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A Wandering Guide to Rhode Island: short and long walks for all to enjoy

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A Wandering Guide to Rhode Island

short and long walks for all to enjoy



Lianna M. Blakeman

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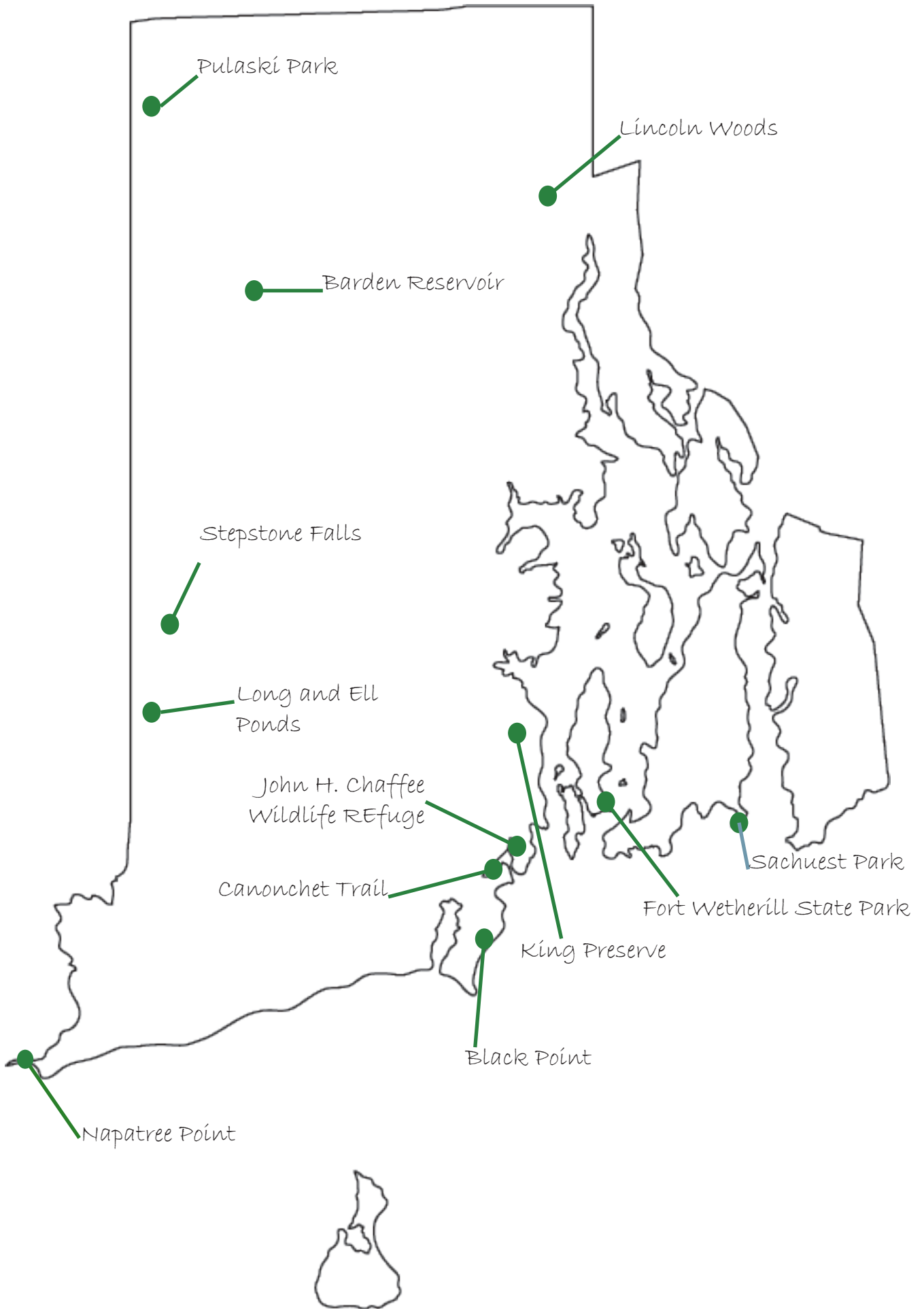
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Pulaski Park

Lincoln Woods

Barden Reservoir

Stepstone Falls

Long and Ell Ponds

John H. Chaffee Wildlife Refuge

Canonchet Trail

King Preserve

Black Point

Napatree Point

Sachuest Park

Fort Wetherill State Park

Acknowledgments

As a college student still trying to figure out where I'm going to end up, I am constantly wandering. Through life, through classes, and through the grocery store. It's just me trying to make my way through this world and find my way out somehow.

Starting off on this project, I expected to discover new walking spots and expand my knowledge of design. What I didn't expect, though, was to just have an incredibly fun and enjoyable time with it all. The walks I knew I would like, but the writing, the reflecting, and the designing of this book brought me so much joy that I never expected. From picking out the photos to include with my writing to planning my walks before I left, it was all a new experience that I am forever grateful for accomplishing.

Seeing the final product in all its glory, I feel the greatest amount of accomplishment. Not only did I go out and write

about something, but I also put it together into a comprehensive book that people can physically hold. As a writer and aspiring publisher, this is what I want to continue doing for the rest of my life.

At the conclusion of this project, a number of thanks are in orders. First and foremost goes to my sponsor and mentor, Melissa McCarthy, the Director of the Office of University Research External Relations. Not only has she stepped up at every chance to assist me in my questions, she has helped guide me in the right direction to ensure that my project comes together in a timely and productive manner.

Without her, this project would never have made it past the proposal. No amount of thanks can ever be enough for the friends and companions who joined me on my wanderings, particularly Lauren Black who joined me on at least five of these

adventures. Without you I would never have gotten the inspiration to leave my bed in the morning. I want to thank my family, friends, and professors who have given me advice and inspiration throughout the design process of this project. This guide would be an entirely different document without your recommendations and advice on the design. And finally I want to thank you, my readers, who are taking a moment out of their days to pick up my guide and see what I have written.

When reading this guide, I hope that you can see through my writing and photos the joy that I found while completing my wanderings and that it inspires you to go out on an adventure yourself. Because at the end of the day, all that I want from you, my reader, is the desire to get outside and find new wanderings for yourself.



Beginning my first wandering for this project, I came across a caution sign: “Deer Season. September 15-January 31.” This was a very necessary reminder to myself and all people in the area that these hiking trails, though they seem like simple, innocent wanderings through the woods, are prime areas for hunting. It is important to wear the necessary amount of orange and bright clothing during your wanderings through the woods to stand out from the foliage and animals around you. If you don’t have the typical Blaze Orange, try to wear as much neon and bright colors as possible.



King Preserve Saunderstown, RI

Easy to moderate trail | 1-3 hours | Boots necessary



On an early Sunday morning, I picked myself out of bed and made my way towards my first trail for the semester: King Preserve. Just a two-minute drive down the road from my house in Bonnet Shores, Narragansett, I was hoping to have a nice, easy-going start into my project.

As I got out of my car, my eyes immediately moved to a small wooden structure to the right of the trailhead. Walking closer I saw that it was a composting toilet. Instead of being a simple portable bathroom, a composting toilet is environmentally friendly and is a common sight among many hiking trails, huts, and camps through-

out New England. The sign next to the toilet explained that this single toilet is designed to save over 35,000 gallons of fresh drinking water each year. Not something you would expect to find on the side of the road at a small trail in Rhode Island, it made me excited to see more interesting gems like this along my wanderings.

