

DESTINATION RHODE ISLAND

Pawtucket, RI

Rhode Island Antiques Mall - 345 Fountain St. Pawtucket 401-475-3400 (exit 42)

A 20,000 sq. ft. state-of-the-art facility, Rhode Island Antiques Mall hosts 200 quality dealers hailing from all over New England and beyond. One level of the store is dedicated to furniture, art, rugs, home decor items and fine collectibles displayed in showcases while the other level is jam-packed with an eclectic and ever-changing selection of all things antique. <https://riantiquesmall.com/>

Slater Mill – 67 Roosevelt Ave, Pawtucket 401-725-8638 (exit 42)

In 1793, the firm of Almy, Brown, and Slater hired local artisans and laborers to construct a wooden building suitable for manufacturing cotton thread by waterpower. Slater Mill became the first successful cotton-spinning factory in the United States. It was dedicated exclusively to the production of cotton thread until 1829, and then was continuously occupied until 1921 by various owners and renters. Through the years, Slater Mill supported many types of production and manufacture, including tools for the jewelry industry, coffin trimmings, cardboard manufacture, and bicycle sales. In 1921, after the last private owner ceased operations, a group of local businessmen with ties to the textile industry organized the Old Slater Mill Association to purchase, restore and preserve the Slater Mill – recognized then, and now, as the “Birthplace of the American Industrial Revolution.” The restoration of the structure was completed in 1925. With the support of 62 founders – including industrial giants like Henry Ford, Walter Chrysler, and Harvey Firestone – Slater Mill became one of the first operating industrial museums in the United States. In 1966, Slater Mill was designated a National Historic Landmark by the National Park Service. Today, the Slater Mill campus includes three historic structures, gift shop, exhibition gallery space, the Jencks Education Conference Center and rental hall, and the Hodgson Rotary Park, open to the community for passive recreation and special events. Slater Mill is open March through November for museum tours, and by appointment during the winter months. Closed Mondays <http://www.slatermill.org/>

PROVIDENCE, RHODE ISLAND

PARKING OPTIONS:

Limited metered parking is available on most streets in Providence.

Omni Hotel Valet 1 West Exchange St. Providence 401-598-8000 NO height restriction

Providence Place Mall 140 Providence Place, Providence 401-270-4421 Height Restriction 6’8”

Union Station 5 Memorial Blvd Providence 401-274-4745 Height restriction 6’10”

History

Providence was founded in 1636 by preacher Roger Williams, who was fleeing religious persecution from Massachusetts. Easily accessible by water, Providence became a major New World seaport. During the Revolutionary War, Providence's craftspeople and merchants supplied goods to the Continental and French armies. Ever the entrepreneurs, Providence businesses were financing expeditions to the Mediterranean, Middle East and Far East by 1781. With trade booming, the city grew and flourished. Traditional wooden homes began yielding to ornate brick mansions, and citizens constructed elaborate testaments to business, government and learning. One of the best examples would be the Rhode Island State House which was built with Georgian Marble between 1895-1904 and has one of the largest self-supporting domes in world. Groups of 10 or less are welcome on tours Monday-Friday at 10am or 1pm and groups larger than 10 can contact the tour operator to request other tours (401) 222-3983.

ATWELLS AVE / FEDERAL HILL PROVIDENCE

The gateway arch over Atwells Avenue anchors the La Pigna ("Pine Cone") sculpture hanging from its center. Often mistakenly referred to as "The Pineapple," La Pigna is a traditional Italian symbol of abundance and quality and has become the symbol of Federal Hill. Providence's historic Federal Hill has been called the "Heartbeat of Providence" and begins at Atwells Avenue. There, you can listen to church bells while walking on cobblestone paths, shop at food markets and boutiques, or dine in some of the finest restaurants in the country. You'll also find bakeries and coffee shops, professional services, and live music outdoors in the square. A place dedicated to the Italian immigrants who gathered here as a community, Federal Hill remains a place of charm, warmth and hospitality to all who visit.

