



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

www.trailsandsails.org

FOR IMMEDIATE RELEASE

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**THE “SOUTHERN GATEWAY” OF ESSEX COUNTY TO OFFER
26 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 Salem Main Streets, Peabody Essex Museum, The National Park Service, among others to showcase a cluster of 26 events to take place at a unique array of historic, cultural and natural sites within the “Southern Gateway” 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

Activities in the “Southern Gateway” of Essex County will focus on the communities of Lynn, Marblehead, Nahant, Peabody, Salem and Saugus which are offering a diverse array of creative events. With the help of local partners, Essex Heritage has coordinated a network of community groups and organizations to offer a diverse itinerary of activities ranging from woodsy hikes and city walks, to unique museum presentations, farm tours and historical talks. The activities are designed for all ages, skill levels and interests and really express the diversity of culture in and out of our urban centers.

Discover something new and exciting about your Heritage Area . . . Enjoy a historical tour of the beautiful Salem Commons on a walk with Jim McAllister. Discover Salem's rich maritime and military history on board of the majestic Friendship of Salem, and take a walking tour around town with a National Park Service Ranger. Visit the new Polar Attractions exhibit at the Peabody Essex Museum. Participants will explore polar animals in their habitats and work as a team, comparing differences between the North and South poles and recording the findings in their very own sketch book.

Looking to explore the great outdoors? Take a walk in the Lynn and Salem Woods, who are offering the best guided hikes in the area. Learn about the Native American culture and traditions from Feather on the Moon, Sachem of the Massachusetts Ponkapoag Tribal Council at Pioneer Village. And kids, become a Junior Ranger at the Saugus Iron Works National Historic Site. The possibilities are endless! Go discover the bounty of "Southern Gateway" Heritage events that are guaranteed to warmly welcome and engage you with our fascinating county.

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 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
- 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 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. 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



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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