



140 BEACH QUOTES & CAPTIONS

By [The Wanderlust Within](#)

Soft sand, rolling waves, and endless sunshine. What's not to love? From [island hopping in the Philippines](#) to [learning to surf in Nicaragua](#) and finding [hidden coves in the Dominican Republic](#), beach vacations have always been some of my favourite breaks. They are good for your mind, body and soul, but it's sometimes tough to find the perfect words to capture your emotions so if you are looking for some awesome beach quotes for your next Instagram post, you've come to the right place. I've spent hours compiling the most comprehensive list of beach quotes you'll find online, from funny beach captions to romantic beach quotes - these sayings are guaranteed to get you into that summer mood.

140 Beach Captions and Beach Quotes for Instagram

1. Life is better in flip flops.
2. I need vitamin sea.
3. Good times and tan lines.
4. Sandy toes. Sunkissed nose.
5. Good vibes happen on the tides.
6. Sand on, stress off.
7. Beach hair, don't care.
8. I wonder if the beach misses me.
9. Memories are made in flip flops.
10. High tides & Good vibes.
11. Salty hair, don't care.
12. B.E.A.C.H.: Best Escape Anyone Can Have
13. I need some beach therapy.
14. Salt in the air. Sand in my hair.
15. Life's a beach, find your wave.
16. Keep calm and beach on.
17. Salt water heals all wounds.
18. If you're not barefoot, then you're overdressed.
19. A cloudy day at the beach is still a day at the... beach!
20. All you need is a good dose of vitamin sea.
21. Sunshine is the best medicine.
22. Vacation mode: activated.
23. If in doubt paddle out.
24. Beach bum.
25. Happy as a clam.
26. Beach, please!
27. Salty and sweet.
28. Just a fish out of water.
29. The tans fade, but the memories last a lifetime.
30. Less worries, more sunshine.
31. The ocean breeze puts my mind at ease.

32. The beach is calling and I must go.
33. I've got sunshine on my mind.
34. Life is simple, just add water.
35. Beach Daze Always.
36. Tropic like it's hot.
37. Just hanging with my gull-friends.
38. Feeling fintastic.
39. If you need to reach me, call me on my shell.
40. Keep palm and carry on.
41. Seas the day.
42. Don't worry, beach happy.
43. Life's a beach.
44. The beach gives me porpoise.
45. Talk to the sand.
46. Beach you to it.
47. Girls just wanna have sun.
48. I'm pretty sure my birthstone is a sea shell.
49. I can sea clearly now.
50. Beachology. Be shore of yourself. Don't be crabby. Let your worries drift away. Drown out pier pressure. Soak up positive energy. Seas life's moments.
51. Advice from the Ocean: Be shore of yourself. Come out of your shell. Take time to coast. Avoid pier pressure. Sea life's beauty. Don't get so tide down on work that you miss out on life's beautiful waves.
52. Shell yeah!
53. I don't wanna be tide down.
54. Gone to the beach. Be back never.
55. Shell-abrate good times.
56. Eat. Beach. Sleep. Repeat.
57. Sea la vie!
58. Having a whale of a time.
59. Giving in to pier pressure.
60. Long time, no sea.

61. If there's a will there's a wave.
62. No one likes shady beaches.
63. Happiness comes in waves.
64. Sun of a beach.
65. Resting beach face.
66. Namast'ay at the beach.
67. Aloha beaches!
68. I love you to the shore line and back.
69. You're the piña to my colada.
70. We mermaid for each other.
71. I'm an aquaholic.
72. How to have a beach body: 1. Have a body 2. Go to the beach
73. Let's go somewhere the sun kisses the ocean.
74. You're the only fish in the sea for me.
75. Leave footprints of love and kindness wherever you go.
76. "Individually we are one drop. Together we are an ocean." –
Ryunosuke Satoro
77. "Because there's nothing more beautiful than the way the ocean refuses to stop kissing the shoreline, no matter how many times it's sent away." – **Sarah Kay**
78. I followed my heart, and it led me to the beach.
79. "The ocean stirs the heart, inspires the imagination and brings eternal joy to the soul." –**Robert Wyland**
80. "The sea, once it casts its spell, holds one in its net of wonder forever." – **Jacques Yves Cousteau**
81. "You're not a wave, you're a part of the ocean." – **Mitch Albom**
82. "No words can express, The depth of her contentment, As she walks along the beach. As the waves lap against the shores, They create the rhythm of her life. Balmy breeze kiss, Her sun-bronzed skin, And she wonders... Could there ever be a greater destiny, Than to be born with a love, For the treasures of the sea? Here, she is home" – **Suzy Toronto**
83. "Every day should be a beach day." – **Unknown**

