

TRAIL GUIDE

PLEASE REMEMBER

- Keep to the marked trails
- Restrict picnics to the orchard beside the barn.
- Refrain from collecting anything
- No bicycles or dogs on the trails.

LEGEND

FOREST	
OPEN FIELD	
WETLAND	
SHRUB GROWTH	
DUNE	
SANCTUARY BOUNDARY	
TRAIL	
UNIVERSAL ACCESS	
STREAM	
ROAD	
DIFFICULT	

Ticks are prevalent in Southeast New England. Please check yourself and your children after your visit. For more information on ticks and tick borne diseases please visit: <http://www.edc.gov/ticks/>

TRAIL DISCRIPTIONS

UNIVERSAL TRAIL - This trail is one of our many efforts to make nature accessible to all. A wide, even surface that connects to the majority of our trail system. This trail ends at Red Maple Pond where wildlife is abundant year round.

QUARRY TRAIL - This trail passes through open fields and forest including the Yew Forest, an interesting land feature remaining from a time when portions of the property were leased to local nurseries. NBS maintains the fields for grassland nesting birds such as Tree Swallows, Bobolinks and Sparrows. Find the old slate quarry that has become a pond. Listen for frogs calling and the trickling of the spring water that feeds the pond.
Distance: .4 miles.

WOODCOCK TRAIL - A level, grassy trail through old field habitat, small clearings and forest stands of black cherry and black locust. Visit the old Gardiner family cemetery plot.
Distance: .5 miles.

HANGING ROCK TRAIL - This rocky walk along the most eastern of the Sanctuary's three ridges provides excellent views of the ocean, Gardiner pond to the south, the Sakonnet River arm of the Narragansett Bay to the east and St. Georges School to the west. Notice the area's unique rock form called "puddingstone" or Purgatory Conglomerate. The highest elevation of the rock trail is 70 feet. There is no access to the beach or road from this trail. Distance: 1 mile.

RED FOX TRAIL - This trail with lovely views passes over a stony ridge with oak, red cedar and hickory trees. Stone walls and small patches of grass remain from its past use as a pasture. Compare this ridge rock with the "puddingstone" or Purgatory Conglomerate. Notice that this ridge is made up of diabase, the only igneous rock at the Sanctuary.
Distance: 1.2 miles.

NELSON POND TRAIL - Walk this ridge trail along the east side of Nelson Pond. Views from the cliffs are ideal for bird watchers and photographers. Look to find the stone walls below the surface of the pond; evidence of the pastures of years past. This trail also passes a vernal pool, a seasonal pond where frogs and salamanders lay their eggs.
Distance: 1.4 miles.

VALLEY TRAIL - This dead end, shady, secluded trail, in between Hanging Rock and Red Fox Ridges passes through a mature forest community. See ash, oak, beech, maple, cherry, holly and ferns. This trail provides an alternate view of our ridges from below. Distance: 1.2 miles.

GARDINER POND TRAIL - This trail parallels the Hanging Rock trail below the rocky ridge and provides easy access up via a short staircase. Climb to the top and enjoy the view then continue to the end of Hanging Rock.

GRAY CRAIG TRAIL - This looped trail has a boardwalk and leads across Paradise Brook and through a marsh. Follow the loop up to the top of the ridge and back down.
Distance: 1 mile.

WOODLAND TRAIL - This trail meanders through red maple and black gum woodland characteristic of wet areas of Aquidneck Island. Part of the trail follows the route of an old bridle path. Find the area known as Eagle Rock where NBS campers build forts and play hide and go seek. Distance: 1.1 miles.

INDIAN ROCK TRAIL - This connector trail passes over an outcropping of puddingstone. Find the veins of quartz that Native Americans used to make arrowheads. Distance: .1 miles.

SHADY GLADE TRAIL - This shady trail dips between two rocky outcroppings and crosses over a picturesque woodland stream with a boardwalk and footbridge. Look for wetland plants and wildlife.
Distance: .25 miles



1 THIRD BEACH PROPERTY - In 2003, with incredible support from the community, NBS acquired this 24-acre property. Until 1949, this parcel was part of Mabel Norman Cerio's Paradise Farm. It includes sandy beach, freshwater and saltwater marshes, dunes and a tidal stream. No beach parking is provided by NBS.

2 THIRD BEACH EDUCATION CENTER - The original Third beach Clubhouse was built around 1950 and served as a beach club until the mid-1900s. NBS renovated the building into educational space in 2009.

3 PARADISE FARMHOUSE - The original structure on the NBS property was built around 1740. Our founder Mabel Norman Cerio lived there in the early 20th century. In 2008 the house and 129 acres were listed on the National Register of Historic Places. In 2013 renovation of the house was completed to create an eco-retreat center.

POINTS OF INTEREST

GARDENS AT NBS INCLUDE:

4 MABEL NORMAN'S GARDEN - adjoining the Paradise Farmhouse.

5 THE WILLIAM HOLLAND DRURY GARDEN - commemorating the very dear friend of Mabel Norman Cerio.

6 THE GOOD GARDENS - an educational garden, high tunnel hoop house and compost facility includes several focal points, such as a "Three Sisters" Native American bed, a pollinator corner, and a central sensory herb and flower bed.

7 SHELL MIDDEN - This shell midden, or mound, contains various prehistoric shells and other evidence of human activity.

8 POETRY ROCK - John Stevens Shop in Newport wrote and carved this original poem for an exhibition in the 1970s. They donated the piece to NBS and placed the rock in an area that, at the time, was open fields.

9 TEDDY ROCK - This large chunk of puddingstone and accompanying plaque commemorate Edward Clark Sturtevant, a well-known and respected ornithologist, naturalist, and co-author of "Birds of Rhode Island."