

# BRISTOL, RHODE ISLAND: NARROWS AND MT. HOPE



MAP LEGEND			
★	WATER ACCESS	—	ROADS
■	WATER	●	POINTS OF INTEREST
◇	CAUTION	---	WATER TRAIL ROUTE
		■	CONSERVATION LAND
		P	PARKING

## NARROWS ROAD LAUNCH SITE

LEVEL	Intermediate
START/END	Narrows Rd "parking lot"
BAY MILES	6 mi. round trip up Kickemuit, 4 miles to Mt. Hope
TIME	3-5 hours
DESCRIPTION	Open Bay, calm in Kickemuit; Mt. Hope Bay can be choppy; Narrows can be challenging going against tide, so plan accordingly
SCENERY	Open Bay, residential, wooded upland

The bottom of Narrows Road, off of Route 136, has a large sandy area suitable for parking, with room for 6 or more cars. From there, a wide sandy beach launches you into Mt. Hope Bay at the mouth of the Narrows ★. Head north, and you go through the Narrows, and can follow the trail described in Warren's "[Bristol/Warren Loop](#)".

Head south and you can follow the Bristol shoreline, along an area that was a summer community until the late 1960's. Beyond that, it's 2 miles to the tip of Mount Hope, where King Phillip (Metacom) had his settlement, launched much of King Phillip's War in the late 17th Century and, in the woods along Mt. Hope, was killed by local settlers. If you circle the tip of Mt. Hope, you will come to the southern end of Mt. Hope Farm ④, a preserved 125 acre parcel now used for events and public recreation. In Church Cove you will see Seal Island ③, which is often visited by seals in the spring and fall. Please stay off of the island but enjoy the seals!

## MT. HOPE FISHING ACCESS (BOTTOM OF ANNAWAMSCUTT RD.)

LEVEL	Intermediate
START/END	Mt. Hope Fishing Access, bottom of Annawamscutt Rd., Bristol
BAY MILES	7 mi. round trip up Kickemuit, 3 miles to Mt. Hope
TIME	3-5 hours
DESCRIPTION	Open Bay, calm in Kickemuit; Mt. Hope Bay can be choppy; Narrows can be challenging going against tide, so plan accordingly
SCENERY	Open Bay, residential, wooded upland

Mt. Hope Fishing Access ★ accommodates up to 20 vehicles, has been recently upgraded, and offers a good access point for paddlers. The Fishing Access point is a launch for large and small boats, and this area of Mt. Hope Bay can be very busy in the summer high season, so paddlers should be aware of their surroundings. Suggested routes are the same as those described in the "Narrows Launch Site" section.



## BRISTOL HARBOR

Bristol, Rhode Island is one of New England's famous historic ports. The well-preserved waterfront district and surrounding areas contain wonderful old buildings, churches, mills, mansions and ship building facilities that tell the history of Bristol's development since its founding in 1680. Today, restaurants, shops and public parks provide visitors with many options to make Bristol the ideal spot to launch your next paddling experience.



### ABOUT BRISTOL, RHODE ISLAND

Steeped in a [rich history](#) that spans three centuries, Bristol, Rhode Island is a quintessential New England waterfront town. The town center is listed on the National Register of Historic Places and with its unwavering commitment to preservation, Bristol continues to maintain the picture-perfect charm of a historic port town. The well-preserved waterfront district contains the commercial enterprises, civic buildings, churches, mills, sailors' shacks and slave-traders' mansions that tell the history of Bristol's development since its founding in 1680.

Bristol holds the distinction of having the oldest, continuous [Fourth of July Celebration in America](#). The Celebration, first held in 1785, was started by Bristolians who actually took part in the Revolutionary War. This fervor continues today as Bristol becomes arguably the most patriotic town in America during the three-week Celebration which culminates in the gala Parade on Independence Day which is watched by over 200,000 enthusiastic people.

Sailing and shipbuilding have played an important role in the life of Bristol since the 17th Century. Today Bristol is the home of [several shipbuilding companies](#) that have local and international reputations for quality and workmanship. In 1995, Bristol became the home of the [America's Cup Hall of Fame](#).

Bristol is the cultural center for Bristol County as it is home to eight fine museums and [Roger Williams University](#). Bristol remains a center of history with many handsome homes built in the 1700s and 1800s, some designed by noted architect Russell

Warren, gracing the tree-lined streets. Visitors come from far away locations to enjoy Bristol's history, stroll along its waterfront, shop in its many stores and dine in its many [fine restaurants](#).

Bristol is situated on a 10 square mile peninsula, shaped like a lobster claw, the maw of which forms Bristol Harbor, with Narragansett Bay to the west and Mount Hope Bay to the east. It is about 12 miles distant from both Providence and Newport. With miles of coastline, 14 parks, and the starting point of the East Bay Bike Path, the town is an excellent choice for a variety of outdoor activities.

### HELPFUL HINTS

Several good launching sites are available along Bristol's working waterfront. The DEM launch site on Poppasquash Road or Independence Park on Thames Street are both ideal. Numerous public parks offer safe and comfortable spots to take a break and walk ashore. Clam shacks to fine dining are all within easy reach. Check out the world famous Herreshoff Marine Museum / America's Cup Hall of Fame, and the Blithewold Arboretum in Bristol as well.

Bristol Harbor is always busy with pleasure boats and commercial activities. Please respect other craft and remember that larger boats have the right of way.

A very predictable southwest wind picks up every afternoon, which can make sea conditions uncomfortable. Paddling in the morning is advisable.

**ALWAYS WEAR YOUR LIFE JACKET AND CARRY A WHISTLE OR OTHER SOUND PRODUCING DEVICE, PREFERABLY ATTACHED TO YOUR LIFE JACKET. PADDLERS SHOULD CHECK WATER LEVEL AND TIDES, WEATHER, AND WATERWAY CONDITIONS PRIOR TO EVERY TRIP. REMOVE WHAT YOU BRING, CLEAN UP MORE IF YOU CAN. PLEASE RESPECT PRIVATE PROPERTY. REPORT ANY PROBLEMS YOU ENCOUNTER TO THE LOCAL AUTHORITIES IF APPROPRIATE.**

Be sure to visit Bristol's new website for details and attractions: [www.explorebristol.com](http://www.explorebristol.com)

The Narragansett Bay Estuary Program (NBEP) protects and preserves Narragansett Bay and its watershed through partnerships that conserve and restore natural resources, enhance water quality and promote community involvement. NBEP supports the RI Blueways Alliance which is dedicated to creating a comprehensive water trail network to link Rhode Island's rivers, lakes and ponds to Narragansett Bay and to the rivers in Massachusetts that flow into the bay. The trail will be used to promote safety, conservation, recreation and economic development. [www.ExploreRI.org](http://www.ExploreRI.org)



Watershed organizations throughout the Narragansett Bay watershed showcase paddling opportunities on downloadable paddle maps. The full list of maps is available at [ExploreRI.org](http://ExploreRI.org).

