



1. **Take Route I-195W** toward Fall River, MA.
2. **Take Exit 8A onto Route 24 South.** (toward Tiverton, RI and Newport, RI)
3. Stay on **Route 24 South** for ~9 miles. (You will pass over the Tiverton/Sakonnet River Bridge.)
4. Take **Exit 1** toward **Route 138 South.** (Middletown and Newport Beaches)
5. At the bottom of the exit ramp, take a right onto **Turnpike Avenue.**
6. Proceed on **Turnpike Ave** for ~.7 miles, until you come to a traffic light (CVS drugstore on your right). **Bear right** at the traffic light **onto Route 138 South** (known locally as **East Main Road**)
7. Continue on **East Main Road** for 6.4 miles, traveling through Portsmouth, RI and into Middletown, RI until you come to a traffic light at the intersection of **Valley Road and East Main Road.** (There will be a Wendy's restaurant on your left.) Take a **left** onto **Valley Road**
8. Continue on **Valley Road** for .9 miles until you come to a traffic light. Proceed through the light.
9. You will see the John Clarke Retirement Home on your left; immediately following, **take a left at the sign for the Aquidneck Corporate Park,** onto Johnnycake Hill Rd
10. **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.