



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

FOR IMMEDIATE RELEASE

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**TRAILS & SAILS 2010 OFFERS 100+ FREE EVENTS TO
CELEBRATE THE HERITAGE OF ESSEX COUNTY**

Mobile Website enhances experiences for Participants on the Go!

August 9, 2010 (Salem, MA)...Momentum is building as the Essex National Heritage Commission (Essex Heritage) presents its premier partnership event: TRAILS & SAILS: Two Weekends of Walks and Water September 17-19 and 24-26, 2010. Now in its ninth year, Essex Heritage has partnered with non-profit and for-profit recreational organizations across Essex County to offer over 100 FREE, FUN and FAMILY-FRIENDLY events at 80+ sites that showcase our distinctive regional heritage. In addition to a number of new events and experiences enhancing the schedule this year, participants can use the new Trails & Sails Mobile website for up to the minute smart-phone access to the event line-up, directions to events, and to retrieve their personal itineraries.

Trails & Sails offers something for everyone to enjoy; featuring entertaining opportunities for residents and visitors to explore history, culture and the natural environment through leisurely strolls, paddles, rigorous hikes, boat rides and a host of authentic activities. Free events range from geo-caching to star-gazing to kayaking and are happening morning, afternoon and evening.

While events will take place throughout the cities and towns of the 500 sq mile Essex National Heritage Area, participants are encouraged to spend some of their time this year along the Essex Heritage Scenic Byway, the 85 -mile coastal route linking 13 coastal communities between Lynn and Newburyport that features exquisite scenic views, period architecture, historic sites and recreational opportunities.

For a full listing of all events, visit: www.trailsandsails.org. Review the line-up of activities, design and print a personalized event itinerary on-line, print an event listing or purchase a hard-copy guide. A limited number of free printed guides will be available at all 10 Essex National Heritage Area Visitor Centers and sponsor locations within Essex County. Print-on-demand guides can also be purchased through Essex Heritage for \$5.

The possibilities are endless . . . here's a mere sampling by region.

Cape Ann is the place to give you a uniquely maritime-spirited adventure offering whale watches, dory rides and maritime explorations. You can also explore how the sea inspired the creativity of architects and artists alike by taking in the Cape Ann Museum's fine collection of Fitz Henry Lane works, visiting the inspiring Sargent House, and City Hall's emotional murals. If natural wonders are calling you, join the Manchester-Essex Conservation Trust and use your navigational skills to locate geo-caches and natural treasures in the Manchester Wilderness Conservation or take a guided tour around the Babson Farm Quarry at Halibut Point State Park to unearth the granite industry era amidst the breathtaking views from Crane Beach in Ipswich to Mount Agamenticus, ME.

Amesbury's Treasures will invite you to explore the town's history and the homes of some of its famous residents. Three historic homes offering "Open doors" include the Macy-Colby House, Mary Baker Eddy Historic House; and the John Greenleaf Whittier Home, where the ardent abolitionist, journalist, poet, Quaker Social Activist and famous essayist did much of his writing. In Newburyport, The Customs House Maritime Museum offers a collection that reveals the maritime heritage of this charming seaport and the Merrimack River Valley, and the US Coast Guard Station will offer rare tours of its facility there. Tiptoe through the tombstones with award-winning author Ghlee E. Woodworth and learn of sprits of past sea captains, merchants, mayors, clockmakers, and African Americans who are a part of Newburyport's fascinating history, or hop aboard the Erica Lee's Boat Camp for nautical adventure. Visit with the Salisbury Historical Society to tour the Pike one-room Schoolhouse and learn about the Royal Bartlett Farm, America's only 11th generation farm derived from European nobility.

In West Newbury, Russ Cohen, expert forager and author of "Wild Plants I Have Known...and Eaten" will lead a three hour ramble to discover at least two dozen species of wild edible plants or join Essex County Greenbelt for family-fun as they offer a letterboxing treasure-hunt and geo-caching within the beautiful Ordway Reservation.

Learn how to read the night sky with the North Shore Amateur Astronomy Association while stargazing at Veasey Memorial Park in Groveland, or celebrate the unique history and culture of Haverhill on a

Sunday evening stroll through the historic streets lined with the intricate brickwork of Queen Ann buildings. In Lawrence, watch or join the first Great Stone Dam Classic Canoe kayak race or take an introductory rowing lesson! Join the Green Team of Groundwork Lawrence for a brisk hike through Den Rock Park, a hidden jewel boasting 120 acres of wooded preserve, granite fissures, scenic overlook and beaver activity.

Relive and reenact the Civil War era where events highlight Lawrence's connection and contributions to the service of the Union. The 7th annual Civil War Weekend activities include an architectural walking tour conducted by the Lawrence Civil War Militia of the Campagnone Common. Highlights include tea with President & Mrs. Lincoln. Or learn what life was like in the Union Army as you join the 6th MA Infantry and 5th MA Artillery for a Children's Muster.

