed to enter the floor of either chamber.

Where to eat?
Aside from vending machines in the State House, there are several lunch options to choose from within walking distance from the State House:
- Baumhower’s Restaurant RSA - 201 S. Union St., Montgomery, AL 36104 (open until 2)
- Commerce Café - 401 Adams Ave, Montgomery, AL 36104 (open until 1:30)
- RSA Plaza Grill - 770 Washington Avenue, Montgomery, AL 36104 (open until 2)

If you need any help, please feel free to reach out to any member of the ALM Advocacy Team.
- Greg Cochran: (334) 546-9092 or gregc@alalm.org
- Kayla Bass: (334) 318-8925 or kaylab@alalm.org
- Carrie Banks: (334) 262-2566, ext. 121 or carrieb@alalm.org

Please remember your actions represent your municipal government and, most importantly, your citizens. When engaging with your legislators, regardless of their position on the issue, always be courteous and thank them for their time.