

## Western Cranston Ride

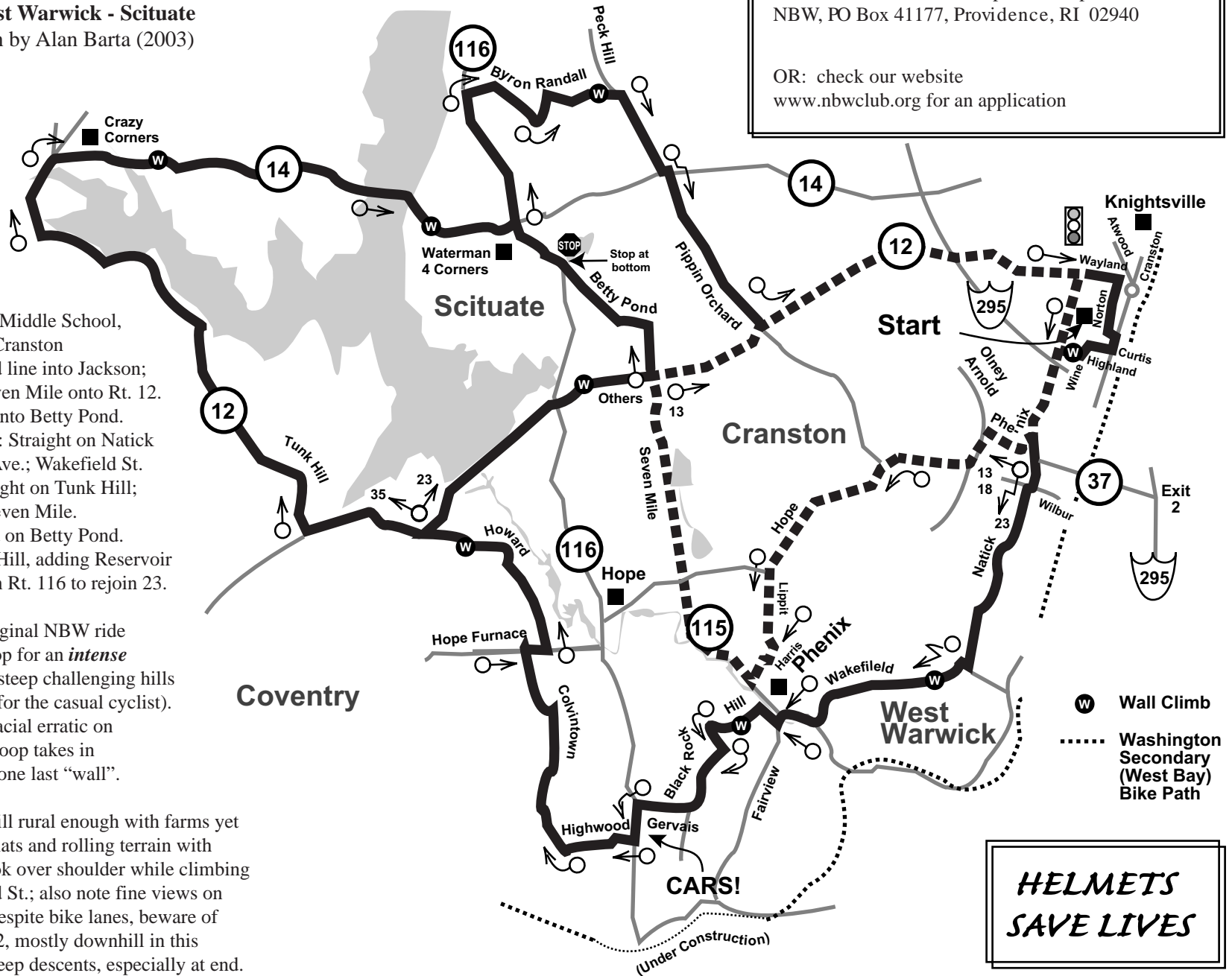
Cranston - West Warwick - Scituate  
Walls Extension by Alan Barta (2003)

**INTERESTED IN JOINING THE N.B.W.?**  
Send a self-addressed, stamped envelope to:  
NBW, PO Box 41177, Providence, RI 02940  
  
OR: check our website  
[www.nbwclub.org](http://www.nbwclub.org) for an application

- Start:** Western Hills Middle School, Phenix Ave., Cranston  
13 mi.: Follow dashed line into Jackson; right from Seven Mile onto Rt. 12.  
18 mi.: Cross Rt. 12 onto Betty Pond.  
18 mi. **Walls Option:** Straight on Natick from Phenix Ave.; Wakefield St. into Phenix; right on Tunk Hill; rejoin 13 at Seven Mile.  
23 mi.: "Walls" to left on Betty Pond.  
35 mi.: Left on Tunk Hill, adding Reservoir Circuit; left on Rt. 116 to rejoin 23.

**Scenic Notes:** This original NBW ride adds a new "walls" loop for an *intense aerobic workout* with steep challenging hills and few descents (not for the casual cyclist). Note Black Rock, a glacial erratic on namesake road. Final loop takes in Meshanticut Park and one last "wall".

Western Cranston is still rural enough with farms yet to be developed into plats and rolling terrain with spectacular views. Look over shoulder while climbing Hope Rd. or Wakefield St.; also note fine views on routes by Reservoir. Despite bike lanes, beware of speeding cars on Rt. 12, mostly downhill in this direction with a few steep descents, especially at end.



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SAVE LIVES**