Take a Hike!: Top RI hiking trails for spring

As the weather gets warmer, people will be making their way to the great hiking trails that RI has to offer. According to Alltrails.com, there are 386 to choose from in our state, and they vary in both the style of terrain and the activities they support. Here are just a few:

With over 14,000 acres of forest, Arcadia Management Area near Exeter is Rhode Island's largest recreational area. Breakheart Loop (not to be confused with Lupo's Heartbreak Hotel) is one of its many trails, and has 3.6 miles of moderately difficult terrain that loops around a lake. The fishing is good, and the mountain biking is great: there are always mountain bikers when I go. There are many trails to choose from with varying degrees of difficulty, but Breakheart Loop is one of the more popular.

Goddard Memorial State Park near East Greenwich provides easy terrain that the whole family can enjoy. The trails are wide and well groomed, and offer an ocean view. The 1.4 mile loop is easy to walk or jog, and surrounds large fields with sites for picnics and cookouts. You can also hike the 3.7 miles of trails.

The terrain of Lincoln Woods ranges from easy to moderate. The main path that loops around Olney Pond is paved, and is 3.1 miles long. The trails veer off the road into varying degrees of challenging terrain. Bouldering, fishing, and mountain biking are popular activities here. Parking is easy and abundant.

There are too many trails to name and describe, each unique in what they have to offer. The three listed here cover a wide range of style, difficulty, and location throughout the state. With a little research, you can find a trail best suited for your hiking needs.

As always, wear appropriate footwear on your hike. You may arrive to find that a trail is muddier than expected. It also doesn't hurt to have a trail map: I have gotten lost on many occasions, even on well marked trails.

For more details on these trails and the many others that RI has to offer, go to alltrails.com or dem.ri.gov.