



*Take a Sneak Preview of Essex Heritage's  
premier partnership event . . .  
[www.trailsandsails.org](http://www.trailsandsails.org)*

**FOR IMMEDIATE RELEASE**

**Media Contact:** Mary Williamson  
Dir. of Development & Communications  
978-740-0444, Ext.14  
maryw@essexheritage.org

Annie C. Harris  
Executive Director  
978-740-0444

**TRAILS & SAILS 2009 OFFERS 100 FREE EVENTS**

*Two Weekends of Walks & Water*

**August 20, 2009 (Salem, MA)** . . . Momentum is building as the Essex National Heritage Commission (Essex Heritage) finalizes plans to present its eighth annual TRAILS & SAILS 2009, for the first time, spread over two weekends. Explore the land, sea and shores of Essex County on September 18-20 and 25-27, 2009. Partnering with Essex County heritage non-profit and for-profit organizations, Essex Heritage will offer over 100 FREE events in a unique assortment of historic, cultural and natural sites, hosted by exceptional organizations and recreation-based businesses. All events are designed to give residents and visitors a taste of the region's distinctive history, breathtaking landscapes and hidden gems! For a full listing of events, visit: [www.trailsandsails.org](http://www.trailsandsails.org), where participants can pre-register, enter a raffle for an overnight hotel stay and design a personalized itinerary on-line.

Highlights on Cape Ann include fun and educational experiences to participants both on and off the water. Explore how the sea inspired the creativity of architects and artists alike by taking in the area's living landscapes, museums, historic homes, public spaces and artist studios. Among them include Cogswell's Grant, a 17<sup>th</sup> century farm with stunning vistas and a marvelous collection of American Folk art. Tour the Essex River by guided kayak with Essex River Basin Adventures (ERBA), enjoy whale watching, schooner sailing and historic house tours in Gloucester, or a tour of "America's Oldest Working Art Colony" in Rockport.

The lower Merrimack Valley communities offer endless possibilities! The stellar itinerary of Trails & Sails events here include maritime and aviation museums, tip-toeing through the tombstones, guided

nature tours both on and off shore, special interest walks, and open doors at unique historic homes and sites. They include maritime adventures with the Coast Guard or aboard Newburyport's educational Boat Camp vessel, the Erica Lee, a Family Flyby of birds, butterflies and whales with MA Audubon or watching the construction of a traditional salt-marsh haystack in Newbury. Connect with rail history at the Salisbury Point Railroad or experience the fire and brimstone of the Rocky Hill meeting House in Amesbury. Haverhill will celebrate its history as the premier provider of the high button shoe during its Sole-A-Bration. There will be ghost hunting with the Pelham Paranormal Group at the Haunted Hilldale Cemetery or an opportunity to read the night sky while star-gazing in Groveland's Veasey Memorial Park.

Upper Merrimack Valley towns give visitors a taste of distinctive history, extraordinary landscapes and seldom seen treasures! Events here include poetry and printing, historic mills and farms, millionaires and monuments, special interest walks, and open doors at historic homes and sites. The actively inclined can join cycling enthusiasts and Essex County Greenbelt for a bicycle tour through Middleton, Andover and Boxford. Poetry buffs can walk the path of poets at Rolling Ridge, a special place of meditation and inspiration, be part of a documentary film at The Trustee's of Reservation's historic Stevens Coolidge Gardens, or create ekphrastic poetry at the Essex Art Center in Lawrence. The evolution of American print communication and collections can be experienced at the Museum of Printing, or spirits of past will be on hand in Methuen where Essex Base Ball will play by 1861 rules. Walk in the steps of millionaires David Nevins, Charles N. Tenney and Edward F. Searles, Merrimack Valley natives who controlled great fortunes in the 19<sup>th</sup> and 20<sup>th</sup> centuries. In Lawrence, relive and reenact the Civil War era where the city highlights its connection and contributions to the service of the Union. The 7<sup>th</sup> annual Civil War Weekend activities include an architectural walking tour conducted by the Lawrence Civil War Militia on the Campagnone Common, tea with President & Mrs. Lincoln, or youngsters can learn what life was like in the Union Army as they join the 6<sup>th</sup> MA Infantry and 5<sup>th</sup> MA Artillery for a Children's Muster.

In the heartland of Essex County, walk a wooded portion of the Bay Circuit Trail on ancient Chapman Way to explore an old Boxford graveyard, Lowe's Pond, a beaver lodge, Round Top Park and country roads that lead to the charming Kelsey Arboretum. In Hamilton, a perennial Trails & Sails favorite, the Essex County Mushroom Hunt is once again on the event roster. Visitors to events in Ipswich can help the historic town celebrate its 375<sup>th</sup> birthday and connect to the town's historic and cultural treasures. Guides from The Trustees of Reservations will take you on a tour of a living salt marsh or historic Appleton Farm during dairy cow milking, or 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. 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. A Tour of Beverly's Balch House will showcase one of the nation's remaining structures from the colonial period, while events that focus on the "Gold Coast" will teach participants about Beverly's wealthy past summer residents and the tradesmen who made a living catering to them. In Danvers, stroll the gardens of Glen Magna and listen to the soothing melodies of "The Essex Harmony" singing school ensemble inside the Colonial Revival mansion. Take a walk through Lynn Woods to Stone Tower and Dungeon Rock. This 2,200 acre forest reserve is the second largest municipal park in the greater Boston area. In Marblehead, take a guided tour of 1768 Colonel Jeremiah Lee Mansion, one of America's largest and most opulent homes. Or visit Peabody's newly opened Leatherworkers Museum to understand the history and lives of the Peabody residents who worked the tanneries. Trainiacs, can choo choo on down to Wenham Museum's model train gallery, featuring 9 operating model layouts, with 12 trains that all operate with the push of a button. 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 cruise the historic waters of Salem Sound aboard the full-scale replica 1812 privateer schooner FAME! Enjoy a leisurely stroll down Salem's renowned and historic Chestnut Street 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.

These events are a mere sampling of the variety available during Trails & Sails 2009. All events are free, some may require advance registration. There is so much to see, learn, experience and rediscover! Navigate your weekend at [www.trailsandsails.org](http://www.trailsandsails.org) where you can search by event date, time and activity...

TRAILS & SAILS 2009: *Two weekends of Walks & Water* 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](http://www.trailsandsails.org) or call 978-740-0444. Pre-register online and customize your event itinerary.

**TRAILS & SAILS 2009:** *Two weekends of Walks & Water is presented by TD Bank, with additional financial support from Beverly Hospital and Addison Gilbert Hospital.*

###



***About TRAILS & SAILS 2009***

**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](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.