

Greenwords:

Don't let cold weather keep you from the trails and greenways

The first snow of winter was a thrill that promised cross-country skiing, snow shoeing, hiking, sledding and the chance to discover tracks of animals we do not ordinarily encounter in our neighborhoods. Several weeks later, we can suffer from cabin fever and forget how we looked forward to snow. Our moods may sink when we don't exercise, making us groggy and crabby.

To avoid a cabin fever epidemic in Rhode Island, GARI members and friends from local land trusts and community trail groups stepped forward to identify a variety of hometown hikes for this issue. Chris Shafer of the Appalachian Mountain Club contributed the lead story on the AMC along with an article on essential clothing and equipment for winter hikes close to home.

This issue highlights outdoor resources easily accessible to cities and towns where many of us live. Some are well known, such as the walk in Roger Williams Park submitted by GARI Past President, Richard Santopietro, and the Swan Point Hike written by GARI member Eric Weis. Others are new, like the Ten Mile River Walk in Pawtucket's Slater Park, submitted by GARI friend Benjamin Cote. Elli Panichas invites us to visit Neutaconkanut Hill Park, "Hill of Squirrels," a delightful hiking

continued on page 2

AMC's trail improvements touch on many Rhode Island Greenways

By Chris Shafer



AMC volunteers and the R.I. National Guard worked together to build a new bridge in April 2008

When people think about the Appalachian Mountain Club, they probably envision the soaring, rocky peaks of northern New England or the rolling mountains extending south in Pennsylvania, Virginia and Tennessee. What they probably don't realize is that the AMC has a major presence in Rhode Island in the form of the Narragansett chapter of the AMC.

continued on page 6

What to wear on a hometown hike

Although winter in Rhode Island is not nearly as severe as in northern New England, a winter hike of any length in Rhode Island needs to take into consideration the elements of weather and ground conditions. Weather elements include temperature, precipitation, and wind. Ground conditions may include snow (dry, frozen, or melted) and ice.

Winter clothing should be selected based on the need to guard against loss of heat from the body, which could ultimately lead to hypothermia

in an extreme situation. Two areas of particular importance, relative to heat loss include the head and the chest area.

Colder days:

Head: Wear a fleece or wool cap that also covers the ears.

Chest: The use of the layering principle for dressing is especially pertinent in the winter, with the goal to stay appropriately warm without

continued on page 2

In this Issue:

Dear Dr. Sprocket 3

Connecting the DOTs 6

Hometown Hikes 4

Join GARI 7

Greenwords

continued from page 1

opportunity right in Providence. The Sakonnet River Greenway Hike, submitted by Andy Arkway of the Aquidneck Land Trust, provides a quick getaway for residents from nearby towns.

The Lime Rock and Carter Preserves are two of a number of properties owned and managed by the Audubon Society of Rhode Island. We chose to include these preserves because they are close to the centers of Providence and Westerly-Charlestown. More sites are included at www.nature.org/rhodeisland under "Places We Protect."

Hikers from Westerly and Charlestown will enjoy the Dr. John Champlin Glacier Park and Grills Preserves owned and managed by the Westerly Land Trust. More information can be found at www.westerlylandtrust.org. Event calendars from these and other groups can be found on the GARI web site at www.rigreenways.org.

Rhode Island state parks offer a variety of hiking opportunities close to home. Goddard Park, Lincoln Woods, Colt State Park, and the Blackstone, Woonasquatucket, and East Bay Bike Paths have trails that can provide a variety of hiking opportunities. Information about state parks can be found on the R.I. Department of Environmental Management Web site: www.dem.ri.gov. Click on the link to Parks, Beaches, Campgrounds. Maps and directions to greenways can be found on the R.I. Department of Transportation website: www.dot.ri.gov/bikeri.

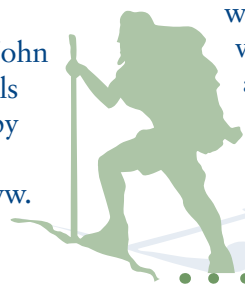
We encourage you to strap on your boots and venture out for wintertime adventures. This issue provides you with all you need to play in the cold and snow.

