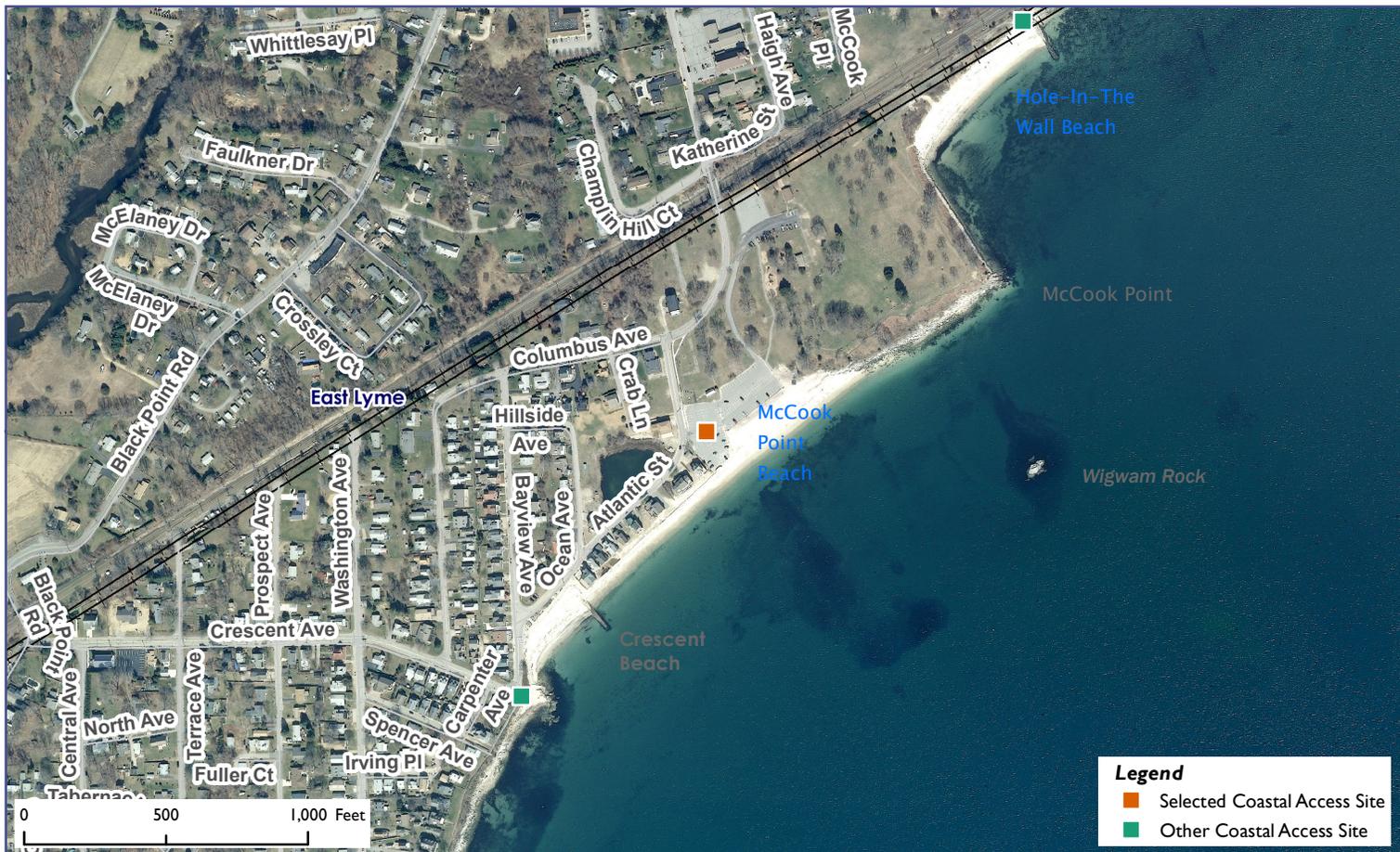


Connecticut Coastal Access Guide

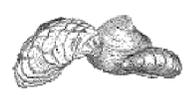
McCook Point Park and Beach
8 Atlantic Street East Lyme, CT 6357



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.

