



ADVENTURES
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NATURALLY NEWPORT

Trip Summary

HIGHLIGHTS

- Birdwatch out the backdoor of our home at the Paradise Farmhouse at Norman Bird Sanctuary
- Take a day trip via ferry to explore the highly walkable, and adorable Block Island
- Learn about the gilded age and America's first resort via harbor cruise and Breakers tour
- Experience the famous "cliff walk" with opulent mansions to your right and crashing ocean waves to your left!
- Indulge in local and delicious seafood

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TRIP AT A GLANCE

Location:	Newport, Rhode Island
Activities:	Multisport
Arrive:	Fly into Boston Logan International Airport (BOS) by 2:30PM for a 3PM group shuttle on arrival day
Depart:	Fly out of the Boston Logan International Airport (BOS) any time after 12PM on departure day

Trip Overview

Is there anything better than coastal New England with its fresh salt air, delectable seafood, and stunning sunsets? Escape with AGC to the classic coastal gem of Newport, Rhode Island. Spend your days discovering the old-world charm surrounding Narragansett Bay and beautiful Block Island via lobster boat, ferry, kayak, and foot. A perfect choice for history-buffs and naturalists alike, our hikes will explore both the verdant trails of the Norman Bird Sanctuary (our home for the long weekend!), and an ocean-front path alongside Newport's famously jaw-dropping gilded age mansions.

Rating

This trip is for women who want to enjoy the Natural and Cultural history of Newport and Block Island at an active but leisurely pace. While our days will be full of activity, we will also make sure that you have ample downtime to relax, explore Newport and Norman Bird Sanctuary, or do whatever you please. Since there are scaffolded options for our excursions, a 1 rating is appropriate. However, if you choose to do the full hiking and kayaking options, it will be more like a 2. This trip is suitable for any woman who regularly walks at a brisk pace 3 to 4 days a week for 35 - 45 minutes. There are typically 4 to 7 hours of daily activity. **Rating:** [\[1\]](#) [\[2\]](#) [3](#) [4](#) [5](#)

What's Included

- 1-2 experienced AGC guides based on group size
- Four nights lodging at our beautifully restored farmhouse on a bird sanctuary
- All meals from dinner on Day 1 through breakfast on the Day 5 with the exception of one lunch on your own
- Round-trip transportation to/from the Boston International airport to our lodging and transportation for all destinations listed on the itinerary
- Park entry fees

Not included: Travel to and from Boston International Airport from your place of origin, alcoholic beverages, guide gratuities, one lunch, and travel insurance

OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Today is arrival day! Fly into Boston Logan International Airport (BOS) by 2:30PM for a 3PM shuttle to our lodging for the week, the Paradise Farmhouse at the Norman Bird Sanctuary. The airport is an approximately 1.5-hour drive. Other options are to fly into Providence Airport and take a taxi to the lodging, or to drive. If you elect to drive, please meet us at the lodging at 4:30PM on day 1 of the trip. Settle into our restored 18th century farmhouse, catch your first glimpse of the ocean, or stretch your legs on a path out the backdoor as your guides prepare the first delicious group meal. (D)

DAY 2

Norman Bird Sanctuary is not only our home for the week, but also a nonprofit wildlife sanctuary and environmental education center with more than 300 acres of diverse habitats and 7 miles of hiking trails. We'll start our trip with an exploration of this beautiful oasis, guided by an expert naturalist. Grab some binoculars off the hooks on the farmhouse wall and spend the morning rambling through the forests, fields, and wetlands of our weekend home. After lunch back at the house, we'll head to Narragansett Bay for an afternoon cruise and introduction into the legends and history of this incredible seaport. Upon returning to the farmhouse, you may choose to relax at home, stroll more sanctuary paths, or enjoy sunset at the nearby beach. No matter your choice we'll wrap up our day with a well-earned home-cooked dinner. (B, L, D)

DAY 3

Today our activities will dig into the rich history of America's first resort town. After an early breakfast we'll head into town to experience Newport's famous cliff walk. This unique National Recreation Trail is a public right-of-way over private property, allowing visitors the opportunity to stroll through the front yards of some of New England's most opulent properties. Relish the unique experience of hiking with sea cliffs and crashing waves on one side of you, and manicured lawns and mansions on the other. We'll take this hike as a choose your own adventure, with the option to do the full 7 mile out and back, or a 3.5-mile end to end. Regardless of your choice, the whole group will reconvene to shop, peruse galleries, and eat lunch on your own on the bustling Thames St. in downtown Newport. In the afternoon we will tour the Breakers, the grandest of Newport's gilded age summer "cottages" before returning home to our farmhouse sanctuary and another delicious dinner. (B, D)

DAY 4

Our final full day of the trip brings us to our biggest adventure yet – we'll take to the open ocean to pay a visit to idyllic Block Island. After catching a ferry across the Atlantic, we'll disembark in downtown Old Harbor. We'll walk to our main activity - a guided eco tour via kayak of the Great Salt Pond. We'll spend about 2 hours exploring the wetlands, fiddler crab colonies, and mooring fields of this beautifully protected harbor. Block Island is known for being exceedingly walkable, and we may have time post-paddle to visit the town and/or beach. Should you elect to forgo kayaking and spend the day on your own, the tourism council offers a self-guided walking tour that will take you to beaches, farms, nature preserves, and historical sights – all within 2 miles! We will reconvene at the ferry in the afternoon to return together to Newport. We'll spend our final night celebrating at a local restaurant. (B, L, D)

DAY 5

Rise early and enjoy one last morning listening to the birds chirp as you drink your coffee. We'll depart for the airport after breakfast and have you back to the airport by 10AM for flights out after 12PM (B)

ADDITIONAL TRIP INFORMATION

Getting There

Fly into Boston Logan International Airport (BOS) by 2:30PM for a 3PM shuttle to our lodging for the week, the Paradise Farmhouse at the Norman Bird Sanctuary. The airport is an approximately 1.5-hour drive. Other options are to fly into Providence Airport and take a taxi to the lodging, or to drive. If you elect to drive, please meet us at the lodging at 4:30PM on day 1 of the trip.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Exito charges a one-time, non-refundable processing fees of \$50 per passenger.

Accommodations

We'll spend the entire trip at a beautifully restored 18th century farmhouse at the Norman Bird Sanctuary. This comfortable and unique lodging is situated amongst 300 acres of diverse wildlife habitat and 7 miles of hiking trails. Full price spots on the trip are for a shared room with one other participant, with shared bathrooms, common areas and kitchens. There are 2 single supplements available with shared baths for an additional \$400. There are three bunk-room bottom bed discounted spaces, and one bunk-room top-bunk discount.

Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

[Click here for our Cancellation & Payment Policies and Booking Terms & Conditions.](#)