



Directions to and from LANG NATURALS and TF Green Airport

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

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Driving directions from TF Green Airport to LANG NATURALS...Welcome!

1. From Airport, take I-95 South toward New York.
2. After passing the signs for Warwick, RI, get into either of <i>left two lanes</i> .
3. Take Exit # 9 (exit is on LEFT) on to RI Route 4 South . (toward Newport)
4. In approximately 8 miles, you will come to a stretch of Route 4 with traffic lights, and then Rte 4 will curve to the right and join Route 1 South .
5. Stay <i>in the right lane</i> and take your first exit on to RI Route 138 East toward Jamestown & Newport Bridges.
6. Go across the Jamestown/Verrazano Bridge .
7. Go across the Newport/Claiborne Pell Bridge . (This is a toll bridge \$2.00)
8. 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)
9. At the end of the ramp , take a LEFT at the traffic light. (“Newport Grand” will be across the street from this light)
10. Go straight on this road and continue for 1.2 miles. (You will encounter 2 traffic lights and 2 stop signs along this road)
11. At the THIRD light , take a right on to Valley Road .
12. 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.
13. 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 directions from LANG NATURALS to TF Green Airport...Welcome!

1. Take a right turn out of the office parking area.
2. At the stop sign, take a right onto John Clarke Road.
3. Proceed until the road ends, and then take a left .
4. At the stop sign, take a RIGHT onto Valley Road and get into the left turn lane prior to the FIRST TRAFFIC LIGHT .
5. At this FIRST TRAFFIC LIGHT , take a LEFT onto Green End Ave. There will be a pond on your left; bear right to go straight up the hill and continue on this road (the name will change twice!) for approximately 1.2 miles.
6. You will encounter 1 stop sign and 4 traffic lights along this road. <i>At the third light</i> , you will see “Newport Grand” on your left – it is a large building with a large sign. After Newport Grand, and as you approach an overpass, move into the left hand lane .
7. Just under the overpass, AT THE FOURTH TRAFFIC LIGHT, take a LEFT
8. You will immediately approach a FORK IN THE ROAD where you should BEAR TO THE RIGHT onto the entrance ramp to the Newport Bridge . (via Rte 138 West, to Jamestown/New York/Jamestown Bridge)
9. Go across the Newport/Claiborne Pell Bridge . (This is a toll bridge \$2.00)
10. Follow Rte 138 West across the Jamestown/Verrazano Bridge .
11. Then travel ~.7 mi and exit (on your right) onto Rte 1 North , toward Providence.
12. Be prepared very soon after merging onto Rte 1 North to bear left since the road forks into Rte 4 North. You <i>want</i> to bear LEFT onto Rte 4 North.
13. Follow Rte 4 North approximately 10 miles, where it will merge directly into Rte 95 North .
14. Proceed on Rte 95 North for approximately 4.3 miles.
15. Take EXIT 13 toward T.F. Green Airport via Airport Connector Rd (East).
16. In ~.9 mi , signs for the Airport will direct you to parking lots & departure gates.