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New England Today
TRAVEL

RHODE ISLAND

5 Favorite Rhode Island Beaches

From Block Island to Middletown, these five Rhode Island beaches have got it all — scenery, accessibility, sand, and surf.

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★★★★☆

3.33 avg. rating (68% score) - 3 votes

What Rhode Island lacks in land mass, it more than makes up for in seashore. The aptly named Ocean State has nearly 400 miles of coastline, containing everything from rocky bluffs to beveled dunes — not to mention some of the best beaches in New England. Rhode Island beaches consistently rank among the best thanks not only to their top-notch sand and surf, but to the charming beach towns and villages that are always just a short drive away. Here's a list of some of our favorite Rhode Island beaches worthy of a visit this summer.

See more beaches and beach towns: 25 Best Beach Towns in New England



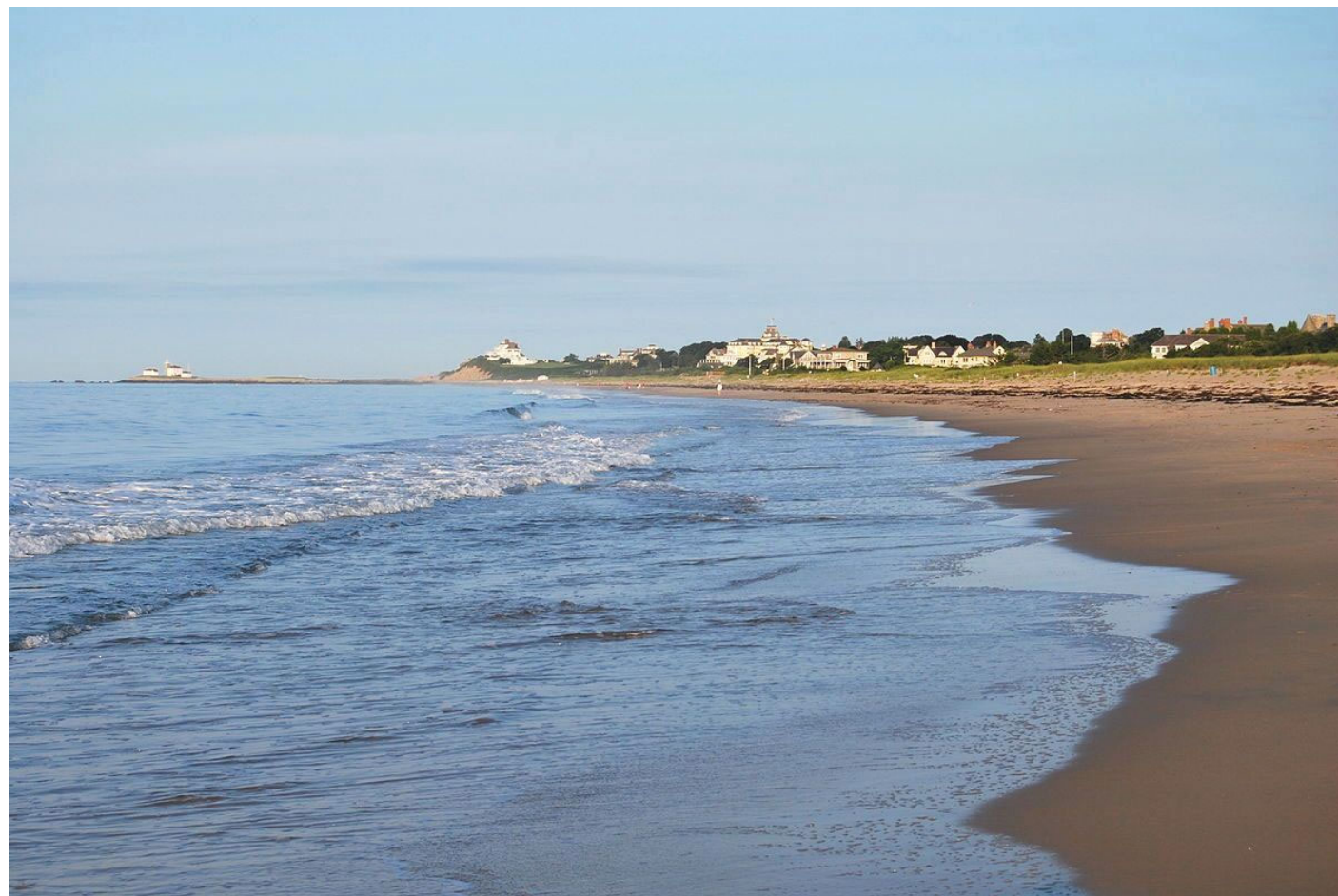
Crescent Beach on Block Island | 5 Favorite Rhode Island Beaches

Timothy J. Quill/Wikimedia Commons

5 Favorite Rhode Island Beaches

East Beach | Watch Hill, RI

A free and public alternative to Watch Hill Beach, East Beach is a huge tract of sand with plenty of space for sunbathing, swimming, and other beach-based activities. Though it lacks both the luxuries of Watch Hill Beach and its dedicated parking lot, East Beach is just a short walk from downtown, is typically much less crowded, and still guarantees a lovely day at the beach.