Beginning my trek along Julia's Trail, the beginning of King Preserve, I found myself pushing quickly over the small rocks and roots that littered my path. I was excited to get to the end of the trail: The Narrow River Upper Basin. Last year, I walked this same exact trail with a few friends and the

best part was stumbling upon such a beautiful spot at the end of a lengthy 1.5-mile walk. If I was more adventurous and the weather was warmer, I am sure I would have jumped into the water to cool off. As it was, though, I was slightly chilly from the wind and the damp coldness in the air from the rain the night before. Despite the brisk weather, the walk was easy and comfortable, allowing me to take in the sights around me rather than focusing on the cold.

Finally making it to the water, I took a moment to calm myself from the walk. As it was a cool Sunday morning, the water was pristine and unobstructed



from any motorized boats or people enjoying the water. It was just me and the rippling lake before me. Sitting down on a step leading into the water, I was able to take a few moments to calm my breath from the small exertion of the walk.

Getting back onto the trail, I decided to complete a loop in the trails, going past a small waterfall. Tall spruce trees framed the trail leaving a soft bed of needles at my feet. Crossing into the next trail, I found myself incredibly underwhelmed by the waterfalls. Since there hadn't been much rain recently, the waterfalls were very small. A bench was placed on the edge of the trail, a prime location to view the waterfalls when they're at their prime.

While the beginning of the trail was very easy and wide, this side trail looping back to the beginning was much more rough. I found myself tripping a time or two over the exposed roots until final-

ly making it back to the main trail to take me back to my car.

After a morning of walking and taking in the nature so close to where I live, I felt ready to take on the rest of the day.

Finding the Trailhead:

Heading North on Boston Neck Road from Narragansett, the trailhead is about 2 miles north of the CVS in Narragansett on the left. If you're coming from the north, take route 138 East towards Newport and Jamestown. Get off at the Wickford/Narragansett exit and turn right towards Narragansett onto Boston Neck Road. The trailhead will be on the right about 1 mile down the road. The trailhead and parking area is right there on the side of the road. There is a large sign facing the road and a small dirt parking lot with enough space for at least 10 cars and more along the side of the road if necessary.

NOTES:

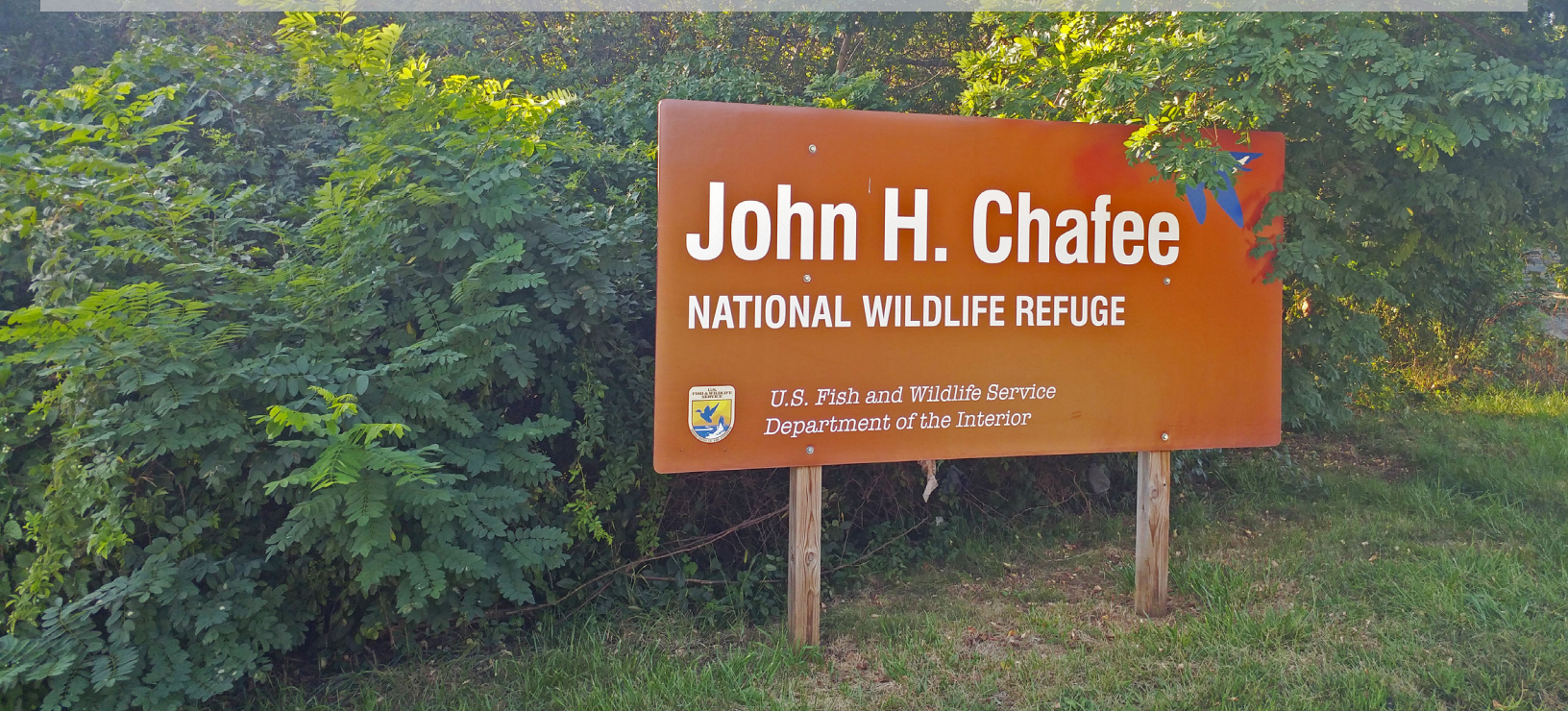
I followed Julia's trail until the Stoney Brook Loop where I then turned left and walked clockwise. This took me to the pond overlook sooner, where I could sit and take in the water and the nature around me.



© Ruddock, The Nature Conservancy in Rhode Island, May 2016.

John H. Chafee National Wildlife Refuge Narragansett, RI

Easy trail | 15 minutes | Sneakers necessary



While sometimes you want a long, arduous walk to pull your mind away from your troubles and life, other times you just want to sit in a beautiful, peaceful place and simply step away from everything. I found that at the John H. Chafee National Wildlife Refuge.

As this was my first time being in this refuge, I wasn't sure what exactly I was going to find. Quickly I realized that this is a very busy area... for dog walkers! I passed two dog walkers before I even go out

of my car. A golden retriever was very excited to see me and tried to pull its owner closer to me to sniff me out.

I made my way down a paved road leading off into the wetland. I was hoping it would change to a rough, dirt path, but I quickly found that that was not where I was going. The paved road ended at a cul de sac and I was forced to turn around. Back at the parking lot, I had to accept the fact that I had gone in the wrong direction. And though I saw

a picturesque view of a green field with an old rock wall and rickety tree, I was on a mission to figure out what this entire area had to offer.

Directly underneath the main road's bridge was a path that led down to the river and wetland. It was a short 30-foot path, but it opened up to a beautiful view of sprawling wetlands with birds chirping in the background. On such a gorgeous day as this in September, people were out and about through the river. Boats



were passing me by and a group of kids jumped from rocks into the cool depths. Off to the side, there were short rough paths through the woods that led me to a secluded corner looking out into the mouth of the wetland. There sat a wooden log on its side, perfectly placed for a calm reflection viewpoint.

I sat out here in the heat of the afternoon sun, watching as boats filled with people soak-

ing up the last of the warm weather floating by me, and simply being. I imagined what this spot would look and feel like without all the hustle-bustle of the boats or people in the water when the weather turned just slightly cool with the falling leaves and coming snow.