Sue Barker, GARI Chair



What to wear

overheating or cooling. Layering allows for taking off the outer layer to prevent overheating during exerting periods of the hike. The goal is to prevent perspiring and subsequent cooling when breaks are taken. The bottom layer should be underwear made from polypropylene or other material that will wick sweat away from the skin. Avoid cotton since it will not wick sweat away and loses its insulating properties when wet. The middle (insulating) layer should include a wool or fleece element such as a wool shirt or a mid-weight fleece vest or mid-weight fleece jacket. The outer layer should be breathable and desirably



windproof and waterproof if venturing out on windy days and/or days with rain or snow in the forecast. Gore-Tex is a standard material used in the outer layer, though other

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continued from page 1

high tech materials have also been developed. Gore-Tex helps the body release moisture, while preventing wind or moisture from entering.

Legs: Long underwear (bottoms) is appropriate. Though not as critical as the chest relative to heat loss, the legs need to be kept dry. For days with rain or snow forecasted, a Gore-Tex or similar outer layer to cover the pants (or underwear) is desirable.

Hands: A pair of fleece or wool mittens are needed and a thin inner liner glove is desirable so that bare skin is never exposed.

Milder days:

Head: A year round cap, such as a baseball cap, may be sufficient.

Chest: Long underwear is probably not needed. However, avoid wearing cotton shirts to cover the skin; instead wear a synthetic material shirt over the skin and, if needed, a lightweight wool shirt or similar over it for added warmth. A lightweight fleece outer layer should suffice.

Legs: Long underwear is probably not needed. Year round hiking pants may be adequate.

Hands: A lightweight pair of gloves or mittens should be worn or carried along as a backup, if needed.

Feet Matter:

A few issues must be dealt with to protect feet in the winter.

Socks: Avoid wearing cotton socks since they do not wick moisture, which can result in blistering and cold feet. Instead, wear a synthetic sock made for hiking and consider also wearing a wicking liner sock. For colder days, wear a heavier synthetic sock.

continued on page 7

Dear Dr. Sprocket,

Dr. Sprocket will answer questions in each issue of Trail Mix.

Q Dear Dr. Sprocket, This year I made New Year's resolutions that I know I needed – lose some weight, get more exercise, and eat better. So far, I'm not doing very well on any of them. I'm afraid if I don't find a way to at least start, I'll just fumble around the way I've done in years past and have lots of anxiety, too. Help!

Discouraged in Davisville

A Dear Discouraged, I know how you feel. After experiencing a similar fate, I've come to the conclusion that ordinary New Year's resolutions can be more trouble than they're worth. We go through the year feeling guilty that we haven't been able to keep to them, and pin any dwindling hopes on making another set of new ones next year. For the past few years, I've used the new resolutions as a guide rather than an absolute demand, and treat every day as another opportunity to begin anew. Here's how it's been working for me:

Basic rule: Rather than setting general, non-specific goals (e.g. get more exercise), I pick a realistic, easily-measured activity that I know I



Greenways Alliance of Rhode Island Today!

can do, such as "Spend at least one hour walking every week." That allows me some flexibility in organizing my days around such barriers as snowy or bitterly cold days, an overfilled

schedule, injuries, etc. It also keeps me from getting down on myself if I miss a day or two. The other end of the rule is to find a way to reward yourself – in a good way – when you've accomplished one of those measured goals.

These days, there are lots of articles in magazines, newspapers, and books on general and specific health-promoting lifestyles. I cut or copy the best articles and stick them on my refrigerator so I get constant reminders of what I want to do. After a while, they seem to become a part of my overall awareness and attitude about how I want to order my days.

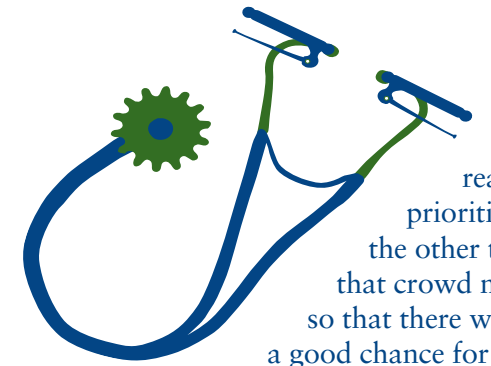
Other general steps I find helpful:

Get a buddy to accompany you, or just form a pact with a friend who has similar goals, and keeping each other informed and motivated.

