

## RHODE ISLAND

**Blackstone River.** This bike path follows the river and is about 3 - 4 miles long. Like the East Bay it's pretty flat but for one steep hill on the North end. There are some cobblestone path crossings which can be a showstopper, so watch out. To reach it take Rt 146 N from Providence or 146 South from 295. Take the exit for Rt 116 and go North / East. There is a bike path parking lot on the left near the bridge. The steep hill maybe a bit scary, so consider walking it if you do not have Speed Reducers or brakes. - *J. Devo*

**East Bay Bike Path:** My favorite spot for roller skiing is the East Bay Bike Path, which runs 14.5. miles from India Point Park in Providence's East Side to the town of Bristol. I like the path because it is free from cars, well- paved, and relatively flat (except for a few steep spots). Better yet, it provides good bird watching opportunities and some beautiful views of Narragansett Bay. - *Amy*

**University of Rhode Island:** The other area is in South County near URI. The path is again about 3 to 4 miles, through lovely woods and wetlands. This was originally a trolley line. There is a great long uphill for about a mile then a similar downhill on the other side. Long, but easy to maneuver. The start of the trail is on Rt 138, West Kingston, RI. The Blackstone - URI paths are usually not crowded, whereas East Bay can be very crowded on weekends. - *J. Devo*