



2025

TrailLink Unlimited 

Guides



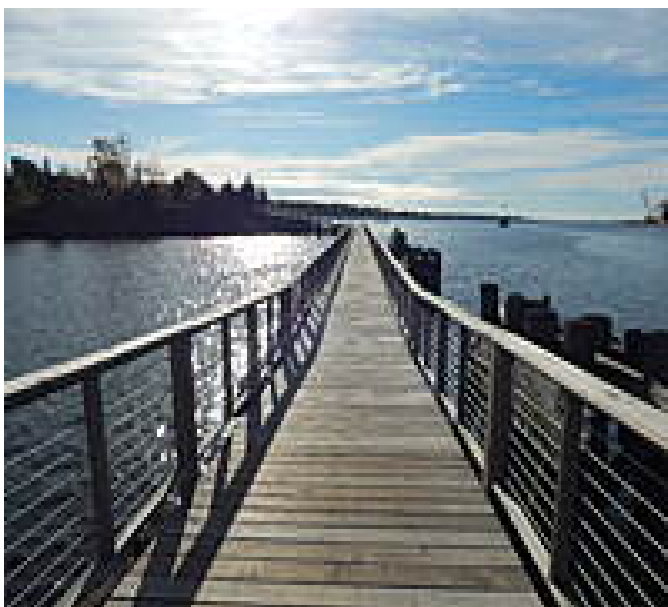
**East Bay Bike
Path (RI)**
Rhode Island



East Bay Bike Path (RI)

Rhode Island

Offering spectacular maritime views and an abundance of coastal wildlife, the East Bay Bike Path is a 14.3-mile trail that connects



Offering spectacular maritime views and an abundance of coastal wildlife, the East Bay Bike Path is a 14.3-mile trail that connects historic New England waterfronts along several river mouths of the Narragansett Bay.

Between Providence's India Point Park and the bayside communities of East Providence, Barrington and Warren, the trail weaves between glistening waterfronts and dense forest canopies on its route to Independence Park in Bristol.

About the Route

The East Bay Bike Path's northern terminus is India Point Park, in Providence's Fox Point neighborhood. Heading south from the park, the trail crosses the Seekonk River

into East Providence. Here, two blocks of 1st St form the trail's sole stretch of shared roadway, before the off-road trail picks back up along Veterans Memorial Parkway for a 1.1-mile forested stretch of trail, separated from the road by a split rail fence.

At Watchemocket Cove, the trail leaves Veteran's Memorial Parkway and meanders a narrow embankment between the cove and the Providence River. The old set of railroad tracks is often visible, along with unobstructed views of the Providence skyline and riverside shipping facilities as the trail approaches Squantum Woods Park, home to 90+ bird species. The following mile of the route features wooded scenery, causeways, small coastal inlets, and breaks between trees that offer striking reminders of the trail's proximity to the river. Here the Pomham Rocks Lighthouse becomes visible just offshore.

The path then heads inland through the community of Riverside, passing an old railroad station just before Lincoln Avenue. A mile into the forested straightaway, a westward turn at Crescent View Avenue offers a 0.5-mile side trip to the Crescent Park Looff Carousel, an 1895 amusement ride that features 62 carved figures and four chariots. The carousel is listed on the National Register of Historic Places. Straight ahead is Haines Memorial State Park and three more miles of verdant trail leading into the town center of Barrington.

Just south of the lighthouse, the trail crosses both the Barrington and Palmer River on bridges that serve as popular fishing spots, and enters the town of Warren, with several dining and convenience options. The path continues south towards Bristol, passing Jacobs Point Preserve and the Claire McIntosh Wildlife Refuge, home to the Audubon Nature Center and Aquarium.

At its southern end, just south of the entrance to Colt State Park, the trail lets off in Bristol, at Independence Park, where a small-town stroll beside Bristol Harbor awaits.



East Bay Bike Path (RI)

Rhode Island

States: Rhode Island

Counties: Bristol, Providence

Length: 14.3 miles

Trail end points: India Point Park (Providence)
to Independence Park (Bristol)

Trail surfaces: Asphalt, Boardwalk

Trail category: Rail-Trail

Trail activities: Bike, Inline

Skating, Fishing, Wheelchair

Accessible, Walking, Cross Country Skiing

Parking & Trail Access

The East Bay Bike Path runs between India Point Park (Providence) and Independence Park (Bristol), with parking available at the southern endpoint in Bristol.