Connect with the natural world, if only for a minute or two at a time. A quick walk, a lingering glance at a sunset, or hearing a songbird's call gives me a needed boost every time. Our bike paths and nature trails here in RI offer wonderful, free opportunities for families to reconnect with nature.

Visit a library to peruse its collections of magazines, books of every type, and staff that are aching to be helpful.

Once I've settled on a set of guidelines, I focus on



rearranging priorities of all the other things that crowd my life, so that there will be a good chance for the new activities to get done.

It's amazing how tenacious those old habits (that we know aren't really doing us any good) cling to us, taking time away from those truly rewarding life-enhancing activities. I know myself too well to keep food and snacks in my house that are not good for me. Here's where those (good) rewards come in handy...

By getting a kick-start from each new day, you'll be better able to jump back on schedule. Before you know it, you'll be feeling the positive effects, both physical and emotional, and upping the ante as well. When spring arrives in a few short months, you'll be eager to expand your reach and enjoy outdoor activities more than ever.

Send your Dr. Sprocket questions to rigreenways@rigreenways.org.



The winter is a wonderful time to enjoy a hike, especially on a sunny day in the snow.

Help Make Greenways in Rhode Island Happen: Join the

Hometown Hikes

Lime Rock Preserve

Where: Lincoln

What: The Preserve is a quiet oasis of in an increasingly developed area. The Preserve offers a variety of trails for winter hikers on 130 acres adjacent to the Moshassuck River and the Manton Reservoir. What makes this preserve distinctive is the variety of rare plant species that thrive in the calcareous soil around the ledges on the property. Ridges of recrystallized limestone allow more than 30 species to thrive.

Hikers can enjoy scenic vistas from the hills, including a view of the Lincoln town reservoir. Visitors might see wild animals that live among the preserve's varied New England habitats such as woodlands, forested swamps, streams, open water and the calcareous ledges for which the preserve is named. **How to get there:** Travel north from Providence on Route 146 to the Lincoln Woods exit (Twin River Road), and turn right at the end of the ramp. At the first light turn right onto Route 246 (Louisquisset Pike) and travel north about 2.4 miles to Wilber Road. Turn left onto Wilber and go about .5 mile to a small pull off on the right. Watch carefully for the entrance to the Preserve because it can be difficult to locate.

Ten Mile River Greenway

Where: Pawtucket

What: The Ten Mile River Greenway is one of the newest additions to the Rhode Island greenway network. The main feature of this walk is its location along the Ten Mile River and Central Pond, as well as different types of wildlife including water fowl, deer and coyotes. The trail extends from Kimberly Ann Rock Athletic Fields in East Providence to Slater Memorial Park in Pawtucket.

Parking: Park in Slater Memorial Park on Newport Avenue in Pawtucket.

Swan Point riverside ramble

Where: Providence/Pawtucket border

What: Swan Point Cemetery, on Providence's East Side, has been one of our region's most beautiful burial grounds since the mid-1800s. Many walk the cemetery's roadways to enjoy the tranquility found in this elegantly landscaped arboretum. Yet few are aware that Swan Point also hosts one of the best paths for walking along the Seekonk River. The cemetery welcomes visitors, with the caution that it is a burial ground, and all visitors should show proper respect. Enter the cemetery via the main gate (on Blackstone Boulevard) and get a map of the grounds at the visitor's center, or print one out from swanpointcemetery.com. Staying to the left, follow roads along the northern part of the cemetery to reach the river. The walk along the river can take you back in time. With an earthen rise to your right and the river to your left, ignore the industrial buildings across the river; you will witness the river as it existed hundreds of years ago. The woods are a mixture of oak, maple, birch and beech, with the occasional evergreen, and a variety of wetland plants. Halfway through your walk, a road comes down the river's edge. Shortly after crossing that road, look up the rise to your right and see a small structure. A closer look reveals a Victorian-era outhouse. Continue on along the riverside trail for 1/2-mile. You will soon reach a second dead-end

road. Ascend to the cemetery and enjoy a respectful, leisurely, introspective amble by the resting places of some of RI's most notable residents. Exiting the main gate, walk back to Hope Street to catch #42 bus back to Kennedy Plaza, or walk a block south on Blackstone Boulevard for a #40 (weekdays only).