This refuge spans about 550 acres around the Pettaquamscutt Cove and Narrow River, but there is no trail sys-

tem throughout. This spot off of Route 1A offers a great look-out over the refuge, but does not nearly give the entire space justice. To see more of this refuge and the wildlife that it protects, kayaking and boating along the river is recommended.

But for those who just want a nice spot to sit down and enjoy a glimpse of nature, this is the perfect place to do so.



Finding the Trailhead:

Not much of a trail, this is quite easy to find. It is located right on the edge of Route 1A in Narragansett, Rhode Island. Going north on Route 1A from the Narragansett State Beach, it is about a one mile (or two minute) drive to the entrance of the refuge right after the bridge going over the Pettaquamscutt river. Heading south along Route 1A, it is about 6 miles (or 10 minutes) from the exit for Wickford and Narragansett off of Route 138. Parking is available on both sides of the road.

Notes:

Due to its close proximity to the road, sound pollution can heavily affect the area. During warm, sunny days, expect to encounter a lot of boats crossing under the bridge and cars going back and forth over the road. This will be much quieter and calmer during the colder months, but still expect some sound pollution from the road. But with its wide open fields and picturesque water views, this is a haven for all people to enjoy.



Canonchet Trail Narragansett, RI

Easy to moderate trail | 1-2 hours | Sneakers necessary



There are some places that you pass by every day but never go to. Canonchet Trail is one such place for me. Situated directly across from the Narragansett State Beach, I would always drive by and tell myself to check it out “next time.” Well, that “next time” finally came when I forced myself outside to discover what this hiking spot really had to offer me.

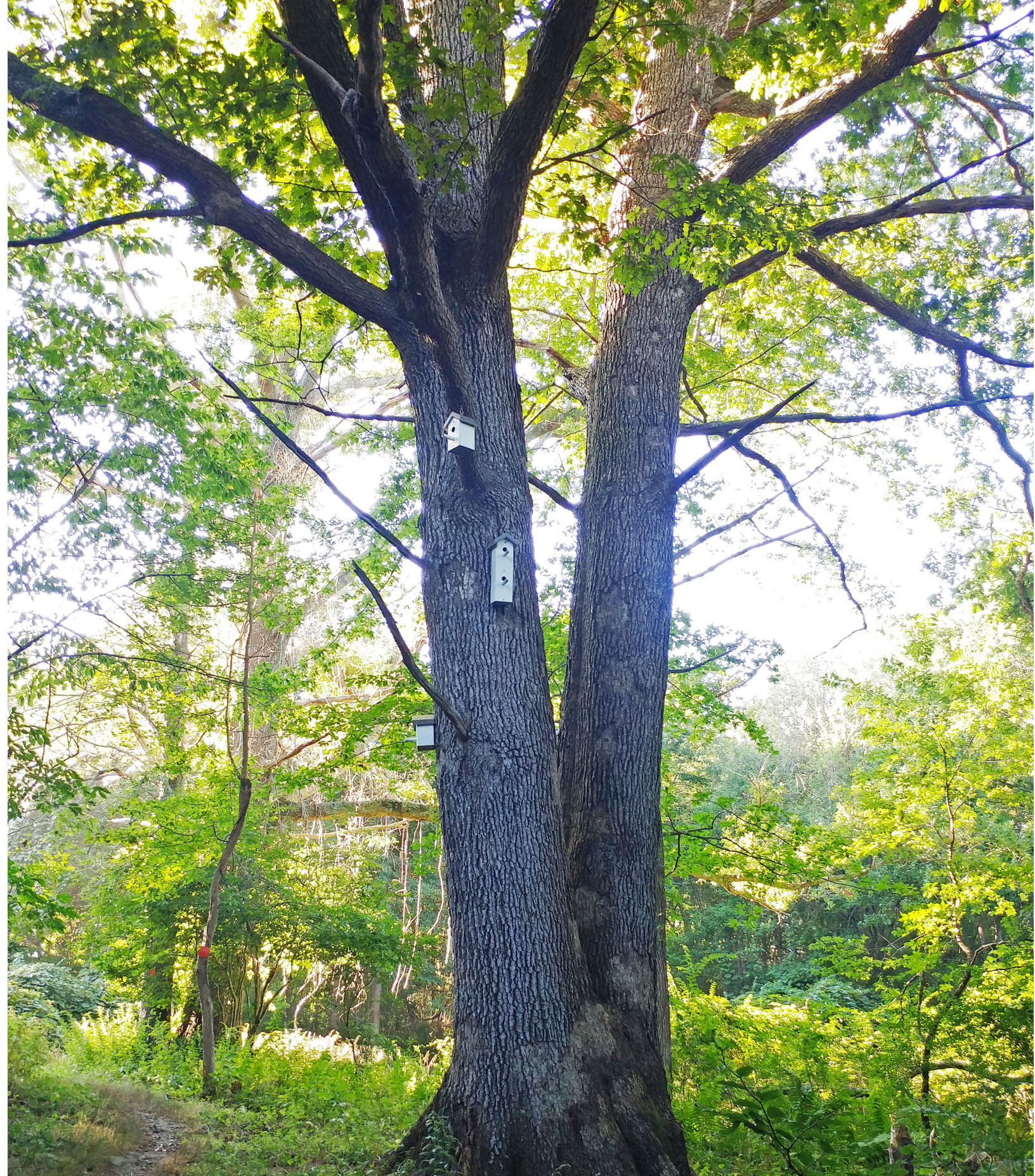
Most of the people who parked in the parking area were

walking over to the beach as there wasn’t much parking to be found in the main beach parking lot. Walking up to the trailhead, I could still hear the sound from the road and people going to and from the beach. An 80-degree, sunny day in the middle of September was bound to draw a lot of beachgoers, but I was hopeful that the path wouldn’t be as busy as the beach.

As soon as I walked into the underbrush, though, all those

outside noises immediately disappeared and it was just me in the woods. Immediately I knew that I was going to enjoy this walk.

The trail brought me through the woods and over wooden boardwalks. Cutting through a side path I found myself on the edge of a magnificent wetland. Later I found out this was Pettaquamscutt Cove and was part of the Chafee Wildlife Refuge. I watched as a duck lifted off



Nestled just a quarter mile into the trail are trees filled with wooden bird houses. A nice and surprising touch to the typical landscape of the woods.

from the water and into the air. There was nothing to say about this moment except that it was breathless.

I felt that I could stay looking out over this wetland for ages, but then the bugs appeared. Due probably to a combination of the late hour and proximity to a wetland, a swarm of mosquitoes and other bugs attacked me where I stood, forcing me to run out back into the woods. There I wasn't attacked as much from the insects, but I still had to walk quite quickly along the path to avoid their biting attacks.