84. A good beach day keeps the doctor away.
85. "A day at the beach is never lost time. When the warm grains of sand touch our hearts, we know we're in the right place."
86. "Time wasted at the beach is time well spent." – **Unknown**
87. Wherever you go, bring your own sunshine.
88. Happiness is a day at the beach.
89. "May you always have a shell in your pocket and sand in your shoes."
90. "Beach Rules: Soak up the sun. Ride the waves. Breathe the salty air. Feel the breeze. Build sandcastles. Rest, relax, reflect. Collect seashells. Bare-feet required." – **Unknown**
91. "A pool just isn't the same as the ocean. It has no energy. No life."
–**Linda Gerber**
92. Sky above, sand below, peace within.
93. We dream in colors borrowed from the sea.
94. "She loves the serene brutality of the ocean, loves the electric power she felt with each breath of wet, briny air." – **Holly Black**
95. "For her the ocean was more than a dream, it was a place she needed to visit to find herself. And when she returned to the city, you could see the sun in her eyes, the wind in her hair, and taste the infinite salt in her lips." – **Jose Chavez**
96. "To go out with the setting sun on an empty beach is to truly embrace your solitude." –**Jeanne Moreau**
97. "Every time I stand before a beautiful beach, its waves seem to whisper to me: If you choose the simple things and find joy in nature's simple treasures, life and living need not be so hard." –**Psyche Roxas-Mendoza**
98. "I read and walked for miles at night along the beach, writing bad blank verse and searching endlessly for someone wonderful who would step out of the darkness and change my life. It never crossed my mind that that person could be me." – **Anna Quindlen**

99. “Waves tossed themselves against the shore, dragging grit and sand between their nails as they were slowly pulled back out to sea.”
– **Holly Black**
100. “In every outthrust headland, in every curving beach, in every grain of sand there is the story of the earth.” – **Rachel Carson**
101. “The calming movement of the sea along with the restless ocean breeze gently caresses me creating a soothing trance which lulls me to a place of peace.” – **M. L. Borges, By The Sea**
102. Friends, Sun, Sand and Sea, that sounds like a summer to me.
103. I want to be wild, beautiful, and free. Just like the sea.
104. The sand may brush off, the salt may wash clean, the tans may fade, but the memories will last forever.
105. “Like seashells we are beautiful and unique each with a story to tell” – **Unknown**
106. “Live in the sunshine, swim the sea, drink the wild air.” –**Ralph Waldo Emerson**
107. “My sense of direction leads me one way: to the beach.” –
Unknown
108. “I’ll have a side of beach with my morning coffee” – **Unknown**
109. “If there’s heaven for me, I’m sure it has a beach attached to it.” –
Jimmy Buffett
110. “Feeling stressed? There’s a beach for that.” – **Unknown**
111. “Life’s a beach, and I’m just playing in the sand” – **Unknown**
112. Dear Ocean, thank you for making us feel tiny, humble, inspired, and salty ...all at once.
113. “A walk on the beach soothes the soul”
114. “The waves of the sea help me get back to me.” – **Jill Davis**
115. “In one drop of water are found all the secrets of all the oceans.” –
Kahlil Gibran
116. “It doesn’t matter where you go in life, as long as you go to the beach” – **Unknown**

117. “At the beach, life is different. Time doesn’t move hour to hour but mood to moment. We live by the currents, plan by the tides and follow the sun.” –**Sandy Gingras**
118. “You never really know what’s coming. A small wave, or maybe a big one. All you can really do is hope that when it comes, you can surf over it, instead of drown in its monstrosity.” – **Alysha Speer**
119. “The ocean makes me feel really small and it makes me put my whole life into perspective.” –**Beyoncé**
120. “Our memories of the ocean will linger on, long after our footprints in the sand are gone.” – **Unknown**
121. “You are not a drop in the ocean. You are the entire ocean in a drop.” – **Rumi**
122. “Every time I slip into the ocean, it’s like going home.” – **Sylvia Earle**
123. Let the waves hit your feet, and the sand be your seat.
124. “The sea! the sea! the open sea!, The blue, the fresh, the ever free!” — **Bryan W. Procter**
125. “Catch a wave and you’re sitting on top of the world.” – **The Beach Boys**
126. “There’s no place like home except for the beach.” – **Unknown**
127. “After a visit to the beach, it’s hard to believe that we live in a material world.” – **Pam Shaw**
128. “Only at the beach can we go a splishin’ and a splashin’.”- **Kate Summers**
129. “To escape and sit quietly on the beach — that’s my idea of paradise.” – **Emilia Wickstead**
130. “I look my best when I’m totally free, on holiday, walking on the beach.” – **Rosamund Pike**
131. “I believe in the ocean curing all bad moods. I believe in the waves wiping away worries. I believe in seashells bringing good luck. I believe in toes in the sand grounding my soul.” – **Unknown**
132. “Sometimes in the waves of change we find our true direction.”
-**Unknown**

133. “Life takes you down many paths, but my favorite ones lead to the beach.” –**Unknown**
134. “My life is like a stroll upon the beach, as near to the ocean’s edge as I can go.” – **Henry David Thoreau**
135. Never give up for that is just the place and time that the tide will turn.
136. “Dance with the waves, move with the sea. Let the rhythm of the water set your soul free.” –**Christy Ann Martine**
137. “I like anywhere with a beach. A beach and warm weather is all I really need.” –**Rob Gronkowski**
138. “I want to run the beach’s length, because it never ends.” –
Deborah Ager
139. “The beach is not always a place, sometimes it’s a feeling.” –
Unknown
140. “To myself I am only a child playing on the beach, while vast oceans of truth lie undiscovered before me” – **Isaac Newton**

Find the full article and all the Beach Captions for Instagram here:

<https://www.thewanderlustwithin.com/beach-quotes/>