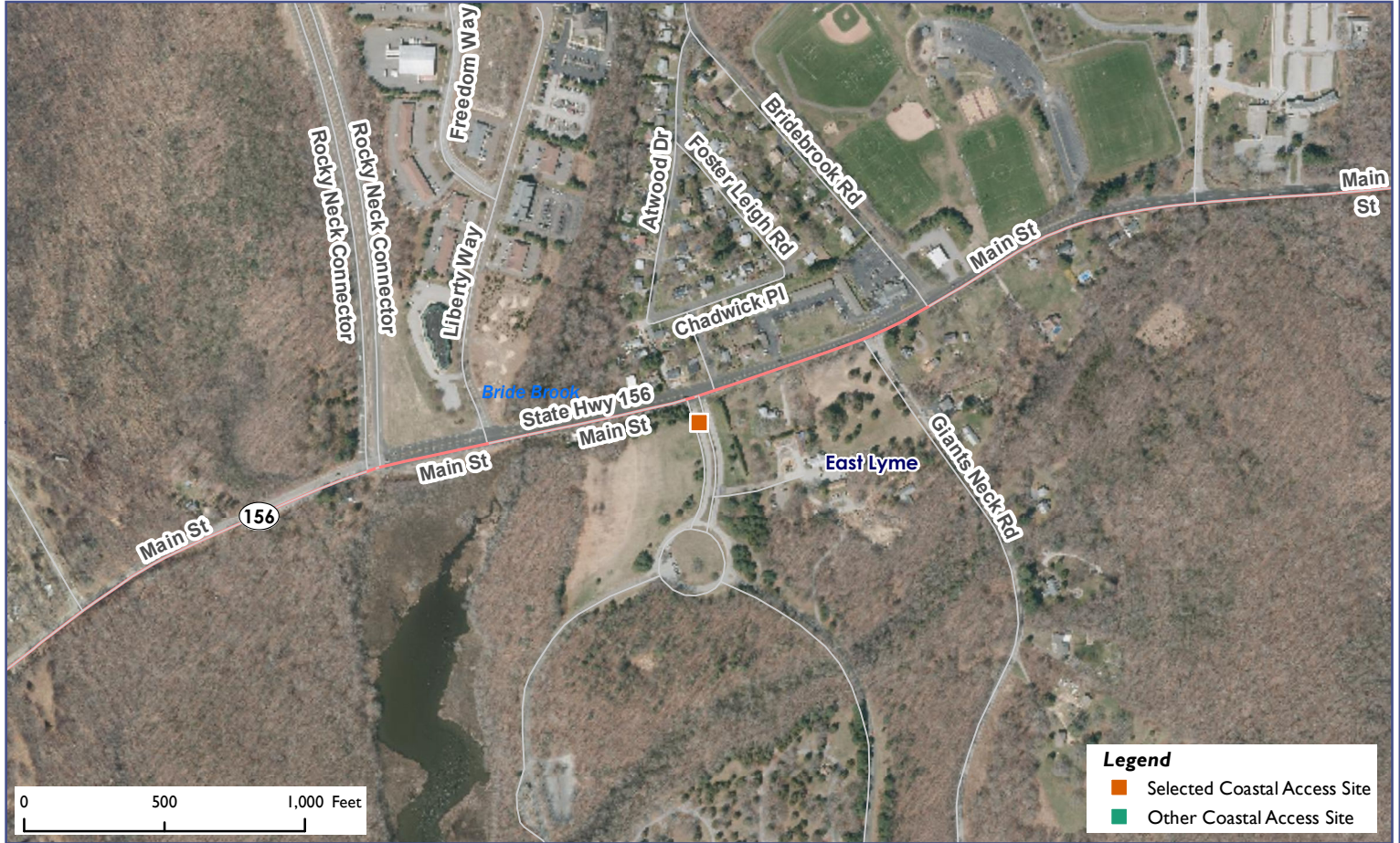


# Connecticut Coastal Access Guide

Rocky Neck State Park

Route 156 (PO Box 676 Niantic, CT) East Lyme, CT 06357



**Site Description:** Rocky Neck's varied terrain offers something for everyone. The park has a wide sand beach, a diverse trail system, camping, and saltwater fishing. Visitors have the opportunity of catching mackerel, striped bass, blackfish, and flounder along the stone jetty. Camping requires reservations during the summer. Please note lifeguards are not at all stations.

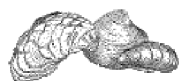


Activities			
	<b>YES</b>		<b>YES</b>
	<b>YES</b>		<b>YES</b>
	<b>YES</b>		<b>YES</b>
	<b>NO</b>		<b>YES</b>
	<b>YES</b>		<b>NO</b>
	<b>NO</b>		
Facilities			
	<b>YES</b>		<b>YES</b>
	<b>NO</b>		<b>NO</b>
	<b>NO</b>		<b>YES</b>
	<b>YES</b>		<b>YES</b>
	<b>YES</b>		<b>YES</b>
Environmental Setting			
	<b>NO</b>		<b>YES</b>
	<b>NO</b>		<b>YES</b>
	<b>NO</b>		<b>YES</b>
	<b>NO</b>		<b>YES</b>
	<b>YES</b>		<b>NO</b>
<b>Parking:</b> Parking Lot		<b>Fee:</b> YES	



