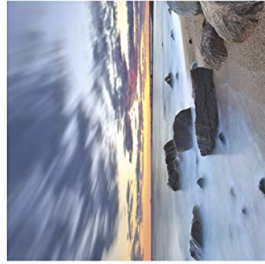


## New England's Best Beaches



### FOOTBRIDGE BEACH, OGUNQUIT, ME

This spot offers excellent swimming, beach combing, and bodysurfing opportunities, as well as a boat launch for kayaks, small boats, and standup paddleboards. Typically less crowded than neighboring Ogunquit Beach, it's reached by crossing a foot bridge that runs over the Ogunquit River.



### HAMMONASSET BEACH, MADISON, CT

At about 2 miles long, Connecticut's largest beach beckons day-trippers and campers to its shore for superb birding, swimming, and sandy strolls on the charming wooden boardwalk. There are also picnic spots, bike trails, great fishing, and the Meigs Point Nature Center.



### EAST BEACH, MARTHA'S VINEYARD, MA

Located between Cape Pogue Wildlife Refuge and Wasque Reservation on Chappaquidick Island, East Beach—also known as Leland Beach—is a popular spot for surf fishing. The half-mile beach is also an excellent spot for birding, swimming, and peaceful sunset walks, but there is an entrance fee.

**GOOSE ROCKS BEACH, KENNEBUNKPORT, ME**  
A wildly popular beach in warmer months and equally as beautiful in the offseason, Goose Rocks Beach is treasured for its long stretch of clean sand and close proximity to town. Parking can be tough in the high season and permits are required, but it's well worth the headache to get up early and snatch a spot for a glorious day in the sun at this picture-perfect beach.

### WALLIS SANDS STATE BEACH, RYE, NH

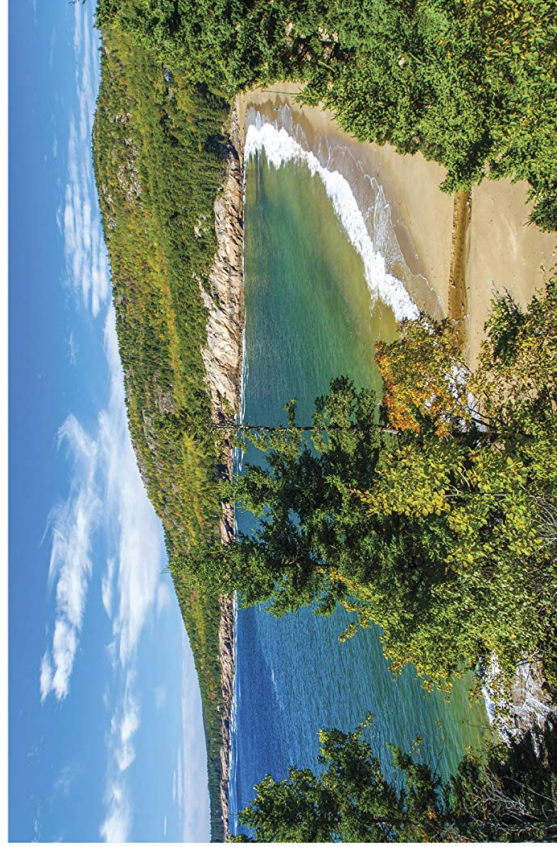
This family-friendly swimmers' beach has bright white sand, a picnic area, a store, and beautiful views of the Isles of Shoals.

### EAST MATUNUCK STATE BEACH, SOUTH KINGSTOWN, RI

With well over 100 acres of sandy shoreline, this popular beach on Block Island Sound has everything you need for a perfect seaside outing with the whole family, including a beach pavilion with changing rooms, a concession stand, and a lifeguard tower.

### SAND BAR STATE PARK, MILTON, VT

Vermont is not known for its beaches, but its plethora of lakes means that there are actually quite a few beaches worth checking out. This 2,000-foot-long beach remains shallow well out from shore, making it a perfect spot for families with young kids.



Sand Beach, Acadia, ME.

### NAUSET LIGHT BEACH, EASTHAM, MA

Adjacent to Coast Guard Beach, this long, sandy beach is backed by tall dunes, frilly grass, and heathland. The trail to the Three Sisters lighthouses takes you through a pitch-pine forest. Parking can fill up quickly in the summer, so get here early or you may have to swim elsewhere.

### PEMAQUID BEACH, NEW HARBOR, ME

Although not as long as the beach at nearby Reid State Park, Pemaquid Beach is a draw for families and couples looking for a quintessential beach day complete with an umbrella, sand bucket, and ice cream, all of which can be rented or purchased from the



### RACE POINT BEACH, PROVINCETOWN, MA

Designated by President Kennedy as part of Cape Cod National Seashore in 1961, this sandy beach is well known for its strong currents, which makes it great for surfers and serious swimmers. Its location on the Seashore's extreme northern side also makes it an excellent spot for sunbathing.

kiosk near the changing facilities and community center.

### HAMPTON BEACH STATE PARK, HAMPTON, NH

The Granite State's ocean shore is short, but this state park along historic Route 1 takes full advantage of the space it has. In addition to swimming and fishing, there are campsites with full hookups for RVs, as well as an amphitheater with a band shell for outdoor concerts.

### PLUM ISLAND BEACH, NEWBURYPORT, MA

Officially known as Newbury Beach, this pristine stretch of sand has excellent fishing, swimming, and bird-watching opportunities.