

Local Beaches



Here are some of our favourite beaches – don't forget the little shed next to reception has plenty of buckets, spades, nets and crab lines for you to borrow, please just rinse them clean before returning them!

Here are our recommendations for the best beaches for:

Rockpooling: Porthpean, Porthluney, Pendower, Castle Beach Falmouth, Treyarnon Bay . If you would like to know more about rockpools and the creatures that can be found in them check out www.cornishrockpools.com and **see our Crabbing sheet at the back of this folder for info on how to be kind to the creatures you find!**

Surfing/bodyboarding: the best waves can generally be found on the north coast on beaches from Porthtowan up to Padstow (Perranporth, Watergate Bay and Fistral are renowned surfs spots) but depending on wind direction and swell conditions decent waves may also be found on some south coast beaches, locally Gorran Hemmick and Vault beaches. For surf reports see www.magicseaweed.com

Cafés: Gylly Café Gyllingvase beach Falmouth, Porthtowan Blue Bar, Polkerris Sam's on the Beach, Porthcurnick Hidden Hut, Porthluney beach café (seasonal), Swanpool Beach café Falmouth, Loe Beach café Feock, Watering Hole Perranporth, Watergate Bay - a variety of providers

Dogs: the nearest beach allowing dogs all year round is Porthluney but for more information see www.dogfriendlycornwall.co.uk

www.visitcornwall.com/dogslovecornwall/beaches and www.cornwall.gov.uk/environment-and-planning/animal-welfare/dog-welfare-and-enforcement-service/controlling-your-dog-in-public/dogs-on-beaches/

For more information on Cornwall's beaches and coastline see:

www.downthecove.com

www.manonabeach.co.uk

www.cornwall-beaches.co.uk/lifeguards

Please remember to check tide times www.tidetimes.org.uk/falmouth-tide-times **and follow the beach safety code** www.cornwall.gov.uk/leisure-and-culture/beaches-in-cornwall/beach-safety/beach-safety-tips/

Nearest to Bosinver - South Coast Beaches

Porthluney Cove, near St Austell

Postcode for sat navs: PL26 6LY

- Our favourite local beach for families
- Sheltered sandy cove close to Caerhays Castle - gardens open mid Feb to June.
- Quiet and ideal for families
- Excellent swimming but no lifeguard
- No motorised craft
- Dogs allowed
- Parking nearby
- Seasonal café and toilet facilities



Polkerris Beach, near St Austell

Postcode for sat navs: PL24 2TL

- Sandy cover in a peaceful harbour
- Popular with families
- Safe for swimming but no lifeguard
- No dogs Easter Day to 1st October
- Curved breakwater protects the beach
- Pub, restaurant and toilets
- Water sports available (www.polkerrisbeach)
- Parking in village car park free after 6pm



Porthpean, St Austell

Postcode for sat navs: PL26 6AX

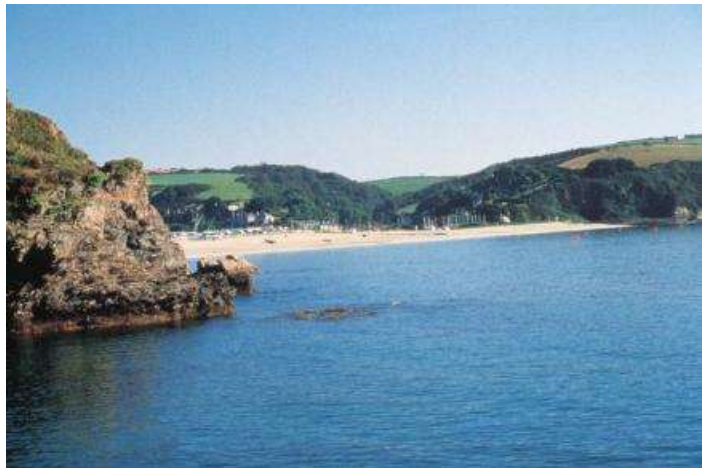
- Sandy, sheltered beach, popular with families
- Safe for swimming, windsurfing and sailing
- Beach is cleaned daily during the summer season
- No dogs Easter Day to 1st October
- Access to the beach on a steep incline from the car park. Toilets are provided
- Easy walk to the Georgian port of Charlestown along the coastal footpath



