



*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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**ESSEX HERITAGE TO OFFER 200 *FREE!* EVENTS  
FOR TRAILS & SAILS WEEKEND 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 both reach out to its core regional partners and foster new ones, Essex Heritage has joined forces with a diverse network of historic, cultural and natural sites within the 500 square miles of the Essex National Heritage Area to offer a spectacular weekend of events. TRAILS & SAILS 2008 will boast over 200 *FREE!* events spread out over 140 locations, involving non-profit and community organizations, as well as recreation-based businesses and colleges. For a full listing of events, visit: [www.trailsandsails.org](http://www.trailsandsails.org)

You can explore the Upper Merrimack River Valley and coastal towns of Amesbury, Newburyport, Salisbury, and Newbury. With the dedicated efforts of the Town of Amesbury and Amesbury Chamber of Commerce and Industrial Foundation, the northern gateway of our Heritage Area will offer a wide range of TRAILS & SAILS activities throughout the entire weekend. From historical bike rides through the Amesbury Treasures to family-friendly Cider Hill farm tours, you can experience it all including Newburyport's downtown Art Trail.

The Lower Merrimack River Valley including the towns of Haverhill, Groveland, Methuen, Lawrence, Andover, North Andover and the Greater Lowell area has also put together an awesome line-up of weekend events. Through the teamwork of ArtsFest Merrimack Valley, Lawrence Heritage State Park, the Merrimack Valley Economic Development Council, Methuen Historical Society, and American

Community Think Tank, this area's events express the creative voice of the Lower Merrimack River Valley. Thanks to our partnership with Merrimack Valley ArtsFest, you can take in poetry readings, plays, architectural walks, bike tours and artist open studios. Guaranteed to kick start your creative spirit!

Explore the Heart of Essex Heritage in Boxford, Ipswich, Topsfield, Hamilton, Wenham, Beverly and Danvers. With master planners from the Wenham Museum, The Lynch Park Advisory Committee, and Montserrat College of Art, the heart of the county provides the most diverse array of events. From a tour of Cogswell Grant, a coastal 17c. farm to the butterfly gardens of stately Willowdale Estate, and from model trains at the Wenham Museum to an artful experience at Montserrat College, you can plan an exceptionally full day. End it with the quiet exploration of our autumn night sky, and from dawn until dusk, these activities will appeal to all of your senses and bring delight to young and old.

Cape Ann towns of Rockport, Gloucester, and Essex also await you. Through the vision and hard work of the Gloucester Maritime Heritage Center and the Town of Gloucester, Cape Ann proves to be the destination for unique experiences both on and off the water. From Yankee Whale Watches to dory rides at Gloucester Maritime Heritage Center, you'll experience an ocean-spirited adventure. Then find out how the ocean inspired architects and artists alike by visiting the historic Beauport Mansion, the vibrant WPA murals, a wide array of open artist studios and the Cape Ann Museum.

The Southern Gateway of the Essex Heritage, including the towns of Lynn, Peabody, Salem, Saugus, and Marblehead offer some of the most diverse events of the region. With the special efforts of Salem Main Streets and the Peabody Essex Museum, TRAILS & SAILS events in the southern gateway of the Essex Heritage Area are guaranteed to please! Where else can you go sailing, take a walking tour with Jim McAllister through historic Salem neighborhoods, hike the woods of Lynn and Salem and visit the renowned Peabody Essex Museum? The kids will enjoy becoming Junior Rangers at Saugus Iron Works National Historic Site, where they can learn the unique role that the Heritage Area has played in the development of our nation's rich history.

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. Register online and receive your published 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.

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.



***About ArtsFest Merrimack Valley***

ArtsFest Merrimack Valley is organized by the Merrimack Valley Creative Economy Project, a collaborative effort of the Merrimack Valley Economic Development Council, the University of Massachusetts Lowell and the Cultural Organization of Lowell, with support from the Massachusetts Cultural Council. The goal of ArtsFest is to showcase the magnitude and diversity of art and culture of the Merrimack Valley . . . 24 diverse communities forming a “creative corridor” along the Merrimack River and I 495. For more info: [merrimackvalley.info/artsfest.htm](http://merrimackvalley.info/artsfest.htm)

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