Parking is also available:

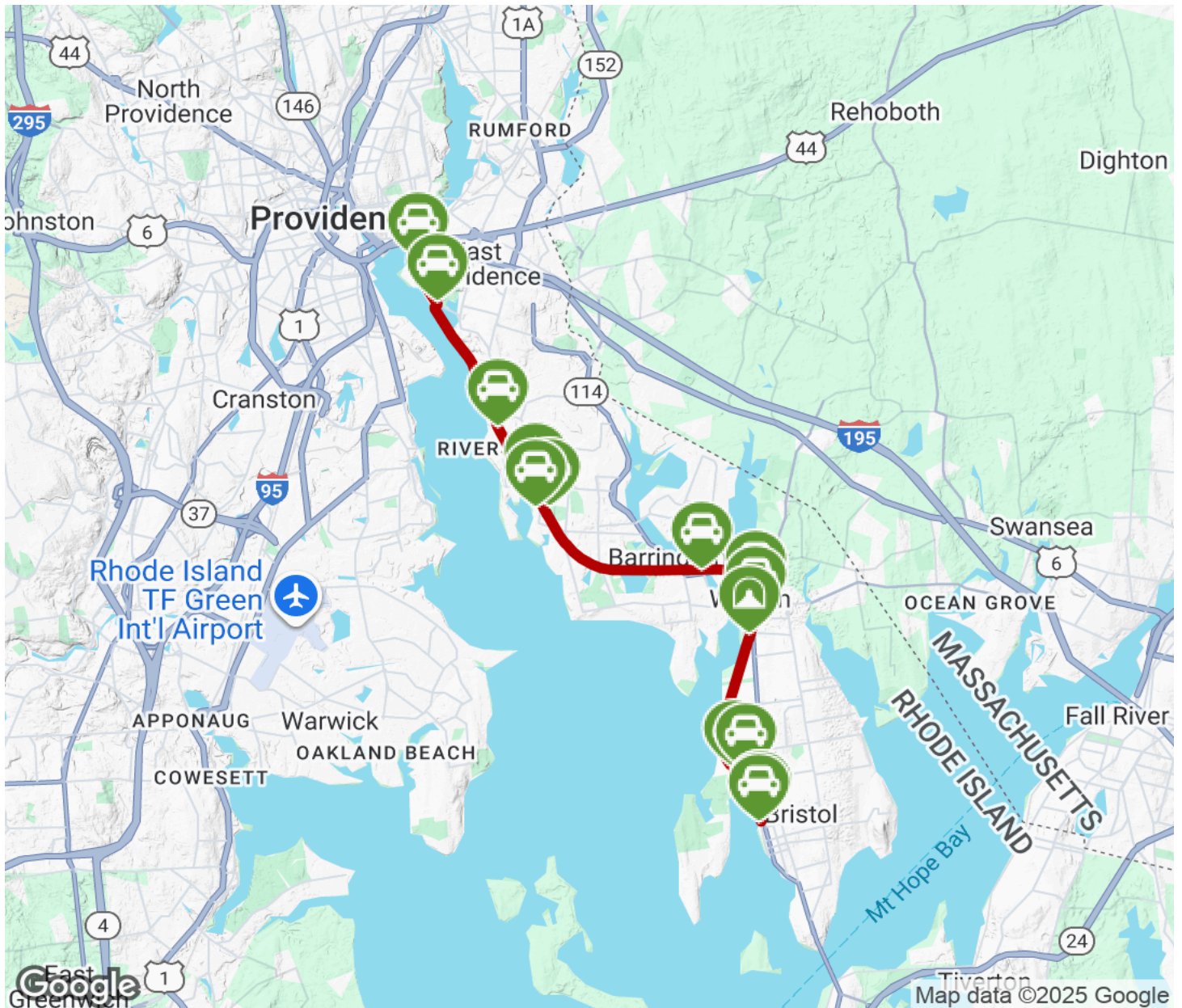
- 182-184 2nd St (East Providence)
- 26 Vintner Ave (Riverside)
- 18 Franklin St (Warren)

There are numerous parking options along this route, see [TrailLink Map](#) for all parking options and detailed directions.



East Bay Bike Path (RI)

Rhode Island



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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