



*Take a Sneak Preview of Essex Heritage's  
premier partnership event . . .*

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

**FOR IMMEDIATE RELEASE**

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**THE “HEART” OF ESSEX COUNTY TO OFFER**

**35 *FREE!* EVENTS FOR TRAILS & SAILS 2008**

***All Opportunities to GO! Experience Essex Heritage***

**September 4, 2008 (Salem, MA)** . . . Momentum is building as Essex Heritage (Essex National Heritage Commission) finalizes its plans to present its seventh annual TRAILS & SAILS 2008: *A Weekend to GO! Experience Essex Heritage*, September 26 - 28. This year, in an effort to reach out to its regional partners, Essex Heritage has joined forces with Lynch Park Advisory Committee, Wenham Museum and The Willowdale Estate, among others to showcase a cluster of 35 events to take place at a unique array of historic, cultural, and natural sites within the central section of the Essex National Heritage Area. Throughout all of Essex County, TRAILS & SAILS weekend will include more than 200 *FREE!* events spread out over 140 locations, involving non-profit and community organizations, as well as recreation-based businesses. For a full listing of events, visit: [www.trailsandsails.org](http://www.trailsandsails.org)

Activities in the “heart” of Essex County will focus on the communities of Beverly, Boxford, Danvers, Hamilton, Ipswich, Topsfield and Wenham, which are offering the most diverse array of events in one area that TRAILS & SAILS has ever seen! With the help of leaders from local historical sites and museums, Essex Heritage has coordinated a network of community groups and organizations to offer a diverse itinerary of activities ranging from trail hikes and mushroom hunts for nature lovers, to lighthouse tours, art workshops and unique museum experiences. The activities are designed for all ages, skill levels and interests and really express the diverse pulse of the region.

There is something for everyone in the heart of our county . . . Watch a fascinating interpretation of Andrew Carnegie at Topsfield's historic Gould Barn. Take a secluded nature hike in the enchanting Ipswich River Wildlife Sanctuary and engage with nature docents who will share knowledge about the habitats of the diverse landscapes. Discover Willowdale Estate and take a peaceful stroll through a butterfly garden at Bradley Palmer State Park. Do you love the great outdoors? GO! Take a walk in the woods through Boxford's ancient Chapman Way, visit the majestic Bald Hill in Boxford State Forest, or the Chebacco Woods in Wenham. These hikes are sure to reinvigorate your spirit. Take in the delicious local flavors of Alfalfa and Valley View Farms in Topsfield. Savor a moonlit walk at Crane Beach, go on a guided architecture tour of Ipswich, and relax and listen to live music in the Russell Orchards. The possibilities are endless!

The Wenham Museum and Beverly Historical Society have joined forces to present programs and activities celebrating the birth of the railway, and will display a stunning collection of model trains and ephemera. Even more amazing is that you can "Take the Train to See the Trains" by taking the MBTA commuter line to the Hamilton-Wenham station to visit this exhibit (directions provided in the TRAILS & SAILS program guide).

### **TRAILS & SAILS PROGRAM HIGHLIGHTS**

- 200+ *FREE!* events to be held at over 140 historic, cultural and natural sites in Essex County, MA. Three fun-filled days! From Friday afternoon to Sunday at sunset, there will be the widest range of activities ever with a special focus on "Family Fun Sunday" Special themed trails to be offered include: Go! Green, Go! Outdoors, Go! Kids
- Kick off TRAILS & SAILS Weekend with a special celebration entitled "*A Taste of TRAILS & SAILS*" on Thursday, September 25 from 5:30 – 8:30pm, at Willowdale Estate in Bradley Palmer State Park, Topsfield. Tickets are \$25 and may be purchased online at: [www.trailsandsails.org](http://www.trailsandsails.org) or by calling 978-740-0444
- First-time partnership with ArtsFest Merrimack Valley, a first annual, valley-wide art happening greatly expanding the number of creative activities offered. For more info: [www.merrimackvalley.info/artsfest](http://www.merrimackvalley.info/artsfest)
- Go! Explore a wide range of GO! Healthy activities designed to raise your heart rate and let you try all new heart-healthy ways to improve fitness.

This is only a sampling of all of the amazing programs being offered in this area for TRAILS & SAILS weekend. There is so much to see, learn, experience, explore and rediscover! Navigate your weekend with: [www.trailsandsails.org](http://www.trailsandsails.org) where you can search by event date, time and activity, and download a program guide.

TRAILS & SAILS 2008: *A Weekend to GO! Experience Essex Heritage* is an annual celebration of all the historic, cultural and natural treasures in the Essex National Heritage Area. Organized by the Essex National Heritage Commission, this event is an integral part of the Essex Heritage mission, which is to raise regional awareness of the Area's unique treasures and promote their preservation. Printed program guides with event descriptions, locations and times are now available via online registration at [www.trailsandsails.org](http://www.trailsandsails.org). Please register online to receive a copy, or call Essex Heritage at 978-740-0444.

**TRAILS & SAILS 2008: *A Weekend to GO! Experience Essex Heritage*** is presented by TD Banknorth, with additional financial support from Eastern Bank, Beverly Hospital and Addison Gilbert Hospital.



***About TRAILS & SAILS 2008***

**TRAILS & SAILS: A Weekend to Go! Experience Essex Heritage** is the premier partnership event of the Essex National Heritage Commission celebrating the historic, cultural and natural treasures of the Essex National Heritage Area. Coordinated by Essex Heritage as an integral part of our mission, Trails & Sails raises regional awareness of the Area's unique history and promotes the preservation of its heritage sites.

Learn more at: [trailsandsails.org](http://trailsandsails.org)



***About Essex National Heritage Area and Essex Heritage Commission***

The Essex National Heritage Area is comprised of the 34 communities of Essex County and designated by US Congress in recognition of the important role that this region played in American history and the significant heritage sites still extant in the region. Essex Heritage is the non-profit management entity for the Area, working in collaboration with the National Park Service to promote public/private partnerships, and develop programs that enhance, preserve and encourage regional awareness of the Area's unique historic, cultural and natural resources. For more information, experience Essex Heritage at [essexheritage.org](http://essexheritage.org) or call (978) 740-0444.

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