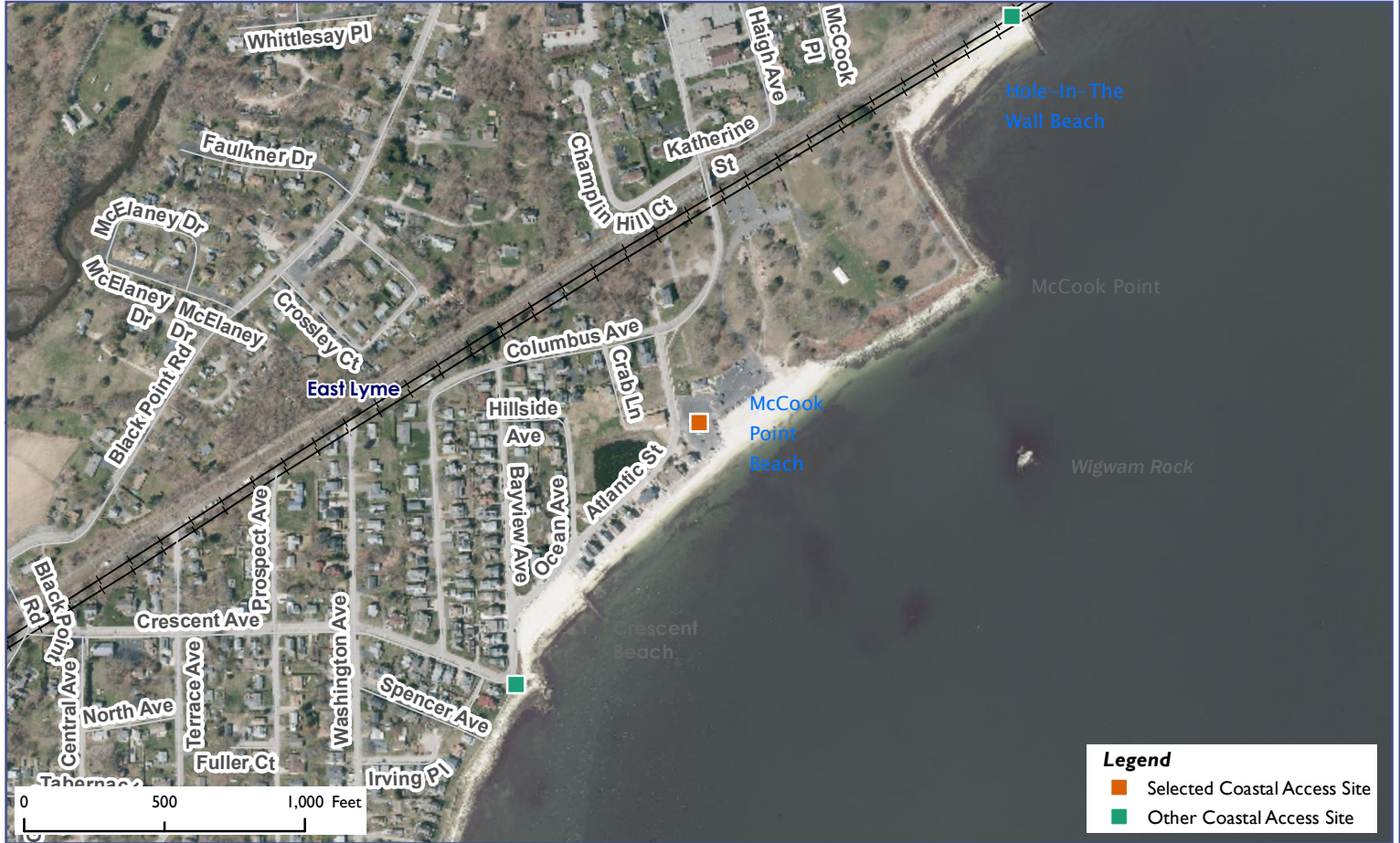


Connecticut Coastal Access Guide

McCook Point Park and Beach
8 Atlantic Street East Lyme, CT 06357



Legend

- Selected Coastal Access Site
- Other Coastal Access Site

Site Description: After a swim or walk at this Park's beach, enjoy a picnic lunch or dinner under the large copper beech tree atop a bluff overlooking Long Island Sound. Obtain a day pass at the Park's lower bath house to access this site's diverse recreational opportunities.



| Activities | | | |
|-----------------------------|------------|-----------------|------------|
| | NO | | YES |
| | YES | | YES |
| | YES | | NO |
| | NO | | NO |
| | YES | | NO |
| | NO | | |
| Facilities | | | |
| | NO | | YES |
| | NO | | NO |
| | NO | | YES |
| | NO | | NO |
| | NO | | YES |
| Environmental Setting | | | |
| | YES | | NO |
| | YES | | YES |
| | NO | | YES |
| | NO | | NO |
| | NO | | NO |
| Parking: Parking Lot | | Fee: YES | |