How to get there: RIPTA's #42 or #40 bus (schedules: ripta.com) from Kennedy Plaza. Both buses will take you quite close to Swan Point Cemetery's main entrance, which is near the north end of Blackstone Boulevard.

What to wear: Waterproof boots

Neutaconkanut Hill Park

Where: Providence

What: Neutaconkanut, the Narragansett's word for "Home of Squirrels" is a title that still fits the 88-acre park. At an elevation of 296 feet at its peak, Neutaconkanut Hill is the highest point in the city. Hikers who climb to the top will view Providence



Walkers explore Neutaconkanut Hill.

and 25percent of the whole state.

The hill is habitat for deer, fox, wild turkey, rabbits, a variety of small mammal and birds, and of course, squirrels. The uplands offer several miles of walking trails through

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Rhode Island. Become a member.

woodlands and meadows. Hikers will pass stone walls, unique geological formations, and natural springs and brooks. Many paths and steps up the hill were originally created in the 1930s by the WPA.

How to get there: The park is on Plainfield and Killingly Streets in the city, a short ride from downtown by car or bicycle. Park in the lot on either street at the base of the hill.

Visit the GARI web site at www.rigreenways.org to view a map.

What to wear: Sturdy shoes and bring a hiking stick.

Roger Williams Park walk

Where: Providence

What: The 427-acre park is home to the Zoo, Botanical Garden, Casino, Japanese Gardens, Boathouse, and Carousel. It contains a number of roads and walking paths; the 3.5-mile on-road loop has plenty of sights to fill a winter afternoon.

Winter Walking Route: Enter the park from Elmwood Avenue. Turn right and park in the lot by the Casino.

Walk towards the giant tree in front of Betsy Williams Cottage, then follow the sidewalk that curves right. At the bottom of the hill, turn left, passing a small pond on the left. At the next intersection, turn right and continue on the road, skirting the park. The first landmark is the museum and planetarium on your left. The road continues around Pleasure Lake. Just after Marian Street you will come to a rotary; continue straight ahead, the new botanical garden is on your right.

You'll see a large falcon statue and a cemetery on the left, and Edgewood and Elm lakes on the right.

Just after two miles you will see a small waterfall on your right, and the Park Avenue entrance on your left. Continue past the entrance road, up a small rise and you will come to Cunliffs Lake followed by the Temple to Music on the right. Just after the Route 10 overpass you will come to an intersection, this is the three mile point of your walk. Turn left and go down the slight hill, approaching the bandstand on the left, and finally the Japanese Gardens and Carousel on the right. Continue straight ahead to return to the first intersection and small rotary. Turn left, go up the hill and you'll be at the Betsy Williams Cottage.

How to get there: From Route 95 South, take Exit 17, from 95 North, take Exit 16. Follow signs to the park.

JAYCEE Corridor & Arboretum, and Senator Roch Riverwalk

Where: Riverpoint Community Park, West Warwick

What: An oversized trellis is a quaint portal to the state Senator Donald Roch Monument and Riverwalk. It welcomes visitors to a 1.3-mile meandering wilderness trail along the confluence of the Pawtuxet River - Rhode Island's longest waterway.

The Arboretum and Roch Riverwalk pathways intersect the West Warwick Greenway. The natural, pervious and park-like wilderness trails of the Corridor cascade through wildlife habitats and gradually approach an on-street boulevard to connect to the Pawtuxet River Walkway Project. The riverwalk features converted mill buildings and a walkway with kiosks and waterfalls.