Federal Hill Tours - 286 Atwells Avenue, Providence 401-273-2652

Join Master Chef and Historian, Walter Potenza, in the discovery of great foods and history of Federal Hill in Providence. The Premiere Food Tour will take you to must-see locations where you will be sampling cheeses, charcuterie, and antipasti, while receiving a presentation on ingredients in the repertoire of Italian cookery. You will also learn food terminology, products information, how to shop, recipes, and anything that may be of interest in expanding your culinary horizon. Throughout the walking event you will meet the people who make it possible for Federal Hill to be recognized as a food and historical destination in the USA. <http://www.federalhilltours.com/>

Gasbarro's Wines - 361 Atwells Ave, Providence 401-421-4170

Established in 1898 and recognized as one of the top retailers of Italian wine in the country, Gasbarro's commitment to the tradition of family, personalized service, and a passion for wine has kept customers coming back year after year. We hope you will enjoy your selection. www.gasbarros.com

Venda Ravioli - 265 Atwells Ave, Providence 401-421-9105

Fabulous Italian food emporium located on DePasquale Square directly opposite the fountain. Find everything you are looking for when it comes to gourmet pastas, fine Italian foods, olive oil, cheese, espresso, gift baskets, cookbooks, and so much more. Incredible selection of meats, cheeses, prepared foods. House made pastas, (too numerous to mention), sauces, bread. Prepared foods or made to order sandwiches. Eat in, or take out and sit at the fountain and enjoy the sights!
www.vendaraviolistore.com

Roma Ristorante - 310 Atwells Ave, Providence 401-331-5000

Traditional Italian marketplace to enjoy fine meats and cheeses, homemade soups, pastas, and desserts, a cappuccino or glass of wine, or to shop the wide variety of olive oils and other market selections.
<http://romaprov.net/>

Tony's Colonial Food - 311 Atwells Ave, Providence 401-621-8675

Tony's Colonial has been providing discriminating shoppers with the finest Imported and domestic Italian foods since 1952. Tony's is known for its quality meats and cheeses, extensive selection of imported olive oils and vinegars, gourmet pasta products, antipasti, and other specialties like imported porcini mushrooms, Italian candies and confections, and prepared foods.
<http://tonyscolonial.mybigcommerce.com/>

RESTAURANTS

Costantino's Venda Bar & Ristorante - 265 Atwells Ave, Providence 401-528-1100

Old World ambiance, world-class cuisine and a wine cellar housing more than 250 varieties of wine from all over the world, this is what the Costantino Family and their staff are dedicated to offering all patrons. This family-owned restaurant, along with Executive Chef Anthony Chiero, offers an outstanding menu to satisfy every palate. www.costantinosristorante.com/

Caserta Pizza - 121 Spruce St, Providence 401-621-3618

Since 1953, Caserta Pizza has been dedicated to serving customers the finest in traditional Italian pizza, made fresh daily from only the finest ingredients and homemade sauce. They are the originator of the famous "Wimpy Skippy", a spinach pie stuffed with Mozzarella cheese, pepperoni, and black olives. You must try their "Pig in a Blanket", made from sweet Italian sausage and tomato sauce rolled in dough, or add green peppers to make it a "Pepper Pig". <https://casertapizzeria.com/> **Closed Mondays**

Camille's - 71 Bradford St, Providence 401-751-4812

Camille's has been a Rhode Island dining landmark since 1914. Executive Chef John Granata's masterful versions of classical Italian dishes, melded with eye-popping creative fare amaze guests on a nightly basis. Just steps off Atwells Ave. <https://www.camillesonthehill.com/> **Closed Sundays & Mondays**

Pane e Vino - 365 Atwells Ave, Providence 401-223-2230

One of Providence's most accomplished and celebrated restaurants, Pane e Vino creates all their dishes with a commitment to using only the freshest local ingredients. <http://panevino.net/>

Angelo's Restaurant - 141 Atwells Ave, Providence 401-621-8171

Angelo's has been open since 1924. Angelo's is simply an old school Italian red sauce type of restaurant. It's nothing more and nothing less. Great eggplant parmigiana and veal & peppers. Closed Mon & Tues <https://www.angelosri.com/> **Closed Mondays & Tuesdays**

