

TAKE IT OUTSUE



If you're looking for a way to work off those hefty vacation meals (hey, we're not judging!), get some fresh air while you're at it and participate in one or all of these activities.

BIKING

BUY FROM: DASH Bicycle Shop in Providence. dashbicycle.com

HEAD TO: the East Bay Bike Path (13.8 miles, runs from Providence to Bristol).

BUY FROM: NBX Bikes in Narragansett. nbxbikes.com HEAD TO: the South County Bike Path (7 miles, runs from Kingston to Narragansett).



CAMPING



STOCK UP AT: URE Outfitters in Hope Valley. *ureoutfitters.com*

HEAD TO: Whispering Pines Campground in Hope Valley or Burlingame State Park in Charlestown. whisperingpines.com: riparks.com

STOCK UP AT: Downcity Outfitters in Pawtucket. downcityoutfitters.com

HEAD TO: Bowdish Lake Camping Area in Chepachet. bowdishlake.com

FISHING

BUY FROM: Quaker Lane Tackle in North Kingstown. *quakerlanebaitandtackle.com* **BOOK A TRIP WITH:** Frances Fleet in Narragansett. *francesfleet.com*

BUY FROM: Ocean State Tackle in Providence. facebook.com/oceanstatetackle.com CAST YOUR LINES AT: Lincoln Woods State Park's Olney Pond in Lincoln. riparks.com



HIKING

LEVEL: Beginner

TRY: Rocky Point Walking Trail in Warwick (1.6 miles), Sachuest Point National Wildlife Refuge Trail in Middletown (2.4 miles) or Ben Utter Trail / Stepstone Falls in Exeter (2.7 miles).

LEVEL: Intermediate

TRY: Weetamoo Woods Trail in Tiverton (4.5 miles) or Long Pond Woods Trail in Hope Valley (4.2 miles).

LEVEL: Advanced TRY: Wolf Hill Forest Preservation in Smithfield (6 miles). riparks.com



KAYAKING



TAKE A TOUR WITH/RENT FROM: The Kayak Centre of Rhode Island in Wickford. *kayakcentre.com* **HEAD TO:** Wickford Harbor in Wickford or Ninigret Pond in Charlestown.

TAKE A TOUR WITH/RENT FROM: Narrow River Kayaks in Narragansett. narrowriverkayaks.com HEAD TO: Narrow River in Narragansett.

TAKE A TOUR WITH/RENT FROM: Providence Kayak Company in Providence and Lincoln. providencekayak.com

HEAD TO: Providence and Woonasquatucket Rivers in Providence.

SURFING

TAKE LESSONS FROM: Peter Pan Surf and SUP
Academy in Narragansett. peterpan
surfingacademy.vpweb.com
HEAD TO: Narragansett Town Beach or
Scarborough State Beach in Narragansett.

narragansettri.gov **BUY FROM:** Island Surf and Sport in Middletown.

islandsports.com

HEAD TO: First (Easton's) Beach in Newport or Second (Sachuest) Beach in Middletown. cityofnewport.com; middletownri.com



Love paddle boarding? Get on the water faster with your very own **EASY EDDY**, a lightweight, high-performance, three-piece paddle board that assembles in less than sixty seconds. *easyeddypaddleboards.com*



TAKE IT OUTSIDE



Colt State Park in Bristol is made up of 464 acres of manicured lawns, stone walls and curving drives and bicycle trails (four miles worth) along the shoreline. It also features ten large playfields, a historical museum, six picnic groves and an open-air Chapel by the Sea.

Nestled between routes 146 and 123, Lincoln Woods is a popular destination for northern Rhode Islanders. Visitors can enjoy swimming at the freshwater beach, trout fishing, playing ball, hiking, jogging and horseback riding.

Rhode Island's most popular state park, Goddard Memorial State Park in Warwick is home to spacious lawns and forested areas with a variety of tree species from all over the world. Visitors can take advantage of a nine-hole golf course, an equestrian show area, eighteen miles of bridle trails, more than 300 picnic tables eleven game fields and a performing arts center.

Beavertail State Park in Jamestown is well-known for its sweeping views of Narragansett Bay. Sightsee from the comfort of your car in one of its four overlooks or on foot with a walk along its rocky coastline.

Rocky Point State Park in Warwick will always be an iconic location for many Rhode Islanders, having once been host to an amusement park complete with rides, games and a dinner hall. Today, the 120 acres are prime for picnics, frisbee games, walks, hikes and ocean viewing.

Visit riparks.com for more info on these local parks and more.





