

Roadtrippers

May 25th 2023 GREAT OUTDOORS GUIDES

A guide to all 10 national seashores in the U.S.

From coast to coast—and two Gulf of Mexico beaches in between—these protected stretches offer myriad opportunities for relaxation and recreation

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Designated as such by the U.S. Congress for their significance as both recreational public lands and protected wildlife areas, there are exactly 10 coastal regions preserved and administered by the National Park Service (NPS). From wild ponies and an LGBTQ+ safe haven on the East Coast, to tule elk on a Pacific Coast peninsula—and two stretches of sandy white beaches in between—here is a guide to all 10 U.S. national seashores.



7. Cape Lookout National Seashore

South of the Cape Hatteras National Seashore is the 56-mile [Cape Lookout National Seashore](#), comprising three North Carolina barrier islands: North and South Core Banks and Shackleford Banks. Core Banks is home to two historic villages and Shackleford is known for its population of free-roaming wild horses. Often visible from nearly 20 miles away, the black-and-white, 163-foot-tall [Cape Lookout Lighthouse](#) flashes every 15 seconds; completed in 1859, the lighthouse—one of only a few in the U.S. to shine during daylight hours—has been fully automated since the 1950s.