



Family Hike Recommendations

There are some great nearby hiking trails just waiting to be explored! To get your family started on the right foot, REI employees have selected some of their favorites below.

Be sure to bring these necessities along in your daypack:

- Drinking water
- Lunch or snacks
- Extra clothing layers
- Map and compass
- Sunglasses
- Sunscreen
- First-aid kit
- Insect repellent
- Whistle
- Headlamp or flashlight



For a complete day hiking checklist, visit [Expert Advice](#) on REI.com.

Content provided by **FALCONGUIDES**

Here Are Five of Our Favorite Kid-Friendly Local Hikes

Hike One: **Arcadia Trail**

Rating: **Moderate**

Distance: **6 miles, little to moderate elevation gain.**

Why this hike: The Arcadia Management Area has an extensive trail system and this hike gives you a fantastic overview of the massive park in just six miles.

Hike Description: Rhode Island’s largest protected area, the Arcadia Trail leads first through a forestry demonstration area that has wonderful views of massive trees and lush vegetation. Next, the trail crosses Spring Brook and extends west along a route built by the Youth Conservation Corps to Browning Mill Pond Recreation Area. This is a good place to stop and take a breather while enjoying your surroundings. Habitats include swamps, shrub wetlands, marshes, ponds and forests.

Driving Directions: From I-95 take Exit 5A onto Route 102 south. Follow Route 102 for one mile and Route 3 south for one mile. Once you come to RI 165 south, bear right and follow until you pass Arcadia Road on your left. This puts you directly into the Arcadia Management Area.

Tips: Arcadia Management Area utilizes a three-color dot identification system. Yellow denotes major trails, white denotes management area facilities or scenic overlooks, and blue denotes longer connecting trails to the Pauchaug Trail System.

Hike Two: **Newport’s Cliff Walk**

Rating: **Easy**

Distance: **3.5 miles, moderate elevation gain.**

Why this hike: This world famous hike combines the natural beauty of the Newport shoreline with the architectural history of Newport’s gilded age.

Hike Description: What makes Cliff Walk unique is that it is a National Recreation Trail in a National Historic District. This 3.5 mile walk is an easy hike for all members of the family. The trail starts at the western end of Easton’s Beach at Memorial Boulevard and runs south all the way to Baily’s Beach. Part of the fun of this hike is seeing the amazing mansions on one side and cliffs towering over the ocean on the other.

Driving Directions: From Cranston take I-95 south to RI-4 south. Follow RI-4 south to US-1 (Tower Hill Road) and continue down US-1 for 0.7 miles. Merge onto RI-138 east via the ramp to Newport/Jamestown/Bridges. Take the RI-238 south exit toward Scenic Newport. Turn right at JT Connell Highway. Turn right at America Cup Avenue and follow 0.3 miles. Turn left on Memorial Boulevard and find an open place to park.

Tips: Make sure to bring shoes with good traction as areas can be slippery at times. Check out www.cliffwalk.com for more information.

Hike Three: **Blackstone Boulevard**

Rating: **Easy**

Distance: **1.5 miles, moderate elevation gain.**

Why this hike: This is arguably one of the most beautifully landscaped roads in the entire city of Providence.

Hike Description: Completed in 1894, the boulevard is great for walking and jogging through historic scenery. Although it is in the city, the median dirt path surrounded by towering trees makes it a smooth place to walk. Walk south to Blackstone Park to recharge your batteries and take in views of the river.

Driving Directions: From Pawtucket take I-95 south to exit 24 (Branch Avenue). Make a slight left at Branch Avenue, then turn left at North Main Street. Follow Main for about half a mile and turn right at Rochambeau Avenue. Take another right at Blackstone Boulevard.

Tips: This is close enough to the city to easily make it a weekday hike. Watch out for poison ivy, especially during the summer.

Hike Four: **Providence River Walk**

Rating: **Easy**

Distance: **0.5 miles, no elevation gain.**

Why this hike: Check out the cobblestone walkways and Venetian-style footbridges.

Hike Description: This 20-minute walk is nestled in the urban core of the City of Providence. Don't let the city setting fool you – this walk is beautifully quiet and has plenty of amazing architectural design work to see. Kids will like this hike because it is right along the river and there always seems to be something stimulating to find. Boat landings are accessible from the walk so expect to see canoes, kayaks and gondolas on the river.

Driving Directions: From Cranston take I-95 north to Providence. Take Exit 22A-B-C toward downtown. Take Exit 22A to merge onto Memorial Boulevard. Find open parking and easily walk onto the boardwalk.

Tips: Make sure to visit www.waterfire.org to see when the many bonfires along the river will be lit, and to learn about the city's urban sculptures.

Hike Five: **Coventry Greenway**

Rating: **Easy**

Distance: **3.5 miles one-way, moderate elevation gain.**

Why this hike: The path is an abandoned rail corridor that has a way of transporting you back in time during your hike.

Hike Description: This partly paved greenway was created by a group of bikers, walkers and runners with the goal of establishing a traffic-free path linking cities up and down the East Coast. The popular trail is frequented by local bikers and runners, and is a delightful place to get outside to see native plants and wildlife.

Driving Directions: From Route 95 take Exit 10 to Route 117 west. Follow approximately six miles to a right on Station Street in Coventry. Parking is available on the left after Washington Fire Station.

Tips: If you have time, check out the local historical attractions: Read School House, General Nathaniel Greene Homestead or some of the old mill villages.



REI's PEAK program uses a fun presentation filled with hands-on activities and games to teach kids ages 6 through 12 about taking care of the outdoors.

Ask an REI team member about scheduling a free PEAK presentation for your classroom or youth group, or visit www.rei.com/PEAK for more information.



First Saturday in June The American Hiking Society's National Trails Day, sponsored by REI, is a nationwide celebration of trails. Celebrate with your family by taking a hike, or volunteering for a trail clean-up project. Ask an REI team member about how to get involved, or visit www.rei.com for more information.