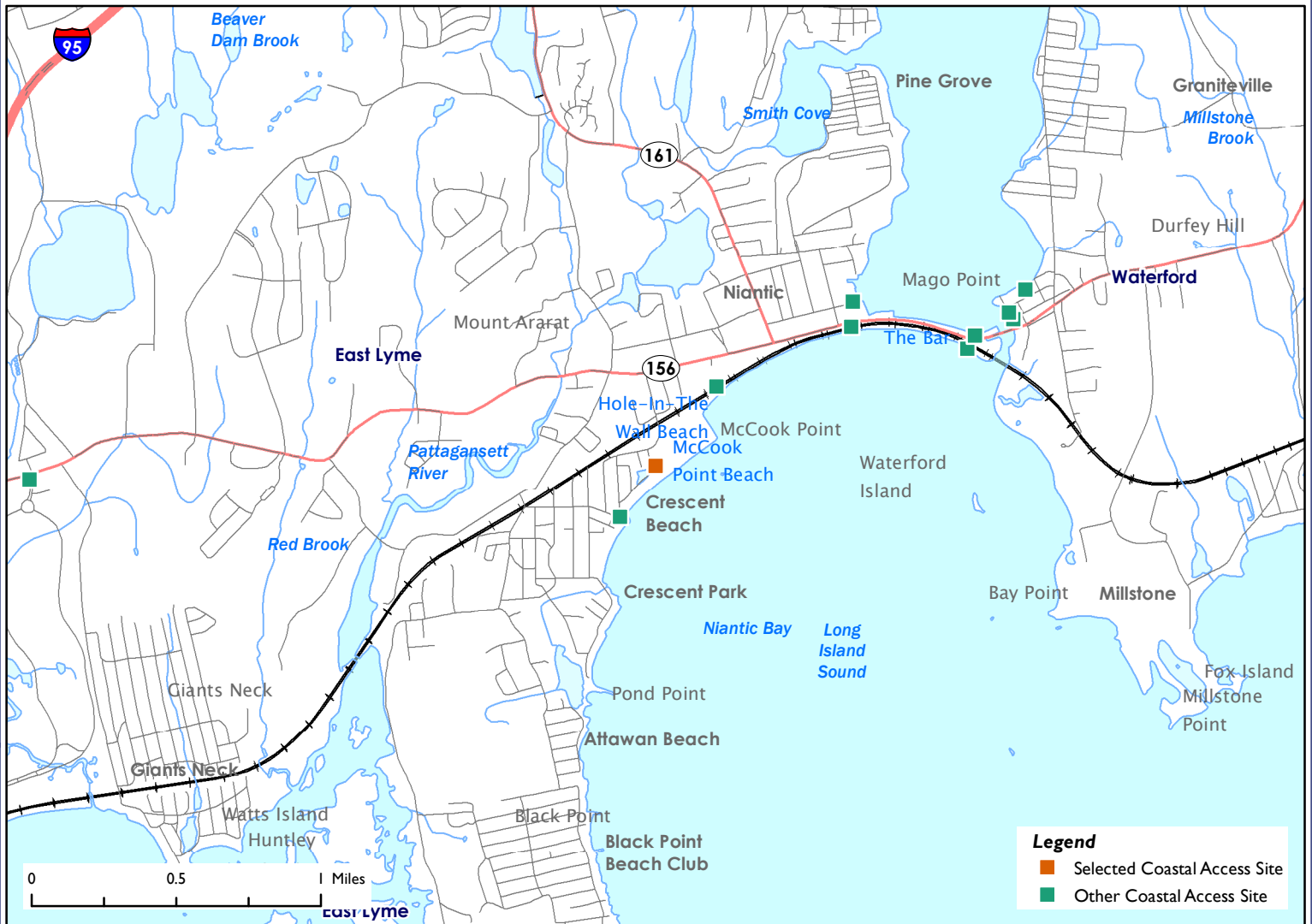
CONNECTICUT DEPARTMENT OF
ENERGY & ENVIRONMENTAL PROTECTION
79 ELM STREET
HARTFORD, CT 06106-5127

EXPLORE CONNECTICUT'S SHORE



Connecticut Coastal Access Guide

McCook Point Park and Beach
8 Atlantic Street East Lyme, CT 06357



Latitude: 41.317391 **Longitude:** -72.199754

Directions:

From the East: Take exit 74 off I-95 South for CT-161 toward Niantic, then turn right onto Route 161/Flanders Rd. Continue for 1.9 miles, then turn right onto East Pattagansett Rd. Continue for 0.9 miles, then turn left onto CT-156/Main St. after 0.1 mile, turn right onto Columbus Ave. Continue for 0.3 miles, then turn left onto Atlantic Street. The park entrance is on the left.

From the West: Take exit 72 off I-95 North for Rocky Neck State Park. Continue for 0.7 miles, then turn left onto CT-156/West Main St. After 2.5 miles, turn right onto Columbus Ave. Continue for 0.3 miles, then turn left onto Atlantic Street. The park entrance is on the left.



Additional Site Information:

Town of East Lyme
108 Pennsylvania Avenue
Niantic, CT 06357

General Questions or Comments:

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



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

EXPLORE CONNECTICUT'S SHORE



Updated: May 2022