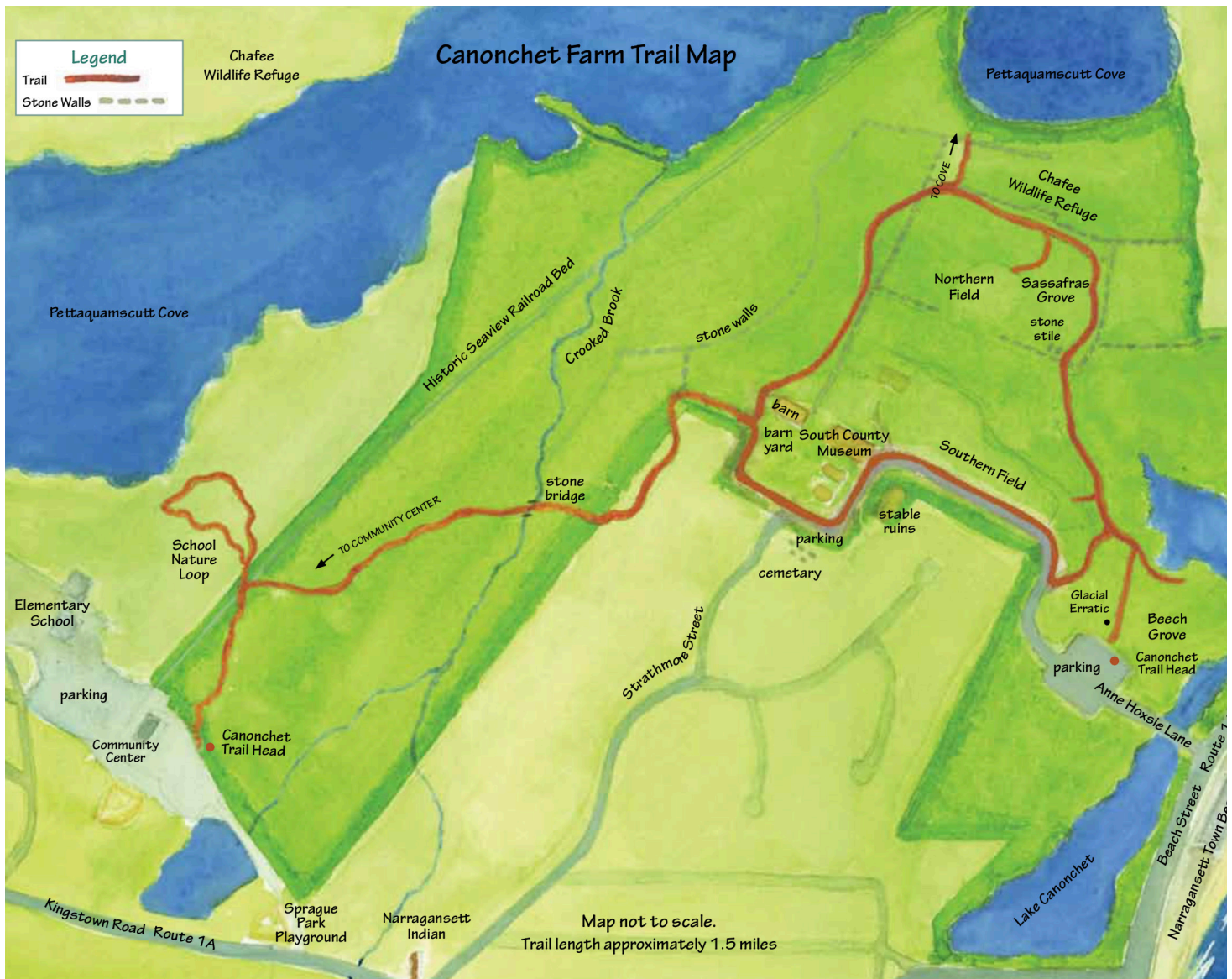
While my time made it possible to only walk along a short portion of the path, I could see how it continued on much further. A sign about a half mile down shows a little more background of the path you are walking along and some more information about the types of plants and the area you are seeing right now. These little additions to a trail makes the walk so much more interesting as you realize that the trail is more than just a stroll through the woods but enriched with history and soul.

On the way back to my car, I

dragged my feet and tried to take as long a time as possible before I had to face my reality. Then, out of the corner of my eye, I see a small grey bunny scurrying off into the woods. I crouch down low to get a photo, but he ran away too fast for me.

Light on my feet after seeing a bit of wildlife in this hidden oasis, I'm not paying too close attention to my surroundings. Suddenly, I find myself staring right at a deer in the path in front of me. The deer looks at me, then I look at it. And without further ado it jumps off into the





Map courtesy of the Friends of Canonchet Farm.

woods and races along.

I knew by coming to this place that I would see some beautiful scenery, but I didn't realize how much of a world full of bursting of wildlife, nature, and beauty I was actually coming into one.

Finding the Trailhead:

Situated directly across from the Narragansett State Beach, this is an easy parking lot to find. Off of Route 1A heading south, you will take a right down Anne Hoxsie Lane and park in the large parking lot there. The trailhead is nestled in the right edge of the parking lot with a large wooden notice board posted in front. There is another trailhead at the opposite end of the trail at the Narragansett Community Center located off of the Kingstown Rd.



