

WALK WITH EASE

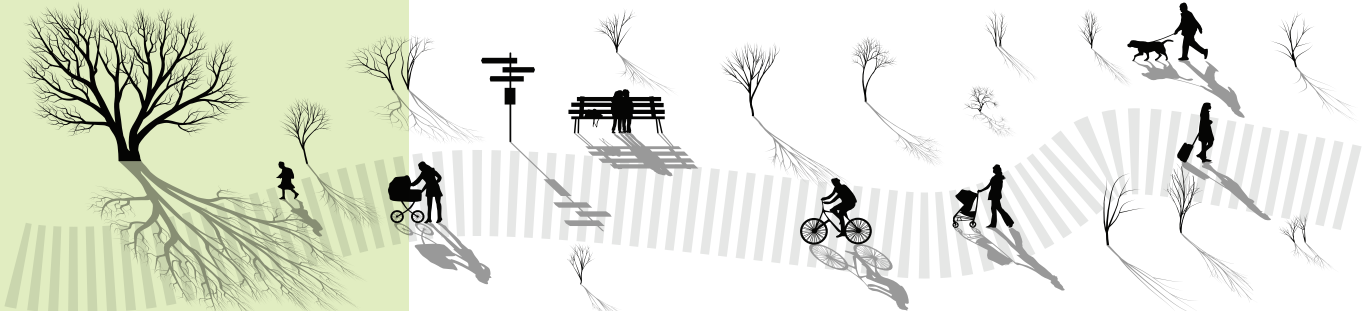


Walking is an easy way to stay physically active—it can be done almost anywhere, and it's free! Sign up for the Own Your Health [Walk with Ease Program](#) to take your first step toward having more energy, less pain, and more opportunities to say “yes” to what you love to do in life. Walk with Ease is a free, six-week walking program for anyone age 18 or older of any physical fitness level. The program can help you improve balance, reduce arthritis pain, and boost self-confidence. Complete the walks whenever you can!

Register today by visiting startwalkwithease.org/ridoh or scanning the QR code



Not sure where to walk? Check out the RI Land Trust Council's [Explore RI](#) resources for walking trails throughout the state. Explore their [Interactive Trail Map](#) or the [RI Trail Finder](#) to find a walking trail near you. See below for a peek at some walking trails around RI, or visit exploreri.org.



Claire D. McIntosh Wildlife Refuge/ Environmental Education Center

Length: 0.8 miles

Location: Bristol

Difficulty level: Very easy

Take a walk around the fields, woods, and wetlands or enjoy a stroll from the boardwalk to the shore of Narragansett Bay. This property is also home to Audubon's award-winning Nature Center and Aquarium, where they offer walks, shore programs, lectures, and family events all year.

[Learn more about the trail.](#)



Middletown Valley

Length: 1.5 miles

Location: Middletown

Difficulty level: Very easy

Explore beautiful walking trails and open fields—and stay on the lookout for signs along the trail noting interesting plants and animals as well as benches on which to rest and enjoy the views.

[Learn more about the trail.](#)





Lippitt Memorial Park

Length: 0.5 miles

Location: Providence

Difficulty level: Very easy

Stay active in the city by walking in the park with a friend or exploring the fun playground with the kids.

[Learn more about the trail.](#)



WHEELCHAIR ACCESSIBLE



STROLLER ACCESSIBLE



Biscuit City Trail*

Length: 0.7 miles

Location: South Kingstown

Difficulty level: Very easy to easy

Take in views of waterfalls, native plants, and beautiful birds as you walk around the mill pond.

[Learn more about the trail.](#)



DOGS ALLOWED



WHEELCHAIR ACCESSIBLE



STROLLER ACCESSIBLE



Spencer West Property*

Length: 1.5 miles

Location: Foster

Difficulty level: Very easy to easy

Hike a short stretch around the pond, or enjoy a longer hike through a rocky area with beautiful flowers.

[Learn more about the trail.](#)



DOGS ALLOWED



WHEELCHAIR ACCESSIBLE



STROLLER ACCESSIBLE



Jaycee Arboretum & Senator*

Roch Riverwalk

Length: 1.5 miles

Location: West Warwick

Difficulty level: Easy

Enjoy views of beautiful plants, seasonal flowers, and animals along the peaceful riverwalk.

[Learn more about the trail.](#)



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For a full list of trails in RI, visit Explore RI's Trail Finder at exploreri.org/gtraillist.php or scan QR code



*Portions of the trail at this site are wheelchair and stroller-friendly; however, these trails may not meet Americans with Disabilities Act standards.

