About the trails

The Tillinghast Pond trail system offers something for every hiker, from a family stroll to a 13-mile day hike. Each loop is unique, showcasing a different aspect of Rhode Island’s largest forest. The Nature Conservancy invites you to explore the trails and discover the natural beauty that awaits you.

Pond Loop

Directions to trailhead: Start from either end of the Plain Road parking lot.

The trail: The Pond Loop is the preserve’s signature trail, offering spectacular views across Tillinghast Pond. A wooden platform and trail benches provide opportunities to linger and enjoy the scenery. The hayfields are leased to a local farmer. 2.2 miles, white blazes

Manager’s Tip: Add variety by combining this walk with the Logger’s Trail — a half-mile path through an open shrubland, teeming with birds.

Flintlock Loop

Directions to trailhead: Start on the Pond Loop, at the kiosk. Trail junction ahead 0.2 miles.

The trail: This loop takes its name from an old cart path that connected a homestead farm to Plain Road. It features the Ellis family cemetery, giant boulders, and a tiny pond. Use this trail to explore a mix of open oak woodlands and majestic white pines. 2.6 miles, yellow blazes

Coney Brook Loop

Directions to trailhead: Start on the Pond Loop, at the Sharpe Family Preserve marker. Trail junction ahead 500 feet. Also accessible via the Shepard Trail, from Hazard Road (see map).

The trail: Clear-running Coney Brook frames this trail, splashing downhill beside the path. The loop features some of the preserve’s largest trees: pine, hemlock, and red oak. 2.0 miles, orange blazes

Bates Loop

Directions to trailhead: Plain Meetinghouse Road parking lot. Please use the red trail to cross the road, a few hundred feet west of the lot.

The trail: A scenic loop shares the legacy of the Bates family, who cared for this part of the preserve for eight generations. Cellar holes and stonewalls lend a keen sense of place to the old homestead. Footbridges cross Phillips Brook in two places. 1.9 miles, red blazes

Wickaboxet Loop

Directions to trailhead: From Plain Meetinghouse Road, walk north to the Flintlock Loop, and bear right after the small pond. Trail junction ahead 0.1 miles.

The trail: This long loop connects Tillinghast Pond to the Wickaboxet Management Area trails, combining old fire roads with newly cut hiking trails. Look for historic cemeteries and cellar holes, dating from an age when much of the land was cleared. 4.0 miles, blue blazes

Tillinghast Pond is The Nature Conservancy’s largest wildlife preserve in Rhode Island. Located in beautiful West Greenwich, it is one of our state’s most popular hiking and paddling destinations.

Sparked by Phebe Shepard’s gift of 500 acres in 2006, the Conservancy joined with the people of West Greenwich, The Champlin Foundations, RIDEM, and many generous donors to protect Tillinghast Pond. At stake was the health of the largest forest between Boston and Washington, DC. Today, the Conservancy manages this exceptional, 2,200-acre property in close partnership with the Town of West Greenwich and RIDEM, for the benefit of people and wildlife.

Want to help support the preserve? Consider becoming a Nature Conservancy member. Visit nature.org/rhodeisland for more information. Thank you!