Long and Ell Ponds Hopkinton, RI

Moderate to difficult trail | 1-2 hours | Sneakers or Boots necessary

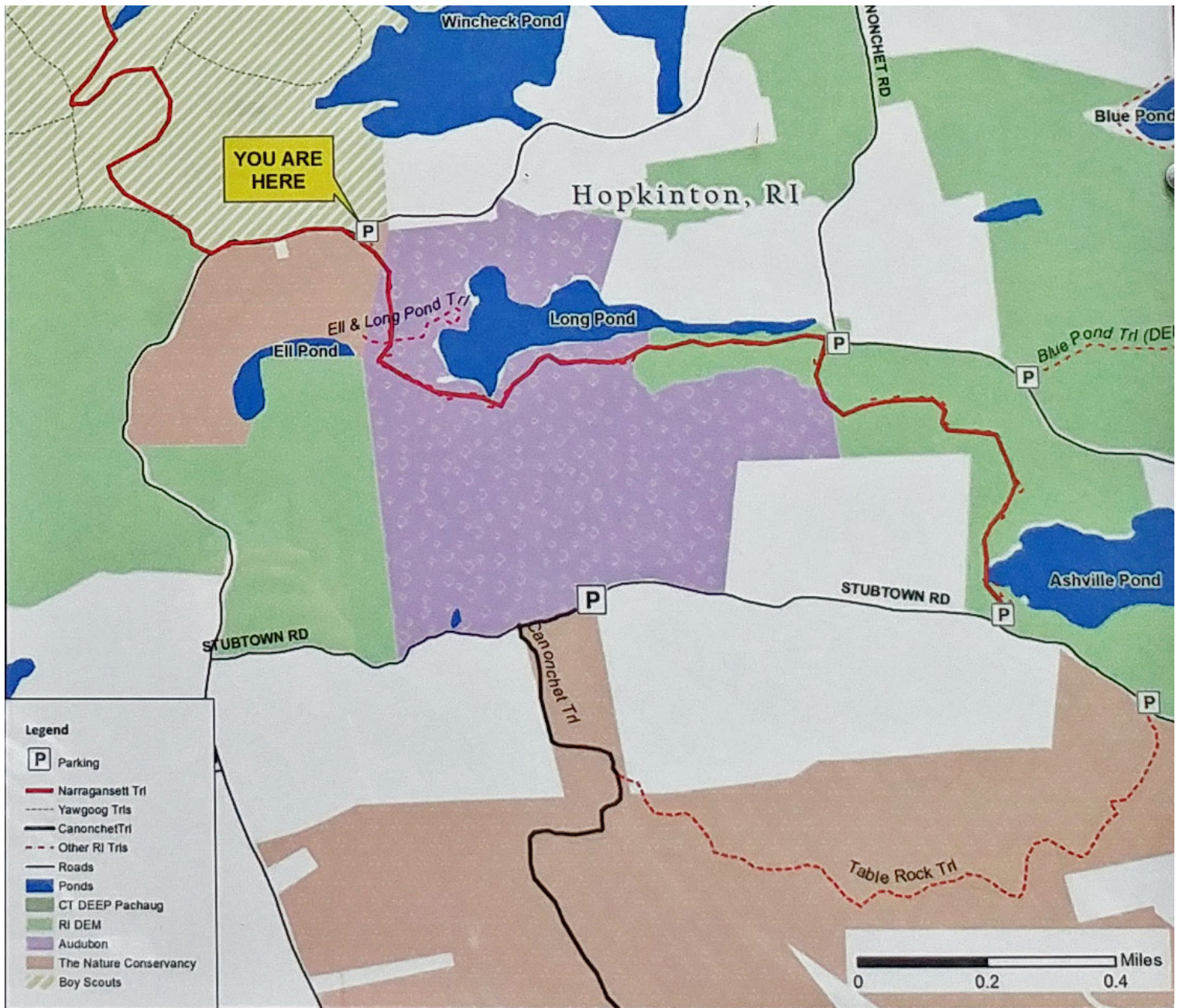


After travelling along winding, dirt roads, I finally found myself at the trailhead to one of my favorite walks in Rhode Island. Tucked away in the Arcadia Mountains, I fell in love with this trail the first moment I ever stepped on it. While there are many trails throughout Rhode Island, not many make you feel like you're in a different place in the way that this does.

At the North Road Trailhead, where I started my trek, my first step took me immediately into the trees and underbrush. Rocks surrounded me and I found myself climbing, crawling, and jumping over big and small obstacles all around the path. Stepping along a small rock cliff, to the right of me dropped 10 feet and was filled with a green bush, looking almost like a rainforest.

Not a typical Rhode Island path, this one is much rougher and involves more effort and experience like you might find in a trail up north in the mountains.

While not a very busy path, there was a good amount of hikers and walkers also enjoying the trail. One group, a family with young kids, was decked out in neon colors. Though the area we were hiking didn't allow for



Notes:

You can start the trail at each of the trailheads. This map is taken from the North Road Trailhead, where I started my walk. Watch out for the rocks on the trail with moss, they can be slippery!



hunting, it's important to be safe just in case.

Taking a left at the fork I was met with a large rock face. Signs lined the trees, forbidding rock climbing up the face of the boulder. On the other side of the face was a more manageable and safer climb up to the top of the boulder. With hands over knees, I made my way over some rocks, around short trees, and onto the open baldface of the rock. Finally to the top, I could look out over the pond below me and the green forest surrounding it.

With a big deep breath, the whole world is able to slip away and I can take in the secret beauty of Rhode Island. Not just an ocean state, here in this place I can take in the rugged beauty that surrounds the picturesque

beaches of Rhode Island.

Walking back down the boulder, I continued my walk deeper into the woods along the trail. Coming with a friend, our travels were filled with stories and good times. While walking by yourself is always a great time for introspection and reflections, it is important to also take some time to build your relationship with new and old friends. Though the trail was rough and slow at times, I found myself immensely enjoying my time challenging my body and showing a friend how Rhode Island is not just a simple ocean state.

Finding the Trailhead

There are three trailheads for this path. For the North Road. Take exit 2 off of 95 towards

Hopkinton. Head north on Woodville Alton Rd. Towards Rt. 3. After half a mile, turn right onto Canonchet Road. For the first trailhead, drive 3.4 miles and take a left down Stubtown Road. Follow that about half a mile and a trailhead will be on your right. For the second trailhead, from Rt. 3, drive 2 miles along Canonchet Road and the trailhead will be there on the left. For the third trailhead, the one that I took, continue following Canonchet Road for about 3 miles from Rt. 3 and take a left down North Road (or Old Rockville Road). Follow this road for another mile and the destination will be on your left. All of these trailhead parking areas are very small, but there are some spaces on the sides of the roads for parking as well.





Some parts of the trail have you maneuver over large rocks, sometimes reaching over crevices between boulders. At one part of the path you will walk along a rock cliff with an eight-foot drop just to the side of you (pictured here). Despite the rough path at times, nothing can beat the beautiful view of Ell pond you'll find at the top of the trail (pictured above).

Stepstone Falls West Greenwich, RI

Easy to moderate trail | 1-3 hours | Sneakers or Boots necessary



Notes:

Keep your eyes peeled on your walks and you may come across some of nature's wonders. To the left are some puffball mushrooms I discovered during this walk.

CAUTION

unless you're with professionals and they say it's okay, don't eat anything that you find walking in the woods. You never know what you may be putting into your body:



Despite sometimes looking like a fool, it's important to remember to always bring your blaze orange or neon colors with you when you're walking in the woods! Though it may not be hunting seasons, you can never be too careful. I am pictured below wearing my neon vest.



Perhaps this is the worst road I have ever driven on in Rhode Island, but it was entirely worth it. After taking us down a steep, winding, dirt road, we cautiously pulled over right next to a small bridge. I was with my best friend, Lauren, who also happened to be my favorite adventurer. Today we were going to explore a brand new trail and take in the \changing fall colors. After being stuck inside for our classes all week long, this was a great change of scenery.

There were a couple people enjoying the day around

us, some families and a couple walking along the road and path. After we parked right next to the river, we made our way down to the waterfalls. Right next to the road, it wasn't too difficult to find the falls and take in the rushing water. Though nothing like the Niagara Falls, these small cascading falls had a petite beauty about them that pulled us and many others in. Walking all around the waterfalls, we discovered a

trail that kept going down and across the waterfalls. Wanting to see where it would take us, we decided to keep going and continue enjoying the changing colors.

This unexpected path took us deeper into the woods, far away from people and civilization. A gorgeous wooden bridge took us back over the rushing river onto a path littered with fallen golden leaves. Along the way, we came across

mysterious mushrooms (most likely puffball mushrooms) growing on a fallen log, a trail used for horseback riding, and a stone foundation probably of an old farm.

It was a trail for slow walking and long talking. Not a very strenuous or demanding trail, Lauren and I were able to catch up with what we had going on in our lives while taking in the beauty of the changing world around us. Spending most of



our time completing homework and walking around campus, finding ourselves deep in the woods was a welcome change.

Of course, we got lost. While this trail was beautiful and a great experience, it's not supposed to be a loop. Somehow, we actually made it into one, though. After pulling out our phones to figure out where we were, we were able to get onto St. Park Road which took us back to Escoheag road and

then back to the beginning of the falls and our car. The trail kept going past where we turned off onto the road, so for those more adventurous there is plenty of more space to explore.

Finding the Trailhead:

From I-95, take exit 5a and continue onto 102 South. Turn right onto 102 S and Rt. 3 South. Continue straight on Rt. 3 for 1.3

miles and turn right onto Rt. 165 West. After 5 miles, turn right onto Escoheag Road. Stay on this road for 2.4 miles and turn right onto Falls River Road. The beginning of the trail and waterfall is about half a mile on the right. Parking is available on the side of the road.



Black Point Narragansett, RI

Easy trail | .5-1 hour | Sneakers necessary



While this is the second year that I've lived in Narragansett, this was my first time ever walking at Black Point. Tucked away right before Scarborough State Park, this little trail is a haven for those looking to take in the ocean views and cast a line out into the water. Starting at a little quaint parking lot, there are two directions to go: left or right. The left will take you on a quick loop around tall, wind swept trees and the right will take you down and around the cliffs to the ruins of a carriage house to an 1895 mansion.