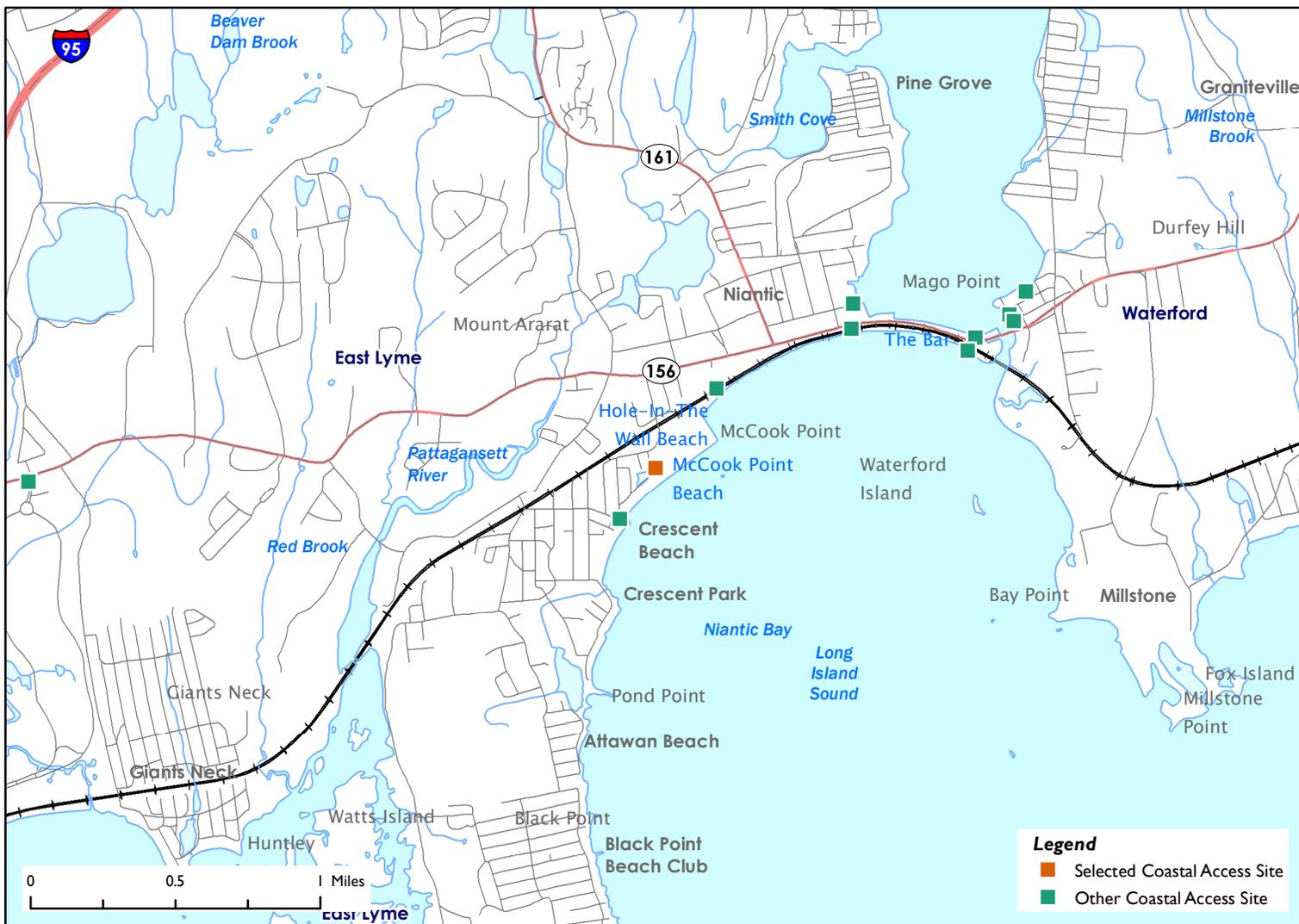


Activities					
	Bird & Wildlife	No		Supervised Swimming	Yes
	Crabbing	Yes		Unsupervised Swimming	Yes
	Fishing	Yes		SCUBA Diving	No
	Shellfishing	No		Historic/Cultural Interest	No
	Trails	Yes		Waterfowl Hunting	No
	Walkways	No			
Facilities					
	Access Pier	No		Handicapped Access	Yes
	Boat Launch Ramp	No		Nature Center/Museum	No
	Car-top Boat Access	No		Picnic Area	Yes
	Camping	No		RV Camping	No
	Food Concession	No		Sanitary Facilities (Seasonal)	Yes
Environmental Setting					
	Bluff, Escarpment	Yes		On Long Island Sound	No
	Harbor Setting	Yes		Rocky Shore	Yes
	Intertidal Flat	No		Sandy Beach	Yes
	Island	No		Tidal River	No
	Tidal Wetland	No		Lighthouse	No
Parking: Parking Lot		Fee: Yes			



Connecticut Coastal Access Guide

McCook Point Park and Beach
8 Atlantic Street East Lyme, CT 6357



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) 424-3034
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: August 2019