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Great U.S. Saltwater Nude Beaches

The ten great nude beaches listed here are a mere selection from among many fabulous skinny-dipping sites along U.S. ocean shores. In the Western Hemisphere, Canada and Latin America can brag of additional stellar beaches, and freshwater sites in the United States and Canada will increase the list dramatically. These ten beaches have enjoyed many years of established nude use. Some will have facilities; others will be “primitive.” Each receives use by families, couples, and singles of all ages, straight and gay. If you’ve yet to visit a clothing-optional beach, consider one of these in your travels.

The ten sites listed here in no way encompass all the great clothing-optional beaches of the United States. The newly established Blind Creek Beach in Florida; Hawaii’s Secret Beach; Bonny Dune Beach, Red Rock Beach, Grey Whale Cove, and Pirate’s Cove of California, and others on each coast are superb in their own way. For longevity and established nude use, though, those listed here are some of the good places to begin one’s naked beach roaming.

*For more information on each of these clothing-optional locations and many others, see *The World’s Best Nude Beaches and Resorts*, eds. Mike Charles et al (The Naturist Society and Lifestyle Press).*



Apollo Beach, Volusia County, Florida

Description: At the northern end of Canaveral National Seashore in Volusia County, quiet Apollo Beach offers crushed-shell sand, plenty of sunshine, and distant views of NASA's launching area.

Primary jurisdiction: National Park Service.

Water: Warm water for play in the surf when calm; often too much surf for gentle swimming or snorkeling.

Facilities: None at beach; chemical toilets at each parking lot; rinse-off shower at Parking Lot #1.

Parking: Very limited. Lot #5 at the end of the six-mile beach access road holds 30 cars, and fills up fast each day. Other lots make for a much longer walk. Parking along the road is not allowed. Vehicle entrance fee required.

Directions: At the town of Smyrna Beach take I-95 to Exit 249, then go east until the road turns into Highway A1A. Follow A1A south to the park entrance and on to Parking Lot #5.

Access: Find an established 100-foot boardwalk from Parking Lot #5 to the beach, and walk 150 yards south along the sand to the clothing-optional section. Stay out of the dunes.

Local contact: cfnat.org.



Baker Beach,

San Francisco
County, California

Description: With panoramic views of the Golden Gate Bridge, Marin Headlands, and Lands End, the clothing-optional north end of Baker Beach offers stellar views and plenty of sand for sunbathing.

Primary jurisdiction: National Park Service.

Water: Okay for fishing, but cold water and rough surf make swimming unsafe.

Facilities: None at clothing-optional section of beach.

Parking: Nothing convenient; limited street parking above the cliff, and a pay parking lot at the textile beach to the south.

Directions: Located on the southwest side of the Presidio of San Francisco along Lincoln Boulevard.

Access: From street parking on Lincoln Boulevard above the cliffs, walk a steep flight of steps to the beach, or park at the textile south end of Baker Beach and walk the sand nearly one mile to the clothing-optional north end and rock bluff terminus.





Black's Beach, San Diego County, California

Description: The classic West Coast nude beach located in Torrey Pines State Park. Hang gliders soar overhead, Frisbees are tossed, naked surfers and boogie boarders ride waves large and small: this is quintessential southern California.

Primary jurisdiction: California State Department of Parks and Recreation.

Water: Sometimes cold and rough, but when warmer and calm is moderately good for swimming.

Facilities: None.

Parking: Free parking above the beach near a glider port.

Directions: From I-5 in La Jolla, exit to Genesee Avenue, and head west; turn left on North Torrey Pines Road; turn right on Torrey Pines Scenic Drive, and go to end of road and large parking area. Find steep, rugged trail down to beach.

Access: A long, steep, miserably rugged trail winds its way down the cliff to the beach. Once at the beach, head north for a mile of clothing-optionality.

Local contact: campingbares.org.





Gunnison Beach, Monmouth County, New Jersey

Description: Within the Sandy Hook unit of the Gateway National Recreation Area, Gunnison Beach with its wide-open sand can attract over 1000 naturist fans from across the country on a sunny day.

Primary jurisdiction: National Park Service.

Water: Warm temperatures and often gentle surf allow for frolicking and swimming in the water.

Facilities: Lifeguards at beach; changing rooms, showers, restrooms, snack bar at parking area.

Parking: Park in Lot G, with a vehicle fee required.

Directions: Take Highway 36 to Sandy Hook; drive Hartshorne Drive north; go right onto Magruder Road, and then right onto Gunnison Road to Parking Lot G.

Access: From the parking lot, walk the boardwalk 500 feet to the restroom area, another 500 feet or so along a sandy trail to the beach, and then south across open sand to find your naked place in the sun.

Local contact: None at present.





Haulover Beach, Miami-Dade County, Florida

Description: A nearly half-mile stretch of clothes-freedom along Miami-Dade County's beachfront park. In terms of international nude use, Haulover is arguably the most popular of the clothing-optional east coast U.S. beaches. Many lodging options nearby.