Cassarino's Restaurant - 177 Atwells Ave, Providence 401-751-3333

Voted "Best Italian Restaurant" in 2001, 2002, and 2003 by Citysearch.com and "Best Italian Restaurant in Providence" by Rhode Island Monthly, Cassarino's Restaurant on historic Federal Hill has established itself as one of Rhode Island's premiere Italian eateries. <http://cassarinosri.com/>

Andino's Italian Restaurant - 171 Atwells Ave, Providence 401-453-3164

Andino's Italian Restaurant is a great choice when looking for authentic Italian food. It's a favorite among the Providence locals. <http://andinosprovidence.com/>

Providence Oyster Bar - 283 Atwells Ave, Providence 401-272-8866

Fresh, delicious seafood delivered with excellent service. Great atmosphere. Great service. Definitely recommended to anyone who loves seafood. The Providence Oyster Bar is small and lively with the focus definitely on the food. <https://www.provoysterbar.com/>

Joe Marzilli's Old Canteen - 120 Atwells Ave, Providence 401-751-5544

Step back in time! Chefs cook with their interpretations of the great tastes of Joe Marzilli's. This Old Canteen Italian Restaurant makes dining a gourmet experience. Everything from appetizers to complete dinners. <https://www.theoldcanteen.com/> **Closed Tuesdays & Wednesdays**

Harry's Bar & Burger - 301 Atwells Ave, Providence 401-228-3336

Small burgers and jumbo hot dogs. Fresh ingredients from local purveyors. Serving 100% pure Hereford beef mini burgers coupled with a huge selection of craft beers, Das Boots (68oz beer boot!), shuffleboard and many other fun intricacies. www.harrysbarburger.com/providence/on-the-hill

Trattoria Zooma - 245 Atwells Ave, Providence 401-383-2002

Trattoria Zooma on Federal Hill is a great place. You can't go wrong with homemade pasta, perfectly cooked always with just the right amount of al dente and chew. They serve a fresh, contemporary spin in the Neapolitan tradition with house-made pastas. <https://www.trattoriazooma.com/>

Opa Restaurant - 230 Atwells Ave, Providence 401-351-8282

Opa Restaurant is a Mediterranean-style family restaurant on Federal Hill that was founded by Joseph Karam in March of 2003. The food ranges from Lebanese to Greek and Italian with a variety of pastas. <https://www.opaprovidence.com/>

SWEETS

Pastiche - 92 Spruce St, Providence 401 861-5190

Great desserts. Must try! Pastiche provides an intimate European style café. A small staff of dedicated bakers uphold the philosophy to create simple but superb desserts that have become renowned throughout New England and beyond. Pastiche is a wonderful place to enjoy an afternoon cup of tea or a cappuccino and delicious dessert! Just steps off Atwells Ave. Walk through DePasquale Square, turn right onto Spruce St. Located on right. <http://pastichefinedesserts.com/> **Closed Mondays**

Scialo Bakery - 257 Atwells Ave, Providence 401-421-0986

Scialo Bakery has been family owned and operated since 1916 on Providence's Federal Hill. All products are made from scratch on the premises in brick ovens that date back to the 1920's. Imagine baking a cake in an oven with no temperature gauge! Scialo Bakery offers highest quality products steeped in "old world tradition." Take out only. <https://scialobakery.com/>

Sample Itineraries:

THAYER STREET BENEFIT STREET WICKENDEN STREET HOPE STREET

Chock full of little restaurants and shops. Good place to people watch, too. Visiting here, one immediately knows that you are in a college town. It's shops, restaurants, services are geared to the Brown and Rhode Island School of Design (RISD) crowd. The only downfall is parking! It's hard to find so wear your walking shoes. Once you find parking, it is a great place for an afternoon or evening stroll. Consignment, fashion, jewelry, shoes, etc. from here you can walk to RISD art museum, multiple art installations at Brown as well.