Sakonnet Greenway Trail

Where: Portsmouth

What: The Trail offers approximately 5 miles of trail, running from The Glen in Portsmouth to Mitchell's Lane in Middletown. This walk passes agricultural fields, along a boardwalk in a wooded wetland, past grazing beef cattle and around a golf course.

The Trail will be closed during "mud season" in late March/early April to prevent erosion.

Please consult the website for the exact dates (www.aitl.org/trails_sakonnet.html).

How to get there: From East Main Road, turn into The Glen at Linden Lane in Portsmouth. Continue past the soccer fields and the historic Brown House (which is yellow). Park on the left. The trailhead is on the right and is marked with a wooden information kiosk.

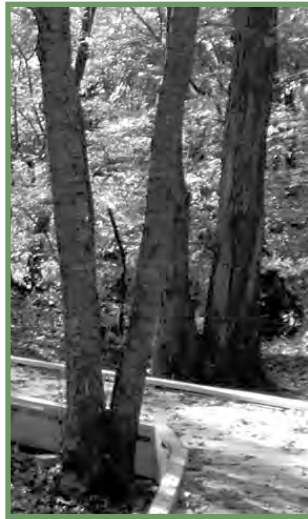
The address for those who want to Google directions: 57 Linden Lane, Portsmouth RI.

For more information: Contact Aquidneck Land Trust Stewardship Director Andrew Arkway at aarkway@aitl.org or 849-2799, Ext. 14.

Francis Carter Memorial Preserve

Where: Charlestown

What: The Carter Preserve protects 840 acres of oak forest, pitch pine barrens, vernal pools, stone walls, and open fields in the Pawcatuck River watershed. It offers more than five miles of marked trails, which can be done in short loops or a half-day hike.



The walk along the Sakonnet River Greenway.

GARI is able to continue our advocacy for safe and accessible trails thanks, in part, to support of a joint grant program with the Narragansett Bay Wheelmen and funding of our quarterly newsletter, Trail Mix, by the RI Dept. of Environmental Management. We are grateful for their ongoing contributions to our efforts. In addition, we'd like to recognize and thank the following Organizational Friends:

- > AAA Southern New England
- > RI Blueways Alliance
- > Woonasquatucket River Watershed Council
- > West Warwick Friends of the Greenway

continued on page 8

Connecting the DOTs

Surface improvements coming for East Bay Bike Path

By Charles St. Martin

In the past couple of years, RIDOT has opened a number of bike path segments. This year the Department plans to turn its attention to a significant maintenance contract for the state's oldest multi-town bike path.

This year RIDOT plans to begin a \$500,000 project to smooth out the riding surface on parts of the East Bay Bike Path. The 14-mile Providence-to-Bristol path is the longest in Rhode Island and one of the oldest, having been in service since 1992. It's one of the State's most popular paths, too. According a 2007 survey published by the Rails-to-Trails Conservancy, the path sees some 1.1 million users each year.

The majority of repairs are focused in the Warren-Barrington area. There are five short sections in Warren where the roots of nearby locust trees have pushed up the pavement surfacing, creating cracks and bumps. RIDOT will resurface these areas, approximately 1,000 linear feet, and install root barrier to prevent future damage. Path users, especially those using in-line skates, should exercise caution when riding on this section of the path and keep alert for damaged areas of pavement until repairs can be made.

The project also involves the placement of new decking on the bike path bridges that pass over the Barrington and Warren rivers. Each is about 300 feet long and the existing timber deck is deteriorating. RIDOT also will be making repairs to a small bridge near Squantum Road in Riverside.

RIDOT additionally will be restriping the entire bike path, placing new pavement markings and stop bars. All traffic control signage will be replaced.

Path users can expect temporary closures during the project. Due to the short distance involved in each repair area, RIDOT expects the closures to

last only a few days at each location. An exact timetable is not known yet, but RIDOT intends to solicit bids for the work this winter and early spring. When the project begins, RIDOT will announce more details. Keep an eye on the Department's website at www.ri.gov/DOT/press.