Pentewan

Postcode for sat navs: PL26 6BX

- Large sandy beach, excellent for swimming and water sports activities – canoes and sailing dinghies can be hired from the Holiday Park
- Swings and climbing frame on beach
- No dogs Mid-March to November
- Pentewan Valley Trail nearby
- Parking nearby



Little Perhaver Beach, Gorran Haven

Postcode for sat navs: PL26 6JG

- Small sandy beach, sheltered by harbour
- Family beach at the heart of Gorran Haven
- Fishing and sightseeing trips available
- Walk to the neighbouring beach at low tide
- Other Gorran beaches near – Bow and Vault beaches



A little further away – South Coast

Pendower Beach, Roseland Peninsula

Postcode for sat navs: TR2 5LW

- South-facing sandy beach with excellent views
- Popular family beach that forms part of a mile-long stretch of sand
- the beach joins with Carne beach at low tide



Porthcurnick Beach, near Porthscatho

Postcode for sat navs: TR2 5EW

- South-facing sandy beach with excellent views.
- Popular family beach
- Home to the Hidden Hut café as featured on “Caroline Quentin’s Cornwall” series on ITV
- Park at Portscatho and walk 10 minutes along coast path



Readymoney Beach, near Fowey

Postcode for sat navs: PL23 1EB

- Small sheltered sandy cove overlooking estuary
- Gently sloping sandy beach
- Ideal for young families
- No dogs Easter Day to 1st October
- Walk up to St Catherine’s Castle for excellent views across the estuary
- Nearby car park



Gyllyngvase Beach, near Falmouth

Postcode for sat navs: TR11 4NA

- Main beach in Falmouth area, small but wide sandy beach
- Fab Gylly Beach cafe and great views of the headland
- Popular with visitors and locals alike
- Activities available – paddleboarding, sailing, windsurfing and canoeing
- Parking in car park near beach or on street



A little further away – North Coast

Watergate Bay, near Newquay

Postcode for sat navs: TR8 4AA

- 2 miles expanse of golden sands
- Usually good surf
- RNLI Lifeguards mid May – end Sept
- Extreme Academy offers surfing, kite surfing, paddle boarding, waveski, handplaning
- Jamie Oliver's 15 Cornwall restaurant and other cafés overlook beach
- Parking, shops and facilities nearby
- Dogs allowed all year



Holywell Bay, near Newquay

Postcode for sat navs: TR8 5PP

- Large sandy beach backed by sand dunes.
- Clean and safe with lifeguards patrolling in the summer
- A stream runs through the beach to the sea, and there are caves nearby to explore
- Nearby Holywell fun park with self-drive rides, pitch and putt and a kids zone.
- Dogs allowed all year
- Park in nearby village



Porthcothan Beach, Mawgan Porth

Postcode for sat navs: PL28 8LW

- Sheltered, sandy beach ideal for families.
- West-facing, backed by grassy dunes ideal for sunbathing
- Located south of Constantine Bay
- Plenty of parking in the nearest village, St Merryn
- Dogs allowed all year



Rock Beach, near Padstow

Postcode for sat navs: PL27 6FD

- Long, sandy beach on the east of Camel Estuary.
- Stretches from Porthilly Cove to Daymer Bay backed by sand dunes
- Activities available - sailing and windsurfing
- Passenger foot ferry service to Padstow
- Dogs allowed all year
- Car park in village



Perranporth Beach, Perranporth

Postcode for sat navs: TR6 0AQ

- Popular holiday resort.
- At low tide, the beach is over 2 miles long
- Natural open air pool filled by the sea at high tide
- Lifeguards in summer
- Beautiful views and walks towards Penhale Sands
- Lots of shops with everything from surfboards to ice creams and fish and chips
- Dogs allowed all year
- Several car parks



