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**FOR IMMEDIATE RELEASE**  
August, 23, 2017

## **PUBLIC INVITED TO WALK 34 MILES ON LENAPE TRAIL ON COLUMBUS DAY**

*The FreeWalkers invite everyone to join them in the eighth annual  
LENAPE34 34-mile Walk on October 9<sup>th</sup>.*

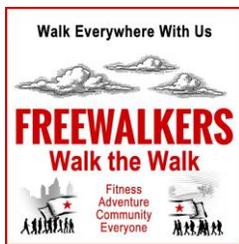
The long distance walking group called the **FreeWalkers** is taking up the challenge again of hiking the entire 34 miles of the **Lenape Trail** from Millburn to Newark on Monday, October 9, the official Columbus Day holiday this year. This one-day, natural-to-urban walk goes through three reservations, several county and municipal parks, and nearly a dozen towns. The Lenape Trail takes a horseshoe-like path through Essex county and is expected to take an average of 13.5 hours to complete.



While the walk is free, we encourage donations part of which supports the Lenape Trail and the ongoing project to complete the Liberty Water Gap Trail – a 130-mile public accessible trail across the entire state. The Columbus Day walk was themed “**The Origins Walk**” because it commemorates our true origins - both the discovery of our land and the original natives who inhabited it for centuries before.

**Paul Kiczek**, of Morristown, NJ, who is the project leader for **FreeWalkers.org**, a long-distance walking network, said of last year’s Columbus Day LENAPE34 walk, “We encourage everyone to join us, even for a few miles, to help raise funds and awareness of the trail. For most walkers it is a tremendously rewarding experience, both as a personal challenge and as a way to appreciate the beauty of the area.”

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The **FreeWalkers** is a 501c3 non-profit that promotes interesting walks which are open to the general public. While the walks are usually of a challenging distance, there are always opportunities to walk shorter segments. All walkers are encouraged to walk with the group, regardless of the number of miles they choose to walk. Events are free, and participants are encouraged to learn more at the event’s website <http://lenape34.org> or by signing up for the event online at <http://freewalkers.org>.

The **Origins Walk – LENAPE34** is an independently organized distance walking event. For more information on parks: Essex County Parks (<http://www.essexcountyparks.org/parks>). Maintenance for the Lenape Trail is now under the New York / New Jersey Trail Conference (<https://www.nynjtc.org/park/lenape-trail>)

