

If and when you feel like getting out of the house and staying engaged with the world, check out these few suggestions.

**The Black Heritage Trail, Portsmouth, NH.** Heritage This tour starts at 222 Court Street at a cemetery and statue dedicated to free blacks and abolitionists from the 1700's, as well as 23 other sites. On the website you'll find information about a series of talks entitled "Courageous Conversations: Leaning in for Change ", in person or virtual. Go to [blackheritagetrailnh.org](http://blackheritagetrailnh.org).

**The Freedom Trail, Portland, Maine.** This is a 2-mile walking tour that features 13 stops. You can download a free map or pick one up at 40 Commercial Street. Go to [abyssinianmeetinghouse.org](http://abyssinianmeetinghouse.org) or [portlandmaine.org](http://portlandmaine.org). [Download a brochure and map.](#)

**Boston's Black Heritage Trail.** This is a free 90-minute tour that includes 14 sites. You can start at the Visitors Center on the Common. Read more about it and other tours at [maah.org](http://maah.org).

**Cape Ann Slavery and Abolition Project.** Stay home and check out [capeannslavery.org](http://capeannslavery.org). This website is the product of the Cape Ann Slavery and Abolition Project, the result of extensive research and collaboration by many in the Gloucester area to inform us of our history relative to the slave trade and abolition.