I first went left and took the short loop around through the trees. These trees are not large, sloping oak or pine, but thin, sturdy trees that have

developed specifically for the high wind strength, salty air, and sandy ground. They have a unique beauty to them in the way that they twist and turn in every which way. Though this path took just a short few minutes to complete, it's certainly not something to miss.

Getting back to the beginning of the trail, I turn right towards the ocean and cliff path. Along the path are rough side trails leading down to the breaking water. Fishermen sporadically dot the rocks casting out their lines towards the horizon.

If what you're looking for is a nice rock crevice to crawl into and look out into the breaking water, then this is the perfect place for you. If what

you're looking for is a nice walk crawling over rocks and exploring tidepools, then this is the perfect place for you. For myself, I simply wanted to walk along the rocks and trail, looking out towards the water. And that's exactly what I found.

Though a rather warm day for September, there weren't too many people out enjoying this path. I came across a couple of runners, walkers, and fishermen, but for the most part I was able to walk with minimal human interaction, which was exactly what I wanted. My walk brought me around bends and out towards the beginning of Scarborough State Beach. Towards the end of the path lay ruins of an old building. At the time I wasn't



quite sure what the ruins were, but I could imagine that the ruins used to be a part of a rich, expansive homestead. Taking in the ruins, I could see myself bedecked in a long 19th century dress staring out from one of the top windows and taking in the view of the ocean before me.

After an internet search, I discovered that the ruins were actually of a carriage house and was part of the estate called Windswept that was built in 1895. The family who built this estate, the Davis family, amassed their fortune from selling a pain killer tincture, which is believed to be the first nationally advertised remedy for chronic pain.

After crawling around the tall weeds and shrubs growing in and around the ruins, I made my way back up the path and to my car. It was a beautiful and relaxing walk that was perfect to de-stress after a long week of assignments and responsibilities.

Finding the Trailhead:

Take the exit from Route 1 for Narragansett and Point Judith and turn right onto Route 108 South towards Point Judith. Stay on 108 for about 2 miles, then turn left onto Clarke Road. At the end of the road, about .7 miles, turn left onto Ocean Road. The destination will be on your right in about .2 miles. A one-way parking lot, there is a large sign facing the road at the back of the parking lot with Black Point on it.



Lincoln Woods Lincoln, RI

Easy trail | 1-2 hours | Sneakers necessary



One of the first places I heard of after coming to Rhode Island, I knew that Lincoln Woods needed to be in my guide. This walk follows along a paved road that circumvents Olney Pond and is a very popular walk for many people.

Coming by myself on a late Saturday morning, I easily found a parking spot among the cars along the road. All around me I saw people walking, biking, and running along the road. Quickly finding a rhythm, I began my walk counterclockwise around the pond. Finding a path down to the

water's edge, I decided to see where it led and check it out. I discovered a peaceful grove of picnic tables overlooking the water, perfect for any family's getaway. A small path looped its way through the trees around the bend of the pond.

Feeling adventurous, I decided to see where this path led me. Coming around a corner, I found someone enjoying the nice day and looking out on a blanket on the side of the hill looking out over the water. Seeing the peacefulness in their manner, I could imagine how nice and comfortable this

place would be if I needed to get away from the world.

Despite the nature surrounding me, I could not entirely escape the real world. So close to Route 146, the sounds from the highway were clear across the entire pond, reminding you at all corners that the real world wasn't going anywhere. While not a complete nature getaway, for those hoping to find a quick escape, this is a perfect place given its close proximity to Providence.

Getting back onto the main road, I continued my walk up and down the hills, over the



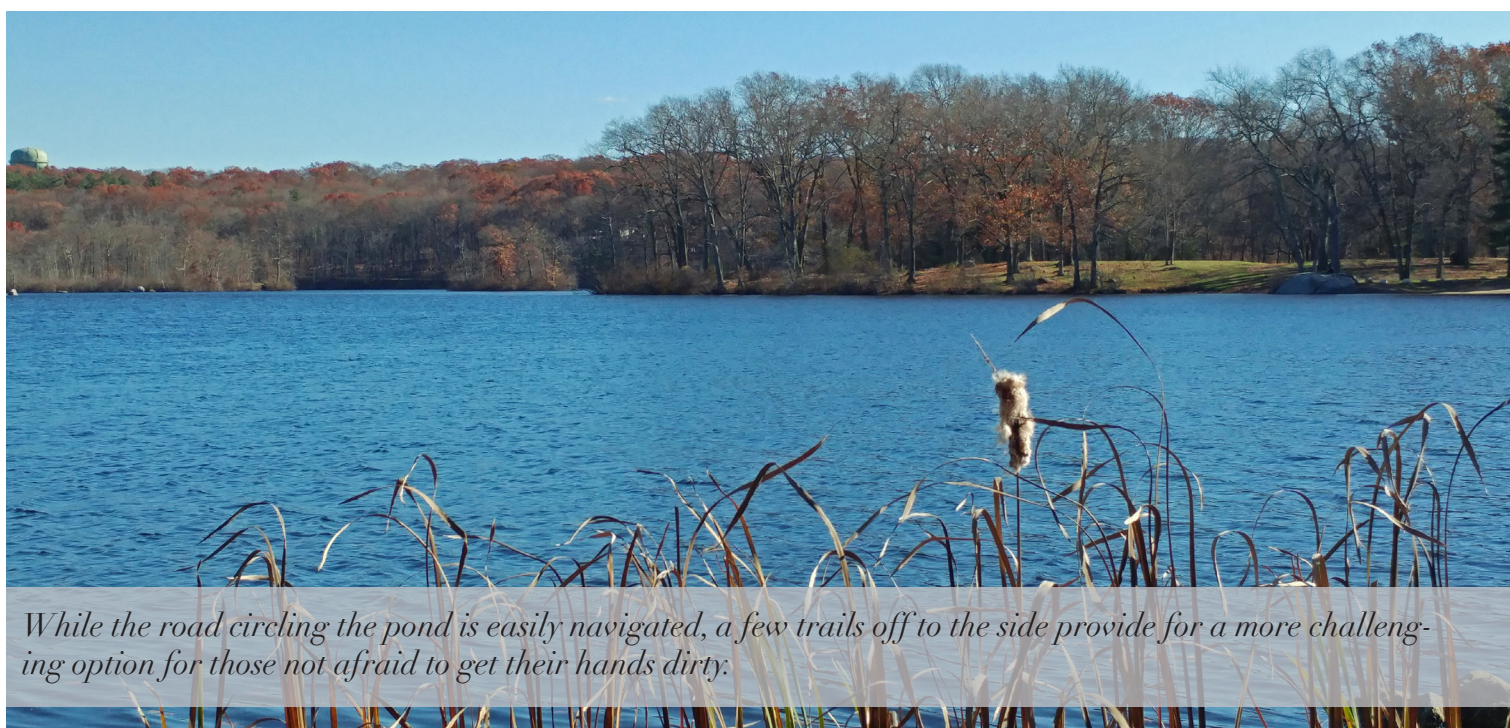
fallen leaves, and around the pond. Finding myself near the end of the loop, I discovered a small trail leading off closer to the water, perfect spot to enjoy the sunset. Here were large boulders and rock outcrops looking out over the water: a perfect spot to rest and take in the views.

Back on the main road, I finished out this short walk and found myself back at my car. If you're looking for a nice, easy stroll overlooking a picturesque pond, this is the perfect spot to be. Unmarked trails surround this main walk-

ing area, but be careful of these trails and be sure you keep a GPS device on hand in worst case scenarios.