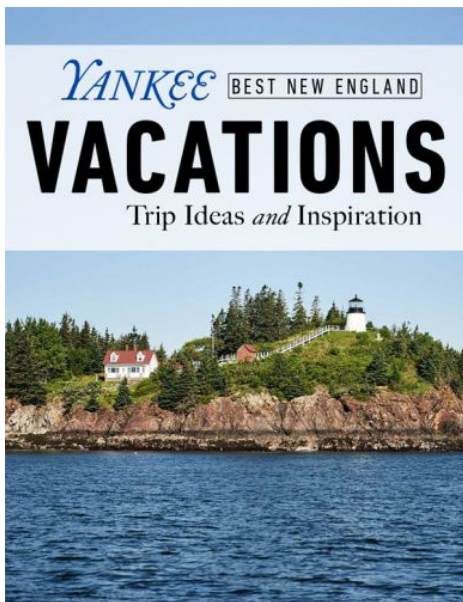
East Beach in Watch Hill | 5 Favorite Rhode Island Beaches

Julian Colton/Wikimedia Commons

Crescent Beach | New Shoreham, Block Island, RI

After an hour on the ferry, there's hardly a more appealing place to unwind than at the beach, which makes Crescent Beach's location second to none. The beach starts just down the street from the docks of Old Harbor and stretches north for nearly three miles, offering quite a bit of free parking along the way. Midway up the beach, you'll find a concessions area, where you can grab a snack and rent a variety of beach-day necessities. If you've ever put "loves long walks on the beach" in your dating profile, then this beach is for you.

SEE MORE: [Things to Do on Block Island, RI](#) | [Coastal Weekend Getaways](#)



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Town Beach | Narragansett, RI

Great views, soft sand, and proximity to Narragansett make Town Beach a wonderful place to spend a day. Though the beach does have dedicated parking, it still gets quite crowded in the height of summer, so get there early to grab a spot. Town Beach is also a favorite for surfing, but don't worry — surfers get part of the beach all to themselves.



Town Beach in Narragansett, Rhode Island | 5 Favorite Rhode Island Beaches

Annie Graves

Second Beach (Sachuest Beach) | Middletown, RI

Drive a few minutes east of Newport to Second Beach in Middletown and you'll find the perfect place to lay down your towel and prop up your umbrella — and after a morning of exploring Newport's charming downtown, an afternoon on the beach is a great way to relax. Clear waters and perfect waves make Second Beach a top spot and a not-so-crowded alternative to the nearby First Beach.

SEE MORE: [Things to Do in Newport, RI](#) | [Coastal Weekend Getaways](#)



Second Beach in Middletown | 5 Favorite Rhode Island Beaches
Vistawhite/Wikimedia Commons

South Shore Beach/Goosewing Beach | Little Compton, RI

With waves perfect for body surfing and parking that couldn't be more convenient, South Shore Beach is a fantastic place to spend a summer's day. Though this beach is not typically overcrowded, walking a bit farther down the shore will bring you to Goosewing Beach, where you're sure to find fewer crowds. And if your interest in birdwatching goes beyond fending off seagulls, don't miss the scenic Goosewing Beach Preserve, home to rare shorebirds.

What are your favorite Rhode Island beaches? Let us know in the comments!

Want more? Check out the 25 Best Beach Towns in New England to see more of our favorite beaches and beach towns.

This post was first published in 2017 and has been updated.



Comments

Hank April 30, 2019

When we lived in western Connecticut we used to take a long weekend and stay in Burlingame State Park campground. As an out-of-stater the cost was \$20 per night but well worth it. We had a season's pass that cost us \$60 (\$30 after we hit 65) for any beach but we loved East Beach best of all. Parking lot is small and the windsurfers would trailer their equipment and take two spaces. So the beach was pretty much uncrowded. Waves were great for body surfing. We'd get there early and spend the whole day.

The Rhode Island beaches were a great influence on our choice of locations when we moved south. We are now in Southport NC and can go to a south-facing beach on Oak Island or take the ferry across the Cape Fear River to Ft Fisher and enjoy the east-facing beach where the waves are much like East Beach. Either way, the season is much longer – from May til October. Still, I miss the serenity of East Beach and delicious fish and chips at the Old Pump House in Peacedale at the end of the day.

Reply

Carol August 8, 2018

Grew up in mass. Spent summers in Narragansett would be on beach from sun up to sun down. Loved this place would swim and surf endlessly. Would be called a beach bum. Will never forget the love and respect I had for the beaches.

Reply

Barry October 22, 2017

if you want the best beach in RI which is a State run beach then you must go to East Matunick State Beach just off of rt. 1 in Charlestown,,R.I. but get there early. When you see the sign that says "Lot full" still go and get in a line. It will take about a half hour in line but in most cases you can get in but you will be in one of the further parking lots. But it is worth the wait. People come here from all over the world for vacation swim time. If you are a senior, this is a great place if you live in RI it costs only \$15.00 for a full season of parking.

Reply

John August 8, 2017

East Beach in Charlestown is very nice, run by the RI Department of Environmental Management.

Reply

michael August 7, 2017

south shore/goosewing is a real sleeper. You finally find it, and are dissappointed at first-,porta-potties and old plywood changing rooms bode I'll. But forbear and walk west along the crowded shore and things get better and better. One reason this beach always rewards is that the parking lot is small for such a long beach. That means you should get there before 11am to be sure there's room, but even when the lot is full there are yards and

yards of empty shore to be found! It's really an eastern extension of horseneck to the east. Also has a bath-water warm back eddy tidal pond for all ages. Please don't go there! It's MINE!

Reply

michael August 7, 2017

I meant walk East!

Reply

Cher August 7, 2017

I grew up on Hampton Beach in NH. Best beach in the country!

Reply

John August 3, 2017

Bonnet Shoresgreat beach and a great place to grow up.

Reply

Ronald March 21, 2017

Weekapaug (near Watch Hill), is also a gorgeous beach to visit, walk, and view some of the stately "Turn of the Century " summer homes there, as well....

Reply
