

10 'Pitstops' Along RI's 100-Mile Network of Bike Paths and Nature Trails

10. **The Atlantic Ocean** - Complete a ride through the countryside with a day at some of the best beaches on the East Coast (William O'Neill Bike Path)
9. **Slater Mill** - Tour the birthplace of America's Industrial Revolution, the "millhands" in period costume will show you the way (Blackstone River Bikeway)
8. **Environmental Education Center** - Take a break at the state-of-the-art natural history museum and aquarium - directly accessible from your path - with interactive exhibits and environmental experts ready to lead a nature walk (East Bay Bike Path)
7. **Buttonhole Golf Course** - This 9-hole course is directly accessible and one of the best courses for children (Woonasquatucket River Greenway)
6. **Narragansett Bay** - Kayak and explore some of the most scenic shoreline and inlets on the East Coast (East Bay Bike Path)
5. **Arcadia Management Area** - Nearly 40 miles of dirt trails await mountain bikers as they traverse 14,000 acres of beautiful, untouched forest, which is dotted with knolls
4. **Hope Street** - Some of the best antique shopping in New England is here, as well as coffee shops, eateries and pubs (East Bay Bike Path)
3. **Pawtuxet River/Tiogue Lake** - Bring your fishing pole as you bike alongside nearly 5 miles of the Pawtuxet River, which is stocked with trout and home to bass, carp, pickerel, herring and other freshwater species (Coventry Greenway)
2. **The Great Swamp** - This is one of the best spots in the Northeast to view Hooded Warblers, Northern Waterthrush, Swamp Sparrow, American Kestrel, Red-shouldered Hawks, Osprey, Eastern Bluebirds and other birdlife, according to the Audubon Society of Rhode Island (William O'Neill Bikeway)
1. **Colt State Park** - This nearly 500-acre State Park offers a panoramic view of Narragansett Bay, direct access from the East Bay Bike Path, manicured fields, strong winds for kite-flying, picture perfect groves, and tables for picnicking

Blackstone River Bikeway

Length: 10.3 miles

Terrain: Mostly flat with a few steep inclines

What You'll See: Mostly woodlands following alongside the historic Blackstone River and its canal

Nearby Attractions: Slater Mill, the Museum of Work and Culture, Wilbur Kelly House Museum and Blackstone Valley Visitors Center

Other Activities: Fishing and kayaking/canoeing

Towns: Cumberland, Lincoln, Pawtucket, Central Falls and Woonsocket

Coventry Greenway

Length: 4.3-miles

Terrain: Mostly flat

What You'll See: Woodlands, streams, a lake and reservoir

Other Activities: Fishing and kayaking/canoeing

Town: Coventry

East Bay Bike Path

Length: 14.5 miles

Terrain: From the north, the first several miles offer a demanding terrain of steep hills broken up by plateaus; the remainder is mostly flat and travels over several causeways along the Bay's shoreline

What You'll See: Stunning views of Narragansett Bay, New England's largest estuary, and Providence, the capital city. Coves and marshes are also common.

Nearby Attractions: Colt State Park, the historic Looft Carousel, Bristol and Barrington Town Beaches, the Audubon Environmental Education Center, the Herreshoff Marine Museum and America's Cup Hall of Fame

Other Activities: Kayaking/canoeing, antiquing, fine dining (notably seafood and others) and boating

Towns: Barrington, Bristol, East Providence and Warren

William C. O'Neill Bike Path

Length: ~9 miles

Terrain: Almost completely flat

What You'll See: Farmland, some woods and streams

Nearby Attractions: The Great Swamp, the historic villages of Kingston, Wakefield and Peacedale, Narragansett Town Beach and the historic Narragansett Towers

Other activities: Shopping, bird-watching, fishing, kayaking/canoeing and surfing

Towns:

Woonasquatucket River Greenway

Length: ~10 miles

Terrain: Relatively flat with some hills

What You'll See: The Woonasquatucket River, some woodlands

Nearby Attractions: Buttonhole Golf Course, WaterPlace Park, Providence Place mall and the State House

Other Activities: Kayaking/canoeing, recreation at Riverside Mills Park, Merino Park and Donigian Park, shopping and

fine dining

Access: There are eight ideal access points along the path, with several of them offering plenty of parking and even canoe launches

Towns: Providence and Johnston

For more information about the bike paths, visit <http://www.dot.ri.gov/bikeri/>