Finding the Trailhead:

From Interstate 95, take exit 23 and merge into Route 146 North toward Woonsocket. Continue for almost 5 miles and take the exit for Twin River Road. Turn left onto Twin River Road and after a third of a mile you will make it to the entrance of Lincoln Woods. Find parking along the road or in the parking lots to the right when you enter the park.



While the road circling the pond is easily navigated, a few trails off to the side provide for a more challenging option for those not afraid to get their hands dirty.

Napatree Point Westerly, RI

Easy trail | 1-3 hours | Sneakers necessary



This guide would not be complete without featuring a beach walk! Napatree Point is a special beach for Rhode Island, as it represents more than just a simple summer destination - it's also a wildlife preserve. It is the southernmost and westernmost point for mainland Rhode Island. Jutting out towards Connecticut,

this 1.5 mile peninsula is home to a bunch of wildlife including the federally endangered piping plover, deer, fox, osprey, migratory birds and more. With a long beach stretching along one side of the point, the other has a much different vibe as it offers a more rustic and nature feel to it.

Coming here with a friend,

this was the perfect time to reconnect with someone who I haven't seen or talked to one-on-one in a while. With the beach stretched before us, we spent our time talking and taking in the setting sun. Our conversation was lively and interesting and our silences were relaxing.

Though the wind was biting



at our ears and necks, the walk was easy and comfortable. A few surfers were braving the cold waves as they tried to take in the last waves of the day. A few others were like us and decided to take in the views of the beach, but for the most part we were by ourselves.

We didn't think we would be there long enough to see

the colors of the sunset, but the waning rays as it came in and out between the clouds created spectacular views that were just as satisfying as a multi-color sunset would be. Looking at photographs online, it is clear that this is a perfect place for those searching for beautiful sunsets and sunrises.

As the ocean state, beaches

are everywhere. You don't need to travel far to enjoy the beauty of this state. A walk along the beach is a perfect way to step away from the world and take a few moments for yourself. And you don't need to wait for the warm, sunny months of summer to enjoy the beauty of Rhode Island beaches. Some might even say that the desert-

ed, crisp beaches during the winter months have an unparalleled beauty that can't be ignored. Whatever your preference, any beach in Rhode Island is sure to make for an incredible walk.

Finding the Trailhead:

From the north, take Route 1 South and right after Charles-

town turn left onto Route 1A and Shore Road. From the south, take Route 1 North toward Westerly. After crossing into Rhode Island, turn right onto Main Street and follow this for half a mile. Then turn left onto Beach street which will become Route 1A south. From Route 1A South, after 5 miles coming from the north and 1.5 miles coming from the

south, turn left onto Watch Hill Road and continue for 1.6 miles. Stay straight onto Wauwinnet Avenue for .2 miles and then stay straight again onto Bay Street. After a quarter mile, turn right on Fort Road which is at a large parking lot and small shopping plaza. Find parking here or further along closer to the cabanas.





Fort Wetherill Jamestown, RI

Easy to moderate trail | 1-3 hours | Sneakers necessary



Probably one of the busiest destinations in Jamestown, particularly among the most adventurous. Wetherill State Park is a former coastal defense battery and training camp situated across the bay from Newport and Fort Adams State Park. The ruins are covered head to toe in graffiti and is a prime spot for many photographers in the area to come. It is surrounded by tall cliffs looking out over the water and is a perfect spot for a picnic with friends or a quick getaway from your reality.

Coming here with a couple of friends, all we had on our minds was climbing around the rocks,

seeing some great views over the Bay, and exploring some old ruins. We travelled to the end of the park to the boat ramp. Immediately after getting out of the car, we look out over to a little bay tucked into the park. Immediately we see two waterfowl enjoying the calm waters. Not knowing for sure what they were, their long necks and dark bodies told me that they were not ducks.

We stood on the edge of the rocks looking at these birds as they dived in and out of the waters searching for food. With our lives so hectic and fast-paced, it was a nice change to take a moment and just enjoy the beauty

of nature in front of us.

Turning to the ruins of the fort, we set off to do a little exploring. While not incredibly busy, there were a few families milling around the ruins and rocks. It was very easy for us to find our own corner of the park, though, and not be distracted by people around us.

Walking up along an easy path, we found ourselves on a rock cliff overlooking the Bay. These rock cliffs line all around the park over the water, creating a fun adventure for kids and adults of all ages. It was nice coming up here after a long week and taking in the wide, beautiful



The fort is a popular spot for photographers all across Rhode Island. Make sure you take the time to shoot a few memories inside the ruins and take a few portraits outside on the rocks.

world around us all.

Finding the Trailhead:

Heading south on Route 138 East, take the exit for Jamestown right

before the tolls and Pell Bridge. Continue straight onto Conanicus Avenue for 1.5 miles. After a slight left, Conanicus Avenue turns into Walcott Avenue. Continue here for about a half mile. Then turn

left onto Fort Wetherill Road at the sign for the park. Parking lots are on the right side of the road and the boat ramp is all the way at the end of the road.

Barden Reservoir Foster, RI

Easy trail | 1-2 hours | Sneakers necessary



A new walk for me, I wasn't quite sure what to expect when I set out on this adventure. A nice four-mile loop, this is an easy walk travelling all around the Barden Reservoir. Though not a trail in the traditional sense, don't think that this walk should be ignored. This walk follows along four different roads: Central Pike, Ponagansett Road, Hemlock Road, and Kate Randall Road. Because these are functioning roads, it's possible for cars to interrupt your wanderings.

Part of the Scituate Reservoir system, the water and land surrounding the water are off limits to the public. Fences and

signs surround the water forbidding people from fishing, boating, picnicking, skating, bathing, trapping, hunting, smoking, building fires, and any other acts that may pollute the water or injure the property. Despite those regulations, the views of the water and the land surrounding it are quite spectacular. While some of the road loops up into the woods and around the farms dotting the area, some parts of the roads hug the water giving beautiful views over the reservoir.

I found myself enjoying the crisp, November air as it bit at my ears walking around the

reservoir. Luckily I didn't come across many cars to interrupt my walk, but when I did I made sure to stand to the edge of the small dirt road to be as safe as possible.

Luckily I found myself walking with little to no wind, which made the freezing temperatures just a little bearable. Glancing down at the water, you could make out a couple spots where the water had begun to lightly freeze over from the 30-degree weather. Though for the most part I was comfortable in my walk, the next time I will be sure to bring along some gloves and a cover for my ears.

One of the most distinguishable marks to this walk is the man-made waterfall sitting at the bottom of the reservoir. Though pushed back into an area not accessible to the public, standing at a nearby bridge will give you a great view of the falling waters.

While I didn't see much wildlife during my walk, I can only imagine how busy the area can be with nicer weather. Birds, fish, and small animals make their homes in and around the reservoir, making

it the perfect spot for wildlife seekers to visit.

While not a very challenging walk in any regard, this walk is perfect for those looking to get away from a busy life and to talk in the simple beauties of a back country road.

Finding the Trailhead:

From Interstate 295, take exit 7 onto Scituate Avenue. Continue straight after .3 miles onto Shun Pike for .7 miles. After a slight left onto Green

Hill Road, continue to the end of the road to the intersection with Route 14. Turning right, head west for about .7 miles along Route 14. Continue on this for about 7 miles and turn slightly right onto Route 102 North, careful not to turn onto Rockland Road. After 1.4 miles, turn left onto Central Pike. Follow this road for 1.8 miles and the reservoir will be on your left. Park along the side of the road just past the bridge over the reservoir.