Primary jurisdiction: Miami-Dade County.

Water: Often clear and warm with a clean sandy bottom, Haulover can be delightful for swimming.

Facilities: Lifeguards, showers, restroom, food and drink stand, chair and umbrella rentals.

Parking: Large Haulover Parking Lot #1 near beach; vehicle fee required.

Directions: From I-95, exit at Golden Glades Interchange on State Road 826 east or go east on 125th Street. Find Haulover County Park near 150th Street on Collins Avenue (Route A1A) and park in the northernmost lot.

Access: Paved walkway from parking lot, under Collins Avenue (Highway A1A), and to beach.

Local contact: sffb.com.



Kehena Beach,

Hawai'i County, Hawai'i

Description: Approximately 150 yards long, and known also as Black Sand Beach and Dolphin Beach, the volcanic sand here is indeed black, warming your bod all the more as you sunbathe in this idyllic splendor. Drumming circle most Sundays. Clothing-optional retreat Hangin' Loose is nearby.

Primary jurisdiction: County of Hawai'i.

Water: Rough, with swimming and body surfing for strong swimmers only.

Facilities: None.

Parking: Free roadside parking along Highway 137.

Directions: From Hilo, take Highway 11 to Keaau, then go south on Highway 130 for 20 miles to the intersection with Highway 137 at the coast. Turn left onto 137 and head northeast for about 4 miles to mile marker 19.

Access: Steady footing is required to negotiate the 50-foot drop along a rough volcanic path from the parking area to the southwest end of the beach.

Local contact: kehenabeachhawaii.com.



Larsen's Beach, Kauai County, Hawaii

Description: Known locally as Lepe'uli Beach, the nearly mile-long stretch of sand has lava outcroppings at both ends and a gorgeous setting with friendly people. Well worth the walk.

Primary jurisdiction: County of Kauai.

Water: Fast current near shore precludes swimming, but quiet areas allow for delightful wading and splashing about.

Facilities: None.

Parking: Limited free parking at end of a dirt road.

Directions: From the Shell gas station in Kilauea on Highway 56 drive 3.5 miles southeast and turn left onto the north end of Ko'olau Road. Drive 1.3 miles and turn left onto Larson Beach Road; continue to a parking area at road's end.

Access: A trail from the end of a dirt road dives steeply down and then off to the left to reach the beach.

Local contact: kauai.naturists@gmail.com.



Little Beach, Maui County, Hawai'i

Description: Known locally as Pu'u Olai Beach, according to many travelers it is the best nude beach in the United States, with 660 feet of fine sand, a gentle slope, and gorgeous views. Drumming circles are known to do their thing many evenings.

Primary jurisdiction: Hawai'i State Parks.

Water: Usually stellar for swimming, body surfing, and boogie boarding.

Facilities: None at Little Beach; lifeguard, picnic tables, rest-rooms, food concessions at Big Beach.

Parking: Free parking at two lots at Big Makena Beach.

Directions: Drive south on Piilani Highway with the road turning right into Wailea Ike Dr. Turn left on Wailea Alanui Dr. to lots for Makena Beach.

Access: From either of two Big Makena Beach's northern parking lots, follow a short trail to textile Big Makena Beach, head to the right, and cross over a rugged outcrop of lava to



Playalinda Beach, Brevard County, Florida

Description: The more densely used sister to Apollo Beach 12 miles to the north, Playalinda is also part of the Canaveral National Seashore, but in Brevard County to the south. The NPS allows more people to visit Playalinda, and that includes the naturists at the north end. A 1/4-mile of crushed-shell sand, warm water, good swimming when calm, and distant views of the Kennedy Space Center.

Primary jurisdiction: National Park Service.

Water: There's warm water for play in the surf when calm, but not the best for swimming or snorkeling.

Facilities: None at beach; restrooms at parking areas.

Parking: Vehicle entrance fee required.

Directions: Take I-95 to exit 220. Go east through Titusville on Garden Street, continue east and follow the signs to the entrance, and on to the north end of Parking Lot #13.

Access: A 100-foot boardwalk connects the parking area to the beach. Stay out of the dunes.

Local contact: cfnat.org.



San Gregorio Beach,

San Mateo County, California

Description: The oldest established nude beach in the United States. Not to be confused with California State Parks' San Gregorio State Beach immediately to the south, this wide, two-mile-long site is a longstanding favorite among San Franciscan nude sunbathers.

Primary jurisdiction: San Mateo County.

Water: Usually too cold and rough for anything but play in the surf.

Facilities: None on beach; pit toilets at parking area.

Parking: The access road and parking area are privately owned, so expect to pay a reasonable parking fee upon arrival.

Directions: 100 yards north of the Highway 1 and 84 interchange in San Mateo County, and just north of the entrance for San Gregorio State Beach, take a private dirt road west past a metal gate to the end and a privately owned and operated rustic parking area above the beach.

Access: From the parking area overlooking the beach, walk a steep but manageable rutted path down to the southern end of the beach. The clothing-optional area continues to the north.