Fistral Beach, Newquay

Postcode for sat navs: TR7 1HY

- Long sandy beach over 1km long world famous for surfing
- Rock pools at north and south ends at low water
- Substantial sand dunes along the eastern boundary, by the golf course
- Rip currents can be dangerous
- Dogs allowed all year
- Parking, shops and facilities nearby



Treyarnon Bay, , near Padstow

Postcode for sat navs: PL28 8JR

- North-west facing sandy cove surrounded by low cliffs and backed by sand dunes
- Popular family beach
- Expanse of fine sand at low water with great rockpools
- Short walk around the point from Constantine Bay to the north with good marine wildlife
- Take care of rip tides at low tide
- Easy level access from the car park



Constantine Bay, near Padstow

Postcode for sat navs: PL28 8JL

- a sweeping arc of gently shelving soft pale sands
- west-facing beach also has numerous rock pools
- popular for surfing but suitable only for experienced surfers due to hidden rocks, dangerous rips and the beach shelves quickly at high tide
- separated from its neighbour, Booby's Bay, to the north, by a thin rocky point



For the more adventurous and walkers

Lantic Bay, near Polruan

Postcode for sat navs: **PL13 1NP**

- Small bay east of Polruan
- Sandy with pebble and shingle
- Stunning coastal walk to it but ending with a steep climb down
- Swimming can be dangerous (rip tide)
- Dogs allowed
- Parking in the National Trust car park



Mother Ivey's Bay, Padstow

Postcode for sat navs: **PL28 8SL**

- A beautiful isolated, sandy beach hidden away in a picturesque bay
- No parking available, so access via the coastal path only (20 minute walk from Harlyn Bay)
- No facilities available at this beach
- Dogs allowed all year



Chapel Porth Beach St Agnes

Postcode for sat navs: **TR4 8AL**

- Best visited at low tide to access the large expanse of golden sand beyond the cove and views of nearby Wheal Coates engine house
- Car parking can be limited so best to get there early in the day (NT members free)
- National Trust café open all year offering hot chocolate and legendary 'Hedgehog' ice creams - covered in clotted cream and topped with crushed hazelnuts!
- Great walks over the cliffs to St Agnes head or in the other direction to Porthtowan but beware walking along the beach too far on an incoming tide as you can get cut off
- Dogs banned Easter Sunday through to 30th September



Worth venturing farther afield for

Porthminster Beach, St Ives

Postcode for sat navs: TR26 2BN

- Spectacular, long sandy beach with a Mediterranean feel
- Popular with families
- Gently sloping sand and safe swimming
- Activities on the water include surfing, wind surfing and canoeing
- Surfboard hire available
- No dogs Easter Day to 1st October
- Shops, beach cafes and parking nearby



Gwithian/Godrevy Beach, near St Ives

Postcode for sat navs: TR27 5ED

- One of the best stretches of golden sand in Cornwall
- Popular with families and surfers
- Also used for horse riding and kite surfing
- Dogs banned 1st May to 1st October 8am – 7pm
- Strong currents and can be cut off by tide



Porthcurno

Postcode for sat navs: TR19 6JX

- fine soft white sand, high cliffs on both sides providing shelter
- backdrop of granite cliffs and famous Logan Rock
- home to the clifftop Minack Theatre open all year, performances on summer weekdays
- Porthcurno Telegraph Museum telling the story of Cornwall's role in early global communications is located just before you get to the main car
- Dogs banned 1st May to 1st October 8am – 7pm



Kynance Cove, the Lizard Peninsula

Postcode for sat navs: TR12 7PJ

- Iconic scenery with white sand beach, turquoise sea and red and green serpentine rock
- steep 10-15 minute walk down to the cove
- swimming inadvisable at low tide as it can be dangerous but instead explore the rock stacks and caves
- Café selling pasties, sandwiches, cakes and cream teas plus beach goods and toilets
- Dogs banned 1st May to 1st October 7am – 7pm
- Great 2 mile walk around coast to Lizard point

