



17+ of The Best Beaches in New England

The New England states may be small, but they boast plenty of coastline with lots of great beaches. I enjoy visiting these sandy beaches either for the day or as part of a longer vacation. Although I love the beach, I usually plan for just one or two beach days during a New England vacation, with more activities included in my vacation.

If you are visiting New England beaches, there are some important things to know. The water can be cooler, especially if you are used to the warmer beach water in the south or the Caribbean (even in the summer months). There are also shark warnings at times, so you'll need to pay attention to the local information.

Fall can be a great time to visit the best beaches in New England. There are still some warmer days in the early fall, and the water is a little less cool since it has been warmed up by the sun all summer.

Just keep in mind that some lifeguards and facilities are only offered during the traditional summer season of Memorial Day to Labor Day. So, while it's quieter, you won't have the same amount of amenities.

When choosing a New England beach, consider other attractions and activities in the area. There are so many beaches, so you'll want to consider the options when planning your trip. Here are some of the best New England beaches to visit on a family vacation.

Disclosure: I've visited several of these areas and hotels at no/discounted cost for purposes of review. All opinions are my own. This post contains affiliate links and a purchase/click through one of these links may result in a commission paid to us at no cost to you.

The Best Beaches in New England

The tiny town of Little Compton Rhode Island is so small that it doesn't have its own high school. However, it offers two beautiful beaches located adjacent to each other. As the Ocean State, Rhode Island boasts a lot of coastline for a tiny spot.

Little Compton may sound familiar if you read the book *You* by Caroline Kepnes (although the location was changed to a different spot for the TV series).

Goosewing Beach & South Shore Beach, Little Compton, Rhode Island

These two Little Compton beaches share a parking lot, and you'll need to walk through South Shore to get to Goosewing. Managed by the Nature Conservancy, the Goosewing Beach preserve is a beautiful place to explore. You'll find a pond, sand dunes, and a hiking trail.

The town manages South Shore and offers paid parking and porta-potties. Several food vendors are allowed, or you can bring your own food. This is a beautiful, quiet part of Rhode Island that is worth visiting for the day. These stunning beaches are located right along the Atlantic Ocean.

There aren't many hotels in the area, but you will find some vacation homes – even some in an ideal spot near the beach.

[Search here for available options.](#)

You can also consider staying in nearby [Newport Rhode Island, where you'll find lots of things to do with kids.](#)

Easton's Beach/First Beach, Newport, Rhode Island

Newport (and the island it's located on – Aquidneck Island), have quite a few beaches. However, Easton's Beach (also called First Beach), is the only ocean-front beach in Newport Rhode Island.

Easton's Beach is located right near the famed Cliff Walk. It's also home to the small Save the Bay's Hamilton Family Aquarium, which offers over 40 species that are native to the Narragansett Bay area, including a touch tank.

Second Beach, which is also a popular destination, is technically located in Middletown Rhode Island. It is very close to Newport, however.

There are lots of hotels, B&Bs, motels, and vacation homes in the Newport area. It's a great place to stay, even if you don't plan to spend much of your time on the beach. [Search options here.](#)

You'll want to walk around the downtown area, to do some shopping, get ice cream, or have an entire meal.