

FOR IMMEDIATE RELEASE

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Blue Hill Heritage Trust to host 4th Annual "Mountain Day" on Saturday

Blue Hill Heritage Trust will host its annual Mountain Day celebration in the Hayes Field on Blue Hill Mountain on Saturday, August 10 from noon to 3 p.m. Started four years ago to bring people onto the land and raise awareness of the outdoors, Mountain Day, an eco-friendly event, is **FREE** and features live music, food, field games and activities for the entire family.

"Mountain Day is a chance for everyone to enjoy and celebrate the community benefits of land conservation at a place that is the iconic feature of our landscape," says Jim Dow, Blue Hill Heritage Trust Executive Director. Other participating organizations at the event are Downeast Audubon and Healthy Peninsula.

The day will begin with a "Hike Over the Mountain" on the new Becton Trail that is located on the north side of Blue Hill Mountain. The trail is named after the Becton Family, who donated a parcel of land with frontage on Turkey Farm Road and provided funding that helped make this trail possible. Henry Becton, Jr. notes that, "Climbing the Mountain has always been a beloved family outing since we were tiny kids. We're very happy we can help expand the trail network by providing some of the land and resources and help create a legacy for the community that's linked to our parents' affection for the Turkey Farm and Noyes Pond area."

Hikers can park at the Hayes field parking lot on Mountain Road and board a 9:30 a.m. shuttle bus to the Becton trailhead on Turkey Farm Road. Hikers will make the two-mile walk up the backside of the mountain to the summit and descend on the service trail to the Hayes meadow by noon. Bring water, a hat, and wear sturdy shoes.

For her fourth year, Charlotte Clews-Lawther will lead "Yoga on the Summit." Participants need to meet Charlotte at 11:15 a.m. on the summit of Blue Hill Mountain.

Other activities scheduled from noon to 3 p.m. in the field include a self-guided story walk and a nature scavenger hunt for families. And BUGS!! Lynn Havsall will be back at the Downeast Audubon booth engaging all of us in catching and identifying bugs.

Great music will feature local musicians: Night and Day with Steve Orlofsky will perform from noon-1:30 p.m. and Banned from Eden, a rock band from Bar Harbor, will play from 1:30-3 p.m. Throughout the event, food will be available for purchase from local vendors including The De-Li, Mia's Sesame Noodles, and The Ice Cream Lady.

The Mountain Day event will be powered by solar panels provided by American Sun Electric & Wessel Electric Inc. The following sponsors are generously helping to underwrite the cost of this event: Bar Harbor Bank and Trust, Cadillac Mountain Sports, The First, Hydro-Photon, and TradeWinds Market Place. WERU-FM Community Radio is a media sponsor.

Blue Hill Heritage Trust is a community-based, membership-supported nonprofit land conservation organization serving the communities in the Blue Hill Peninsula with offices at 258 Mountain Road, Blue Hill. For more information, visit their website at www.bluehillheritagetrust.org, or contact the BHHT office at 374-5118 or info@bluehillheritagetrust.org.

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