CONNECTICUT DEPARTMENT OF  
ENERGY & ENVIRONMENTAL PROTECTION  
79 ELM STREET  
HARTFORD, CT 06106-5127

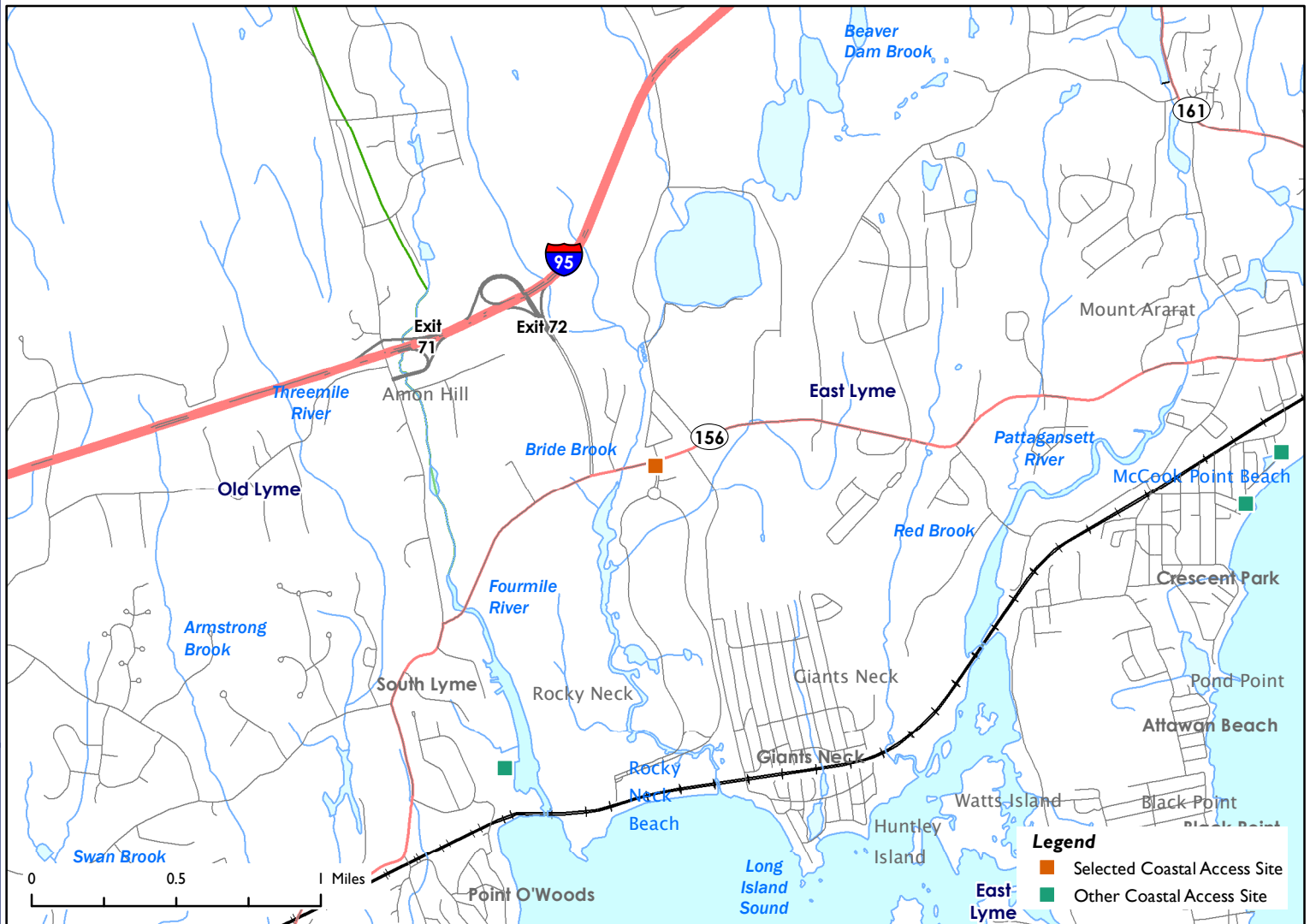
**EXPLORE CONNECTICUT'S SHORE**



# Connecticut Coastal Access Guide

Rocky Neck State Park

Route 156 (PO Box 676 Niantic, CT) East Lyme, CT 06357



**Latitude:** 41.316902 **Longitude:** -72.241377

## Directions:

From the East: Take I-95 South to exit 72. Turn left and take Route 156 east for 1/4 mile to the park. The park's street address is 244 West Main Street (Route 156).

From the West: Take I-95 North to exit 72. Turn left and take Route 156 east for 1/4 mile to the park. The park's street address is 244 West Main Street (Route 156).



## Additional Site Information:

CT Department of Energy and Environmental Protection  
79 Elm Street  
Hartford, CT  
<http://www.ct.gov/deep>

## General Questions or Comments:

Land and Water Resources Division  
Phone: (860) 424-3019  
Email: [coastal.access@ct.gov](mailto:coastal.access@ct.gov)  
[www.ct.gov/deep](http://www.ct.gov/deep)



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Updated: May 2022