You can also sign up to one of the popular new social networking websites. These sites function differently from standard web pages and feature the consolidation of different information sources onto one page, often with information "pushed" to users when new information is released. The sites generally require individuals to register and select sources they wish to "follow" with updates flowing automatically to their social networking pages. Users can even link their mobile phones to their social networking sites for on-the-go information. RIDOT is posting information to Twitter (<http://twitter.com/RIDOTnews>), Blogger (<http://ridotnews.blogspot.com>), Facebook (log in and enter "Rhode Island Department of Transportation" in the search field), and MySpace (<http://www.myspace.com/ridotnews>).

The writer is an Information and Public Relations Specialist for the Rhode Island Department of Transportation.



Walkers along the Sakonnet River Greenway.

AMC *continued from page 1*

The AMC's roots run deep. Started in 1876, the AMC is America's oldest non-profit conservation and recreation organization. Its mission is to promote the protection, enjoyment, and wise use of the mountains, rivers, and trails of the Appalachian region. The AMC Narragansett Chapter has existed since 1921. It has had a hand in many trail improvement activities that help greenways, particularly those in the Arcadia Management Area in western Rhode Island.

The trails committee maintains both recreational hiking and some multi-use trails in Rhode Island. Nearly a quarter century ago it expanded its role as chief steward of hiking trails in the Arcadia Management area. Today, AMC continues that effort, doing basic maintenance. This includes trail blazing (marking), brushing, blowdown removal and water diversion from trails, as well as some more complex tasks such as the building of boardwalks and bridges.

The chapter owns a full range of trail maintenance tools. The Rhode Island Trails Advisory Committee has provided grants for lumber and other supplies to build boardwalks, bridges, etc. With these, the chapter maintains the Arcadia, John B. Hudson, Shelter, Breakheart, Mt. Tom, Escoheag, Ben Utter, River, Tippecansett, Deep Pond, Dye Hill, Brushy Brook, and Hemlock Ledges Trails in Arcadia.

Nearly 15 years ago, the chapter expanded its regular maintenance work to the Narragansett Trail at the Ell Pond Preserve, the Vin Gormley trail and the North-South Trail in Burlingame State Park, and a small portion of the Burlingame Management Area.

The chapter's reach extends beyond Arcadia.

It has maintained trails in northwest Rhode Island and in South Kingstown. Occasionally the chapter helps others with greenways projects, such as The Nature Conservancy's Francis Carter Preserve in Charlestown, Blackstone Park on Providence's East side, Neutaconkanut Hill Park in western Providence, and Barrington's Veterans Memorial Park/Brickyard Pond.

Here's a sampling of AMC's trail work in 2008:

- Replaced a decayed bog bridge with a 100-foot lumber boardwalk on the Narragansett Trail in the Ell Pond Preserve. The Rhode Island National Guard airlifted lumber to a ledge and lowered (by rope-assisted) the lumber to the site, then built the boardwalk in tight working quarters.



We're ready for warmer weather!

GARI accomplishments

Our members and supporters:

- Cooperate with other bicycle and trails groups to support trail and greenway development and to promote bicycle safety.
- Communicate with state department directors to encourage improved bicycle and pedestrian resources.
- Coordinate and promote September as Rhode Island Trails and Greenways month.
- Participate in other state and national trails and environmental support programs.

www.rigreenways.org
Spring 2009

continued on page 7

What to wear

continued from page 2

- Replaced a decaying log ladder with a lumber ladder attached to rock on the Narragansett Trail in Ell Pond Preserve.

- Rerouted an eroded section of the Arcadia Trail at Tefft Hill.

- Replaced a decaying 22-foot log bridge with a lumber boardwalk bridge over Phillips Brook on the Breakheart Trail. REI volunteers aided this work.

- Relocated a part of the Ben Utter Trail away from a perpetually wet area and installing a lumber boardwalk on the relocated trail.

- Continued boardwalk construction on muddy sections of the North/South Trail at Burlingame State Park with help from New England Mountain Bike Association volunteers. Also installed new waterbars and replaced old steps on other sections of the Trail.

In 2008, nearly 100 volunteers donated 1500 total hours of trailwork.