Historic house enthusiasts will be thrilled to tour North Andover's 1715 Parson Barnard House, featuring the unique interpretation of famed architectural historian Abbot Lowell Cummings. Enjoy a short theatrical piece based on the life of one-time owner, Simeon Putnam or allow costumed guides to walk you through 1715 to 1830, stopping along the way to admire how daily life, furniture and interior architecture evolved. In the Valley of the Poets, you can walk the path of poets at Rolling Ridge, a special place of meditation and inspiration on Lake Cochichewick, or be part of a documentary film at The Trustee's of Reservation's historic Stevens Coolidge Gardens, in honor of Ann Dudley Bradstreet, our nation's first poet. Partake in a Cathartic Poetry Workshop with North Andover's Poet Laureate,

In central Essex County, a perennial Trails & Sails favorite, the Essex County Mushroom Hunt is once again on the event roster in Hamilton. In Ipswich, guides from The Trustees of Reservations will take you on a tour of a living salt marsh, or join the Ipswich Museum to take a pleasant guided walking tour of Ipswich's Historic South Green to see pristine historic homes, the Ipswich River and other maritime highlights and scenic vistas. In Topsfield taste what Essex County specialty farms have to offer! Alfalfa Farm mixes old-fashioned New England charm with the latest in wine making technology, and visit historic Valley View Farm to meet the goats and taste cheese being made from their milk.

Essex County's southern communities offer incredible insight into the region's history through authentic heritage experiences, behind-the-scenes tours, pastoral strolls, archeology, marine science and musical entertainment. In Beverly, visit West Beach, a landmark since the 17th century, perhaps the most unique community beach corporation in the state, or wind your way up the Hospital Point Lighthouse for spectacular ocean views. Go "behind the curtain" for a back-stage tour of the recently re-opened North

Shore Music Theatre and celebrate its history and rebirth as a “must-see” venue for musical and theatrical entertainment north of Boston.

In Danvers, experience history and harmony during a rededication concert for Tapley Memorial hall presented by Essex Harmony and the Danvers Historical Society. Or join the Danvers Bi-Peds for an exploration of the new rail-trail that runs through the heart of Danvers, encountering history and surprises along your route. Take a walk through Lynn Woods to Stone Tower and Dungeon Rock. In Marblehead, take a guided tour of 1768 Colonel Jeremiah Lee Mansion, one of America's largest and most opulent homes. Don't miss the behind-the-scenes tour of the historic Sutton-Peirson House in Peabody, a Gothic Revival cottage built in 1847 and acquired by the Peabody Historical Society in 2009. In danger of being demolished, the house was moved by the Society from Aborn Street to nearby Washington Street, and restoration is currently under way. Examine up close the elements of the Gothic Revival style including original trims, moldings, wallpapers, and finishes.

In Salem see where fish, clams and other "critters" are spawned and reared as part of instructional, restoration and enhancement efforts at the Cat Cove Marine Laboratory, operated by Salem State College or join caretakers at the Hawthorne Hotel for a rare tour of the room hidden atop the Hotel where they keep an exact replica of a cabin from the Salem vessel Taria Topan. Several of Salem's historic gardens will also be available for touring and family-fun, and you can accompany Sophia Hawthorne on a guided tour of the Salem neighborhood she and her famous husband Nathaniel called home.

The tiny yet notable town of Nahant is offering two unique events this year. Relax and enjoy the award-winning exhibition “Nahant on the Rocks,” at the Autumn Fair or visit Northeastern University's Marine Science Center on historic Eastern Point, to explore the footpaths along the pristine rocky shore and tour the renowned teaching and research facilities. Demonstrations, presentations, marine science activities and touch tanks will be offered to educate and entertain.

Visit Swampscott to relive the redemptive experiences of Mary Baker Eddy, founder of the Church of Christian Science, as you tour the historic home where she stayed in 1865-66 while recovering from a severe fall. Turning to her Bible for inspiration and relief, she was affected by healing accounts, leading her to the discovery of Christian Science.

All events are free, some may require advance reservations. There is so much to see, learn, experience, explore and rediscover! Navigate your weekend with: www.trailsandsails.org where you can search by event date, time and activity, and obtain a program guide.

TRAILS & SAILS 2010 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. To review the complete schedule and for more information, visit www.trailsandsails.org or call 978-740-0444.

TRAILS & SAILS 2010: *Two Weekends of Walks & Water is presented by TD Bank, with additional financial support from Eastern Bank and other local sponsors.*



About TRAILS & SAILS 2010

TRAILS & SAILS: Two Weekends of Walks & Water 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



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 or call (978) 740-0444.

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