

BEACH GUIDE

What North Cornwall's major beaches have in store for you



Seashore Code

PLEASE always take photos, not live specimens and leave animals where you found them.

ALWAYS carefully replace overturned rocks and seaweeds as you found them.

AVOID removing seaweed from the rocks, it can take many years to grow back.

MAKE sure a shell is empty if taking it home.

THINK before buying seashells - most had living animals in them when they were collected.

PLEASE take your litter home with you, or place in rubbish bins.

REPORT anything unusual washed up on the beach to lifeguards or coastguards.

LOOK out for your safety at all times; check the tide & keep away from the cliffs.

DUCKPOOL Nestling between the high headlands of Warren and Steeple point Duckpool is a haunting beach with fine sand and fingers of rocky reef at low tide.

Surf: A low tide beach break with lefts and a right hand wave which breaks off the rocks.

SANDMOUTH A beautiful sandy well sheltered beach with both rock pool wildlife and a vast quantity of wild flowers on the surrounding cliffs.

Surf: A good beach break which can hold a big swell, it has various banks. Beware can have bad rips.

NORTHCOTT MOUTH A prime sandy beach, at low tide various rocky outcrops allow the visitor to find a secluded spot. Great seashore wildlife and a short walk from Bude along the coast path.

Surf: A fast hollow beach break with lefts and rights at all stages of tide. Beware can have bad riptides.

BUDE - CROOKLETS A small beach which tends to become quite congested in the peak of summer. Great coastal views and close to Bude town amenities.

Surf: Produces some hollow sandbank waves, works at all stages of tide can be busy.

BUDE - SUMMERLEAZE A safe family beach surrounded by grassy dunes and sheltered by the Bude breakwater. The life guarded sea pool is a safe environment for swimming. Close to Bude town amenities.

Surf: A hollow, fast left hander can break behind the breakwater at low tide. At high tide the harbour shelters the swell from strong south west winds and can handle big swells.

WIDEMOUTH BAY / BLACKROCK A long sandy beach which is in contrast to the craggy cliffs either side. There are some excellent walks up to the cliffs with fantastic views up and down the coast.

Surf: A well known beach break which is good for all abilities and works at all stages of tide.

CRACKINGTON HAVEN A small sandy gently shelving beach in an enclosed bay surrounded by towering cliffs. There are plenty of rock pools to explore and fantastic views from the high cliffs to the south.

Surf: A good wave which does not break at highest tides. It holds a big swell and is sheltered from northerly winds.

TREBARWITH STRAND A dramatic sandy beach with the remains of the slate mining industry still evident. It nestles at the end of a steep valley with caves and rock formations to be explored. The beach is inaccessible at high tide.

Surf: Has consistent but average waves. The beach is submerged at high tide. The southern end receives some protection from northerly winds.

POLZEATH One of the most popular and picturesque beaches in the area. Facilities are excellent, with surf hire available and plenty of places for a bite to eat. For those not content to soak up the sun on the beach the coast path gives access to Pentire Head. Managed by the National Trust this headland is a favourite with bird and marine wildlife watchers.

Surf: Very popular in summer. Several peaks at low tide, narrowing down at high tide. Picks up a reasonable amount of swell.

DAYMER BAY & CASSOCK Beautiful family friendly sheltered bay with excellent estuary walks. Great for paddling in shallow waters. Nearby Rock offers fantastic opportunities to learn to sail and water ski.

Surf: A good spot for windsurfers.

HARBOUR COVE Lovely sheltered cove within easy walking distance of Padstow. The perfect place to lie back on golden sands and watch boats sail by.

Surf: Too sheltered for any swell.

TREVONE A fairly sheltered narrow sandy beach backed by good village facilities. Nearby Newtrain Bay has excellent rock pools to explore. Nearby is an 80ft deep blow hole, a popular tourist attraction.

Surf: A fun wave for all abilities, best from low to mid tide. Keep an eye out for the rocks to left of the beach.

HARLYN A beautiful arc of golden sand, sheltered from prevailing winds. A great place for a swim, excellent walks on the coast path, and plenty of parking make this a popular beach.

Surf: Popular spot in winter when strong SW winds ruin west facing spots. Can have a fast hollow wave or close out.

BOOBY'S BAY This stretch of coast is exposed to the full force of the Atlantic. As such it can be extremely picturesque in a SW gale, with rough seas exploding over foam covered cliffs.

Surf: A beach break and fickle reef break. Caution is the watch word here as rips can be strong, not a good spot for beginners.

CONSTANTINE BAY At low tide Constantine combines with Booby's bay to make a picturesque arc of golden sand backed by rolling sand dunes. Rare wildlife and accessible rock pools make this make this a haven for nature lovers.

Surf: As with Booby's this area picks up any swell going. There are different peaks along the bay. There can be rips so if in doubt seek advice from the life guards.

TREYARNON A smaller more sheltered beach to the south of Constantine, within this area of outstanding natural beauty.

Surf: Beach break waves with a low tide left hand reef break for the more experienced surfer.

PORHCOTHAN This long narrow beach has dramatic cliffs and expansive sand at low tide. The National Trust managed cliff tops offer lovely views of offshore islands.

Surf: Beach break with lefts and rights.

Useful Web Addresses

- Tide times..... www.easytide.ukho.gov.uk
- Weather..... www.metoffice.gov.uk
- Surf check..... www.magicseaweed.com
- Marine Conservation Society.... www.mcs.uk.org
- Cornwall Wildlife Trust... www.cornwallwildlifetrust.org.uk
- Encams Blue Flag Beach..... www.blueflag.org.uk

Key to Symbols

- Good Marine Wildlife
- Blue Flag
- Lifeguard
- Toilets
- Car Parks
- Refreshments
- Facilities for the Disabled
- Dog Ban
- Dogs On Leads

Tide Times and Heights refer to Port Isaac, Cornwall. Low Water is 6 hours & 10 minutes after High Tide.
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