Thayer Street

Brown University Book Store - 244 Thayer St, Providence 401-863-3168

Browse to find terrific books, coffee, places to study, lots of items with the Brown logo on it. Brown Bookstore carries a wide selection of pens upstairs. Nice and casually collegiate. Go, you will enjoy it! <https://www.brown.edu/campus-life/support/bookstore/>

Berk's Store's Inc. - 272 Thayer St. Providence 401-831-0174

Great prices and unique styles from great brands for men and women. Berk's has been on Thayer Street for over 40 years in the heart of College Hill. Great sales! <https://www.berkstore.com/>

Kabob and Curry - 261 Thayer Street Providence 401-273-8844

A Thayer Street institution, Kabob and Curry has been a reliable stop for some of the best Indian food in Rhode Island for over 20 years. The menu offers up meat, vegetarian and vegan dishes for both lunch and dinner, and their friendly staff are always helpful with suggestions. <http://www.kabobandcurry.com/>

East Side Pockets - 278 Thayer St, Providence 401-453-1100.

Falafel & kebab wraps are the specialty at this tiny, bustling Middle Eastern counter-serve joint. With their quick service and late hours, East Side Pockets is a great place to satisfy a falafel jones and their grape leaves and tabbouleh are equally delish. Esquire magazine called their gyro "the best Syrian street food outside Damascus." <https://www.eastsidepocket.com/>

Soban Korean Eatery - 272 Thayer Street Providence 401-751-1234

At Soban Korean, the portion sizes are typically large and at reasonable prices.

Meeting Street Café - 220 Meeting Street Providence 401-273-1066

Steps off Thayer Street. Sandwiches, breakfasts & desserts served in a quaint eatery with BYOB, takeout & delivery options. <http://www.meetingstreetcafe.com>

Benefit Street

Geoff's Superlative Sandwiches - 401 S. Main Street. Providence 401-751-2248

Spicy pickles & deli sandwiches crammed with creative ingredients star at this quirky long-timer. Vast selection of creative sandwich options, all so delicious. <http://www.geoffsri.com/>

RISD Art Museum – 20 N. Main St. , Providence 401-454 6500

The Museum's collection is composed of seven departments and includes about 100,000 objects of art and design. Distinguished by its relationship to the Rhode Island School of Design (RISD), the Museum educates and inspires artists, designers, students, scholars, and the general public through exhibitions, programs, and publications. The development of the Rhode Island School of Design and the RISD Museum is tied to Rhode Island's emergence after the Civil War as the most heavily industrialized state in the Union, and to the growing desire for better design in manufacturing. With the region's prosperity based on the production of silverware, jewelry, machine tools, steam engines, files, screws, and textiles, leading manufacturers and civic leaders felt the need for industrial-arts education and exposure to examples of fine art. Even before the war, the Rhode Island Art Association, chartered in 1854, determined "to establish in Providence a permanent Art Museum and Gallery of the Arts and Design." In the absence of either state funding or private donations, however, the creation of a design school and art museum in Rhode Island did not occur until 1877. Faced with a choice between erecting a drinking fountain in Roger Williams Park or founding a school of design—the latter proposed by Helen Adelia Rowe Metcalf (1830–1895)—the Rhode Island Women's Centennial Commission in that year voted to establish the Rhode Island School of Design by allocating to it the modest \$1,675 remaining from its fund-raising for the Women's Pavilion at the 1876 Centennial Exposition in Philadelphia. <http://risdmuseum.org/>

Wickenden Street

Nava (New and Vintage Apparel) - 197 Wickenden Street, Providence 401-453-6282

Vintage Clothing Store Sweet little clothing boutique on historic Wickenden Street. Clothing, gifts and home decor. <https://shopnava.com/> (check for availability as shop was closed for construction)

Coffee Exchange - 207 Wickenden Street, Providence 401-273-1198

This place has been a staple for delicious, quality coffee in a fun relaxing atmosphere. At any given time, this place is busy with students studying, people on dates or friends socializing on the deck.

Coffee Exchange houses a great bean selection so that you can bring your favorite roasts home. They have fair trade coffee from several, several regions of the world and feature different ones every so often. <https://www.thecoffeexchange.com/>

Nostalgia Antiques and Collectibles Store - 236 Wickenden St, Providence 401-400-5810

<https://www.nostalgia providence.com/> Unique, historical, and vintage items. Browse three floors of curiosities, oddities and treasures.

Four Buds Floral Shop - 284 Wickenden St, Providence 401-351-1775

<https://www.fourbudsfloral.com/flowers>

Sakura – 231 Wickenden St. Providence 401-331-6861

Japanese spot offering sushi & cooked standards, corkage-free BYOB & a tatami room (sit on the floor on cushions, such a cool experience!)

