

**PSB**

# Bristol, RI

**April 1 - December 31, 2026**

## *10 and 5km July Fourth Heritage Walks*

**START/FINISH:**

Sip 'n Dip Donut Shop  
 775 Hope Street  
 Bristol, RI 02809  
 Tel: 401-253-7970

**TIMES:** Daily after sunrise to  
 before sunset. Sip 'n Dip open  
 4 a.m. to 10 p.m.



**TRAIL DESCRIPTIONS:** Located on a peninsula on Rhode Island's picturesque Mount Hope Bay, the town of Bristol has a colorful history. Because of its strategic location, it was the site of the first battle of the King Philip War in 1675. Bristol remained a town in Plymouth County, MA until 1747. Bristol's sailing ships were active in the slave and rum trade bringing wealth for their captains and merchants, allowing them to build magnificent homes on the tree-lined streets. The town's oldest tree, an over 200-year old European linden, is located at the corner of Hope and Church Streets. During the Revolutionary War, British troops attacked the town, marched down Hope Street setting fire to buildings and took prisoners to Newport. From its sailing and ship building days to the Great Immigration Wave of the early 20<sup>th</sup> century when many of its large manufacturing buildings were erected, Bristolians show their pride and love of their town.

Both the 5km and 10km routes include the recreation trail into Colt State Park with breathtaking views of Narragansett Bay as well as the town center with its magnificent homes, beautiful gardens, and tree-lined streets. Noted for its town-wide Fourth of July celebration, streets on the parade's route are painted with red, white, and blue stripes.

**RATING:** On flat, paved surfaces, this walk's AVA rating is 1A, suitable for strollers but **difficult for wheelchairs**.

**AWARD:** The "A" award, available for \$4.00, is a fully embroidered patch highlighting the town's patriotic decorations along the red, white, and blue striped parade route.

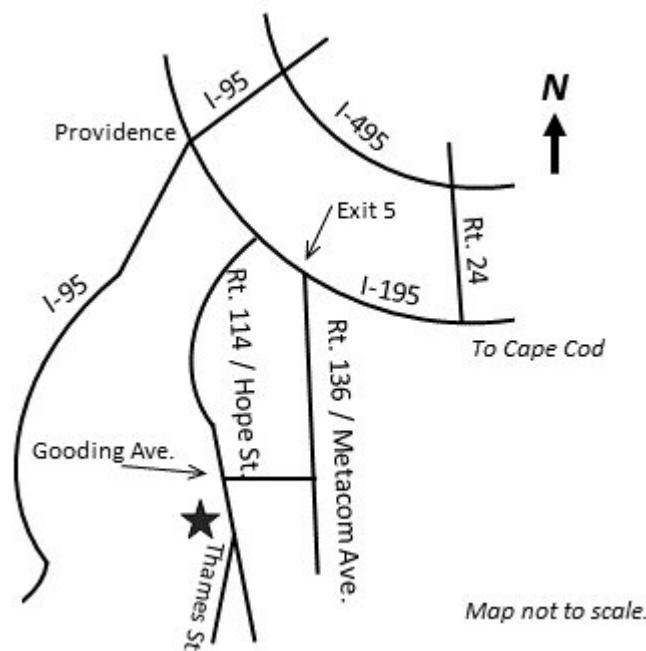


**AVA SPECIAL PROGRAMS:** Par for the Course, Rails to Trails, Step to the Beat, Walking with America's Veterans, Walking with the Wild Things, and Washington-Rochambeau National Historic Trail

**DIRECTIONS:****From the North or South:**

1. I-95 to Providence, RI to I-195 East.
2. I-195 East into Massachusetts to Exit 5 (Route 136 South).
3. **RIGHT** onto Route 136 South (Metacom Ave.) for 5 miles to Gooding Avenue (Walgreens on right at traffic light.).
4. **RIGHT** onto Gooding Avenue to end at Route 114.
5. **LEFT** onto Route 114 (Hope Street) for one mile to Sip 'n Dip on right.

**PARKING:** Park away from the Sip 'n Dip building on either side.

**POC:**

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