



1. From I-95 North , take EXIT 3A . (toward Kingston, RI & Newport RI)
2. Take a right at the end of the exit ramp onto RI-138 East .
3. In approximately 2 miles, you will approach a fork in the road; BEAR LEFT at this fork to continue traveling on RI-138 East
4. You will pass the University of Rhode Island and the town of Kingston as you continue on Route 138E. Approximately 3.6 miles after passing the University, you will reach a traffic light at the intersection of Route 138E and US Route 1. (There will be a Mobil gas station on your right)
5. Take a left onto US-1 North . (This road is also the continuation of RI-138E.)
6. Travel for 2.3 miles until the Exit (on your right) for “ NEWPORT and JAMESTOWN Bridges ” and the continuation of RI-138 East . You will merge directly onto RI-138 East
7. Continue along Route 138E across the Jamestown/Verrazano Bridge
8. Continue across the Newport/Claiborne Pell Bridge . (This is a toll bridge \$2.00)
9. Take the bridge to the very end . (<i>Do not</i> get off at the first “Scenic Newport” exit; follow the sign to Fall River/Cape Cod)
10. At the end of the ramp , take a LEFT at the traffic light. (“Newport Grand” will be across the street from this light)
11. Go straight on this road and continue for 1.2 miles. (You will encounter 2 traffic lights and 2 stop signs along this road)
12. At the THIRD light , take a right on to Valley Road
13. The John Clarke Retirement Home will be on your left; immediately following, take a left at the sign for the Aquidneck Corporate Park , onto Johnnycake Hill Road.
14. Take your first right onto John Clarke Road ; proceed until the stop sign. At the stop sign (Silva Lane) take a left , and Lang Naturals will be on your left.

- Driving *time*: ~35 - 40 minutes
- Driving *distance*: ~27 miles