Amy's Place- 214 Wickenden Street Providence 401-274-9966

Amy set out to create a neighborhood spot where locals and students could meet and grab coffee, breakfast or lunch in a fun space with an unpretentious vibe **Closed Mondays & Tuesdays**

PVDonuts- 158 Wickenden Street- No phone number

What started out as a discussion around a campfire with a few drinks turned into PVDonuts. Their menu changes every month, and they work with a ton of locals ranging from other food businesses to various skilled artisans. Each month they give back in some way, shape, or form by contributing to a different cause.

Hope Street

Hope Street Pizza – 772 Hope St, Providence 401-273-5955

Pizza toppings are always fresh and plentiful, and the salads are big and tasty. Great pizza and delicious area, a dining area, and a bar area. There's plenty of seating to go around.

Pizzico Oyster Bar – 762 Hope Street, Providence, RI 02906 401-421-4114

Delicious dinner salads. Generous portions and toppings, but not too over the top. The grilled pear and gorgonzola is especially great- the maple dressing compliments the gorgonzola and walnuts perfectly. The food is delectable; rich with flavors. The decor is warm and cozy. All the pastas are fresh and made in house. <http://stockfoodgroup.com/pizzico-providence/>

Ivy Tavern – 758 Hope St, Providence 401-421-4489

DELICIOUS. A small and busy place, Great fish sandwich!! Burgers, bibimbap is a specialty. Awesome pub food and great neighborhood bar with selection of beers. Burgers and wings are awesome, but also venture out and try the Korean Pork or Bulgogi sandwiches for something totally different.
<http://www.ivytavernri.com/>

SHOPPING

Frog & Toad - 795 Hope St, Providence 401-831-3434

You'll find hand-knit sweaters, jewelry, handbags, throw rugs, table linens and textiles, locally-printed and designed graphic T's, Fair Trade handicrafts from around the globe, and much, much, much more. Frog and Toad also offers complimentary gift-wrapping and a staff that loves what they do. Browsers always welcome. "Selling stuff you don't need but have to have since 2001"
<https://www.frogandtoadstore.com/>

Olive Del Mondo - 815 Hope St, Providence 401-383-5733

Providence's first olive oil & vinegar tasting bar, a tasty addition to Providence & Rhode Island, Olive del Mondo (Olives of the World) is proud to be Providence's first olive oil & vinegar tasting bar! An independently owned, family-run "mom & pop" shop, Olive del Mondo features fresh, seasonal extra virgin olive oils, flavored olive oils, balsamic vinegars, local products, and much, much more! The best part? Everything is on tap for you to taste and your favorites are always bottled on the spot!
<https://olivedelmondo.com/>

Evolve Apothecary & Spa - 769 Hope St, Providence 401-383-3089

Stop in and say hi. A great local source for all that is good and clean. Something for everyone!
<https://www.evolveapothecary.com/> **Closed Sundays & Tuesdays**

POINT JUDITH / GALILEE

As you turn onto the short strip that is Galilee Escape Road, look to your right. If it is low tide you will see a row of vehicles parked alongside the road. Look past the cars to the water beyond. The occupants of these vehicles are nearby, wading in the water, engaged in "quahogging" or "clamming". They are harvesting their dinners! A soft-shell clam, also known as a steamer, breathes and feeds through its neck, which is between 6 and 8 inches long. A quahog has a small neck. The smallest, youngest quahogs are called little necks, medium sized are called cherry-stones and the biggest are called chowders. The neck size affects how the clams live, and how we dig them. A quahog lives just beneath the surface while steamers live deep below the surface. You go "scratching" for quahogs and "digging" for steamers. A steamer must be at least two inches long to keep legally, a quahog needs to be at least one-inch thick.