Pulaski Park Gloucester, RI

Easy trail | 1-3 hours | Sneakers necessary





Driving to the end of the park, a small beach and picnic area starts off the walk. Going either left or right from the beach, this 2-3 mile loop takes you up and around Peck Pond and will even bring you across the border into Connecticut.

Coming here for the first time by myself, I was immediately struck by how silent and secluded the area is. Unlike other walks I've done in Rhode Island, I could barely make out any human noise pollution besides a couple rumblings from planes overhead. I found myself second guessing my surroundings a couple times, wondering if I heard something or not. Despite those beginning worries, I soon found myself taking comfort rather

than worry from my surroundings.

While a small dirt road went all the way around the pond, a shorter, rough trail connected closer to the water and provided a more difficult trek. Wanting to escape from the human interference as much as possible, I decided to take the smaller trail rather than the dirt road. After jumping from rock to rock and crawling over a fallen tree, I found myself enjoying the thrilling nature of the trail. Unlike other trails I've taken, this one seemed much less traveled giving it a rougher edge. A small bridge over a babbling brook was broken nearly in half by a fallen tree. Luckily the tree wasn't too large so the bridge was still easy to cross.

Of course, this guide wouldn't be complete if I didn't get lost at least once on my walks. Trying to follow the small path around the pond, I somehow found myself on an alternate trail crossing back over to the road. Luckily, I still

have a relatively good idea of direction and I knew that I wasn't completely lost. It also helps that my phone has GPS and I had service. I knew that if I kept going right eventually I would find myself back at the pond.

After climbing up and down a small hill I finally found myself back at the main trail as it crossed the Keach Brook. Taking a nice calming breath, I continued onto the right trail and quickly found myself at the end of the trail.

This trail was probably one of my most favorite walks from this entire project. The weather was perfectly crisp from the changing seasons and the solitude the trail brought me was a perfect way to close out the end of a stressful week.

Finding the Trailhead:

From Route 44, turn onto Pulaske Road. After half a mile, turn right at the sign for Pulaske Park onto Center Trail. For parking, continue along this road all the way to the end at the entrance to Pell Pond.



Sachuest Point Middletown, RI

Easy trail | 1/2 - 1 hour | Sneakers necessary



Coming here for the first time three years ago, I instantly fell in love. Such a special, beautiful place, it is always on my to-do list when I cross over the bridge into Newport. With 242 acres of sprawling fields and rock embankments, this national wildlife refuge offers 3 miles of flat trail perfect for those seeking a glimpse of wildlife or breathtaking views of the bay.

My friend and I found ourselves walking these trails a little after 3 p.m., during the Golden Hour. This is a time just before sunset and after sunrise when the sun gives off a softer glow, making it perfect for photography. After a fun

photoshoot of each other along the rocks, we continued on with our walk throughout the trails.

“Walk silently,” my friend said to me. Looking to the left over a field, we saw a herd of at least 10 deer munching away at the tall grass. Usually at the back of the national park at the Flint Point Loop Trail, it was quite unusual to see them so close to the Ocean View Loop Trail we were walking. After taking a few moments to take in their cool, collected behavior as they ate their dinner, we continued on with our walk around the rest of the 3-mile loop.

Continuing along, we

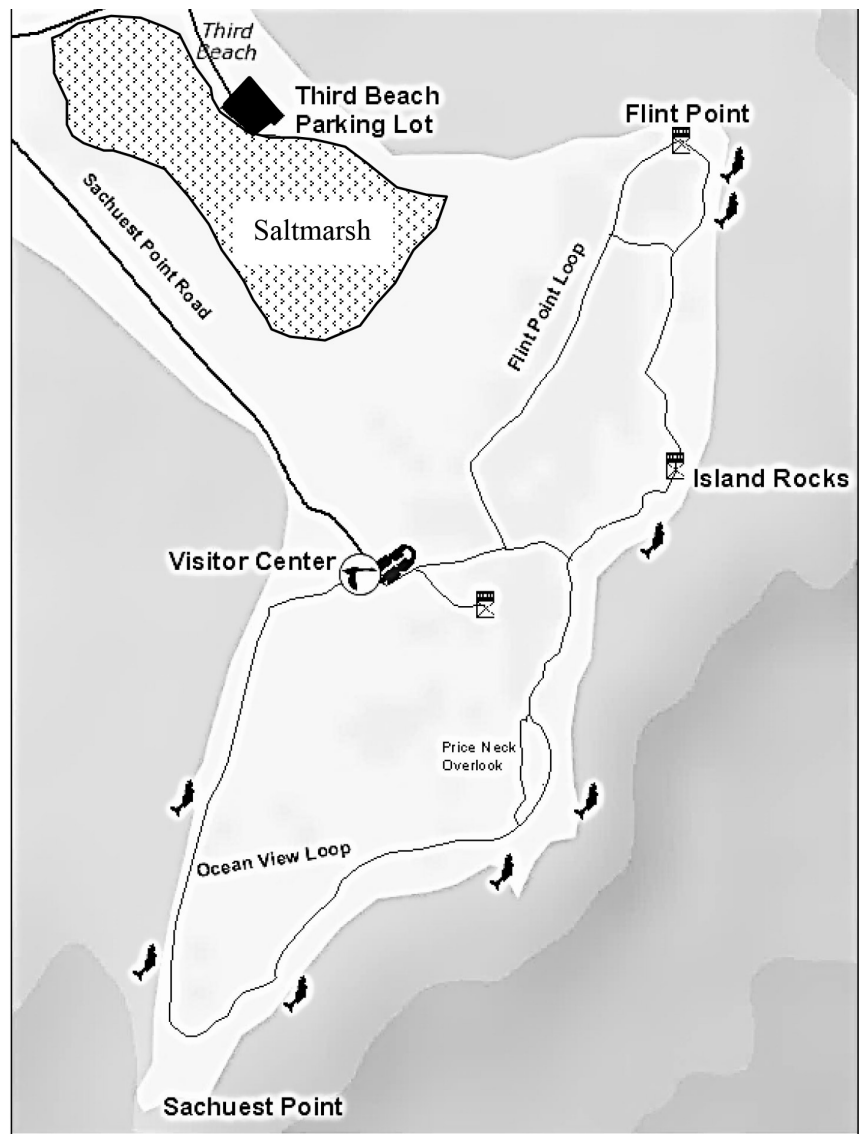
passed by a myriad of different people. Nature photographers stepping off to the side of the trail, hoping to catch the best photo; a young couple taking their baby out for a walk; an older couple stretching their legs; and runners of all ages taking advantage of the smooth, flat trail. A place for all people to enjoy, I can see why this place is so popular all year long.

We stopped for a few moments at a bench overlooking the rocks and water to watch the final rays of sun disappear. It was a silent time, we didn't need to fill it with conversation or insignificant words. It was just us looking out over the

big, wide world as it changed right before our eyes.

Finding the Trailhead:

Following along Route 138 Easy, take the Rhode Island 238 Scenic exit toward Newport. Turn right onto 238 South. After a quarter mile, turn right onto America's Cup Avenue for .8 miles. Continue straight onto Route 138A and Memorial Boulevard for 1.7 miles. Go straight onto Purgatory Road for .8 miles and straight again onto Paradise Avenue for .1 miles. Take a slight right onto Hanging Rock Road for .3 miles. Continue straight onto Sachuest Point Road and the park will be at the end of the road, in about 1 mile.



Map courtesy of Sachuest Point National Wildlife Refuge.

The refuge is only open sunrise to sunset, so be careful to give yourself ample enough time to get back to your car.



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