



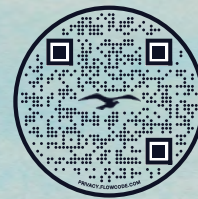
Our mission is to spark people's curiosity to explore, steward, and find peace and joy in nature

Located just four miles from downtown Newport, Norman Bird Sanctuary stewards the largest contiguous open space on Aquidneck Island. We protect 300 acres of diverse habitat - forests, gardens, ridges, thickets, fields, salt marsh, and beach. Since our establishment in 1949 through a bequest made by Mabel Norman Cerio, conservation has remained at the heart of our mission.

A non-profit wildlife sanctuary and environmental education center in Middletown, Rhode Island

Affordable Memberships include the following benefits:

- Free trail access
- 10% discount in our Barn Owl Gift Shop
- Discounted rates for programs and events
- Special members-only communications, events, programs, and access
- Discounts at "Birds of A Feather" partner businesses
- Ability to rent Norman Bird Sanctuary facilities



Learn More at NormanBirdSanctuary.org/membership

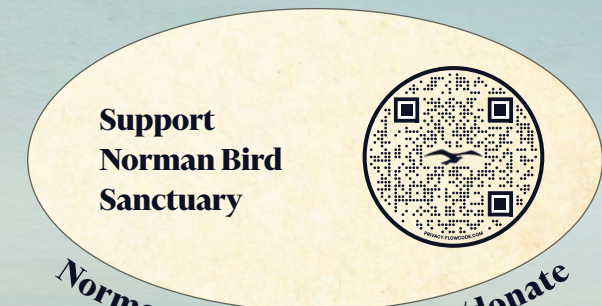


Explore Native Flora and Fauna

Norman Bird Sanctuary's 300 acres of grassland, woodland, shrubland and coastal habitats are home to some of the most diverse wildlife in Rhode Island. Birding is great year-round, with 240 bird species reported here. Join us for guided tours, lectures, and free Nature Walks throughout the year.

300 acres of diverse habitat
6 miles of hiking trails
150+ annual events and programs
4 miles from downtown Newport, Rhode Island

Open Daily 9am - 5pm • NormanBirdSanctuary.org
583 Third Beach Road, Middletown, RI 02842
401-846-2577 • info@NormanBirdSanctuary.org
Designed by Tanager Creative



NormanBirdSanctuary.org/donate

Trail Map and Guide

Points of Interest

- 🏠 **Welcome Center** – stop by learn about trails and habitats, and explore the Barn Owl Gift Shop.
- 1. **Paradise Farmhouse** – Historic 1750 structure, renovated in 2013, available for year-round rentals and retreats accommodating up to sixteen guests.
- 2. **Mabel's Garden** – A formal garden beside Paradise Farmhouse, popular for weddings and events, featuring native plants and a woodland path.
- 3. **Curiosity Lab** – Hands-on, place-based educational space offering interactive programs and exploration resources guided by Naturalist Ambassadors.
- 4. **The Good Gardens** – Award-winning organic teaching gardens that provide community programs and donate thousands of pounds of vegetables, herbs, and cut flowers to the local food pantry.
- 5. **Shell Midden** – Archaeological feature containing prehistoric shells and artifacts indicating ancient human activity.
- 6. **Poetry Rock** – Donated in the 1970s, this stone is sited along the Quartz trail and it is carved with original poetry by the John Stevens Shop in Newport.
- 7. **Yew Forest** – A forest made up of dense evergreens affectionately referred to as the “Fairy Forest”.
- 8. **Hanging Rock** – Iconic puddingstone rock formation with sweeping views of Aquidneck Island. This outcrop is one of the most well-known geological landmarks in New England. It has inspired artists, writers, and philosophers for centuries.
- 9. **Coastal Education Center** – Renovated former clubhouse (2009) hosting summer camps focused on coastal habitats and marine life.
- 10. **Third Beach Property** – A 24-acre coastal site with saltmarsh and dune habitat. No beach parking provided.

Trails

Universal Trail 0.4 miles

♿ Mobility-friendly trail and boardwalk through diverse habitats including fields, gardens, and forest with a wheelchair accessible viewing platform

Quarry Trail 0.3 miles

Easy grassy route along stone walls, the Yew Forest, and an historic quarry and shelly midden.

Woodcock Trail 0.4 miles

Easy grassy trail that passes by a historic cemetery and winds through the woods connecting Woodland and Universal Trails.

Woodland Trail 0.5 miles

Northern trail through Red Maple and Black Gum woodlands, occasionally muddy with rocks and roots.

Valley Trail 0.2 miles

Secluded, shady out-and-back path through mature forest, offering views of surrounding ridges from below.

Haywagon Loop 0.2 miles

Easy loop through brushland - excellent for birding and wildlife.

Meadow Trail 0.3 miles

Easy scenic walk past historic quarry, ending at the new pollinator meadow with ocean views.

Pond Trail 0.2 miles

Easy path with views of Red Maple Pond, some uneven terrain.

Shady Glade Trail 0.3 miles

Moderately difficult, rocky path crossing a woodland stream with footbridge and journaling bench.

Quartz Rock Trail 0.1 miles

Short, challenging climb over quartz-veined “puddingstone,” featuring Poetry Rock.

Gray Craig Trail 0.7 miles

Loop with marsh crossings via boardwalk, includes challenging rocky outcroppings and steep inclines.

Hanging Rock Trail 0.5 miles

Steep, challenging climb on rocky terrain with panoramic ocean views from puddingstone ridge.

Gardiner Pond Trail 0.3 miles

Parallels the Hanging Rock Trail below the rocky ridge and provides easy access up via a short staircase.

Red Fox Trail 0.6 miles

Challenging ridge hike across unique igneous rock formation with oak and cedar trees.












Nelson Pond Trail 0.5 miles

Difficult hike overlooking Nelson Pond, includes nearly vertical terrain and spectacular views of Hanging Rock.

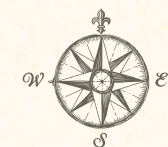
🚫 **Prohibited:** Dogs, Smoking, Jogging, Biking, Sports, Horses, Motor Vehicles, Littering, Collecting


🦟 **Ticks** are prevalent in Southeast New England. Please check yourself and your children after your visit. More info at cdc.gov/ticks

Legend

-  Woodland
-  Grassland
-  Wetland
-  Shrubland
-  Coastal Dune
-  Trails
-  Mobility-friendly Trail
-  Difficult Trails
-  Streams
-  Roads
-  Property Line

 250ft



 Downtown Newport 4 miles