If anyone would like to help the AMC in 2009 with its trail maintenance projects, please contact Chris Shafer at 789-8331 (evenings), or visit the AMC Narragansett Chapter website at <http://www.amcnarragansett.org>.

Boots: For mild winter days, a year-round lightweight hiking boot may suffice. For colder days, wear a heavier, leather or insulated boot. If there will likely be considerable puddling from rain or melted snow, or if tramping through considerable snow depth, wear a pair of gaiters to cover the boot and prevent moisture from seeping into the top of the boot, in turn soaking the socks.

Hiking Safely:

A major concern in the winter is slipping on ice or frozen snow and subsequent injuries. Wearing a boot that has good tread is important. If ice or frozen snow may be encountered, add a boot supplement: either a pair of YakTrax or Stabilicers. These attach to the bottom of the boot and provide additional grip. YakTrax are helpful, but Stabilicers are a step up and better for most local hiking conditions encountered in the winter.

To obtain these various types of winter gear, visit a good outdoor store, such as REI or EMS, both located in Cranston, or URE Outfitters in Hope Valley.

Join GARI today.

GARI is dedicated to improving conditions for cyclists, hikers, and pedestrians, and increasing the number of greenways statewide. Your membership makes this newsletter possible, and enables us to continue working with state and local leaders to ensure Rhode Island has an integrated, well-maintained network of alternative transportation recreation resources.

Name _____	Annual Membership enclosed
Address _____	<input type="checkbox"/> Individual \$15
City _____	<input type="checkbox"/> Family \$25
State, Zip _____	<input type="checkbox"/> Nonprofit \$50
E-mail _____	<input type="checkbox"/> Corporate \$100
Telephone _____	<input type="checkbox"/> Other: _____
Fax _____	
Organization _____	

Please return membership form with check payable to the Greenways Alliance of Rhode Island to: GARI, 31 Stanchion Street, Jamestown, RI 02835.

Please tell me about GARI meetings by
 E-mail Regular Mail Neither

Hometown hikes

continued from page 5

This is The Nature Conservancy Rhode Island Chapter's second largest nature preserve. Straddling the rocky uplands of the Charlestown moraine and the sandy floodplain of the Pawcatuck River, the property supports a variety of natural communities, most notably rare pitch pine/scrub oak barrens, vernal pools, and a 35-acre grassland.

At the trailhead visitors will find kiosks where they can pick up a trail map, information about a self-guided hike, and a bird checklist. Hikers have a choice of the wide Narragansett trail that leads to the grassland or the narrower woodland trails that meander through the property.

The preserve is open to horseback riding on specified trails. The parking area at the Old Mill Road entrance is large enough for horse trailers. Use the

manual pump there to water horses.

How to get there: The two entrances are on Route 112 and Old Mill Road in Charlestown. Directions are posted on The Nature Conservancy Rhode Island Chapter website: www.nature.org/rhodeisland under "Places We Protect."

For more information: Contact Preserves Manager Tim Mooney at tmooney@tnc.org or 331-7110, Ext. 17.

Dr. John Champlin Glacier Park

Where: Westerly

What: Located between Tom Harvey Road and Shore Road, this preserve features wooded trails with gentle hills and a wonderful scenic overlook above the coastal plain. The site's unique geological features with kettle and kame topography are worth the trip.

A trail map is available online at www.westerlylandtrust.org.

How to get there: The trailhead is off Tom Harvey Road outside the entrance to Winnapaug Cottages. Park in the designated area outside the Cottages gate.

Grills Preserve

Where: Westerly

What: The trail network on this 530-acre preserve travels over primarily flat terrain, often along the Pawcatuck River on clear, wide trails. There is a gorgeous scenic view from the top of aptly named Big Hill, which requires a bit of steep climbing.

A trail map is available online at www.westerlylandtrust.org.

Parking: Park in the large gravel parking lot at the cul-de-sac end of Bowling Lane in Bradford Village.



In our next issue we will highlight adventures on Rhode Islands streams, lakes and bays in our third annual Blueways issue.

Special Hometown Hikes Issue

www.rigenways.org

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GARI