DINING

Champlin's Seafood Waterfront Dining 256 Great Island Rd Narragansett 401-783-3152

Super casual! Classic counter-service place for surf 'n' turf since the 1930s, with bayside deck and seafood market. Commercial fishing vessels land fresh seafood daily at Champlin's landing docks in Galilee, Rhode Island. Champlin's specializes in fresh lobster and shellfish from the deep off-shore waters of the Atlantic Ocean, and from the beautiful, pristine, and bountiful Narragansett Bay. Fresh lobster, clambake, and seafood orders can be made from the Champlin's Seafood Market. <https://champlins.com/>

- **Fun Fact:** Champlin's has a retail seafood market located on the first floor. If you wish, it is here that you may purchase larger lobsters than those on the menu upstairs. For a few dollars, they will cook it for you. When they call your name and present you with your delicacy you will be the envy of all other diners! Champlin's also ships all seafood products overnight by UPS to customers anywhere in the world.

George's of Galilee 250 Sand Hill Cove Road

Port of Galilee 401-783 -2306

People in bathing suits and flip flops walk just steps from Salty Brine family friendly beach to the takeout window. Or, throw on a cover up and go inside for a cocktail and some food at the lower or upstairs bar. Table service is available as well. Overlooking the Block Island Sound in the picturesque fishing port of Galilee, George's of Galilee Waterfront Seafood Restaurant has been serving generations of families its award winning signature dishes since 1948. They offer the widest selection of fresh local seafood, a new sushi menu, lobster specials, and if you're not a seafood fan you may enjoy their hand cut fresh rib-eye steaks. <http://georgesofgalilee.com/>

Coast Guard House - 40 Ocean Rd, Narragansett 401-789-0700

In the late 1800's, the United States Life Saving Service, now known as the US Coast Guard, built a station of solid granite perched overlooking Narragansett Bay. Today it is home to the Coast Guard House Restaurant. The Coast Guard House Restaurant has experiencing a total rejuvenation, courtesy of Super Storm Sandy. The dining room offers a beautiful view of Narragansett Bay, and this is perhaps the most beautiful location in all of Narragansett. The outdoor patio has great food, the cocktails are creative, and the location offers an outstanding view. <http://thecoastguardhouse.com/>

RECOMMENDED BEACHES

Salty Brine Beach 254 Great Island Rd, Narragansett

Sandy, clean, pretty beach, also known as Galilee Beach. This tiny beach, barely 100 yards long, is located directly behind George's Restaurant and is set close to the busy Galilee docks. It's good for children because it is inside the three-mile-long sea wall, protected from the surf. There is always something to watch with the fishing boats, pleasure boats and ferries going by. Lifeguard on duty from 9:00 am to 6:00 pm from Memorial Day to Labor Day. Purchase Pass online

Roger Wheeler State Beach 100 Sand Hill Cove Road, Narragansett

Also known as Sand Hill Cove Beach. This popular beach has fine white sand, calm water and a very slight drop-off. There is a playground area, concession building, picnic tables, bathhouse with coin-operated hot showers, a life-guard tower, and an environmental educational area. Lots of parking. Carry in, carry out policy. Lifeguard on duty from 9:00 am to 6:00 pm from Memorial Day to Labor Day. Purchase Pass online

Narragansett Town Beach Boston Neck Road, Narragansett 401-783-6430

This mile-long beach is regarded as having the best surfing in New England due to its smoothly curling waves. There are two modern pavilions with snack bars, changing rooms and rest rooms. Narragansett's lifeguards are frequent winners of the annual lifeguard competition held here. Parking fee and beach fee apply. Shopping boutiques are in the nearby Pier Marketplace and several restaurants with outdoor decks overlooking the beach and ocean are just a short walk away. Lifeguard on duty from 8:30 am to 6:00 pm from Memorial Day to Labor Day.

<https://www.narragansettri.gov/323/Narragansett-Town-Beach>

DINING

Coast Guard House - 40 Ocean Rd, Narragansett 401-789-0700

In the late 1800's, the United States Life Saving Service, now known as the US Coast Guard, built a station of solid granite perched overlooking Narragansett Bay. Today it is home to the Coast Guard House Restaurant. The Coast Guard House Restaurant has experiencing a total rejuvenation, courtesy of Super Storm Sandy. The dining room offers a beautiful view of Narragansett Bay, and this is perhaps the most beautiful location in all of Narragansett. The outdoor patio has great food, the cocktails are creative, and the location offers an outstanding view. <http://thecoastguardhouse.com/>