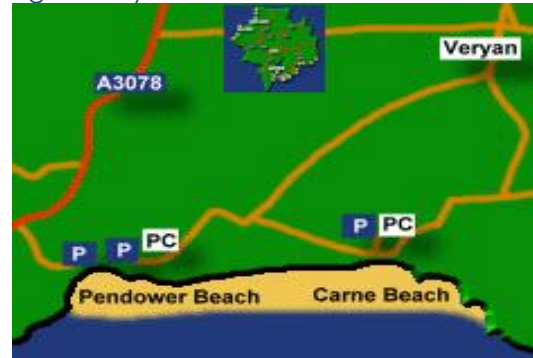


## Which beach?

### Pendower Beach, The Roseland

This is a popular family beach that forms part of a one mile long stretch of sand. Within the beach there are low soft cliffs and rock pools which have been designated Sites of Special Scientific Interest (SSSI's). Interesting fauna and flora at the back of the beach Activities in and on the water include swimming, diving, surfing, windsurfing, canoeing and fishing. Beach facilities include toilets and refreshments. All year dog friendly beach.



### Porthminster beach, St Ives

Large sheltered family beach with all facilities, located just below St Ives railway station. A sheltered north facing crescent of golden sands with views across St Ives Bay to Godrevy lighthouse. There are excellent facilities at the beach selling all kinds of beach accessories, deck chair hire and refreshments. In particular there is our highly recommended restaurant The Porthminster Beach Cafe which specialises in Mediterranean and Asian cuisine and is an oasis of style and beauty. Toilets are situated behind the beach hut.



### Daymer Beach, Rock

Long stretches of sand with sand dunes. Views across the Camel Estuary. Refreshments available, short walk from car park overlooking the beach, all year dog friendly.



## Carbis Bay Beach, Carbis Bay

A large sheltered beach with perfect white sand. The car park by the beach is rather small but all facilities are close to the beach.



## Booby's Bay,

A wide sandy beach with many rock pools and popular with surfers. Park at Treyarnon Bay or Constantine Bay and walk the coast path to Boobys Bay. There is limited parking at Constantine Bay, so Treyarnon is a better option. Access to the beach is by climbing down from the coast path or walking along the beach at low tide.



## Praa Sands,

A huge sandy beach popular with families and surfers. There are also excellent views on the coast path to the west and east of Praa Sands. Note there is a slipway down to the beach.



## Watergate Bay

An excellent mile long beach with good surfing and also plenty of sand for families.



## Sennen Cove

A wide sandy beach which is popular with surfers and families. There are decent facilities and plenty of parking, but note there is a steep path down from the cliff car park. At low tide the beach stretches from Sennen Cove to Gwynver Beach. There is also parking at Gwynver but with a very steep path to the beach. The coast path can be walked south to Lands End for spectacular coastal views.



## Rock Beach

A long sandy beach on the east side of the Camel Estuary. At low tide the beach stretches from Porthilly Cove north to Daymer Bay. There are extensive sand dunes. There is a passenger ferry between Rock and Padstow on the opposite side of the Estuary.



## Godrevy Beach

A sandy beach stretching from Gwithian Towans along the Godrevy coastline up to Godrevy Point. At Godrevy there are many rocky sections but there are also good sandy patches. The coastline here is run by the National Trust. There are excellent views to Godrevy Island and across St Ives Bay on a clear day.



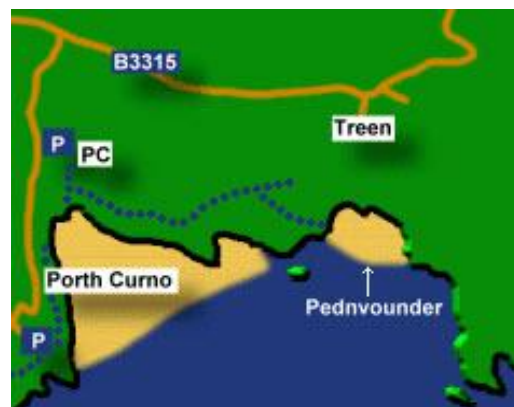
## Chapel Porth

A small sandy cove which extends to a wide beach at low tide. The coast path can be walked to St Agnes Head for spectacular views.



## Porthcurno Beach

A perfect sandy beach with superb coastal scenery. There is a small flight of steps to the beach. The nearby Minack Theatre can be visited during the day. Pedn Vounder beach can also be reached via the coast path, but note that access is difficult.



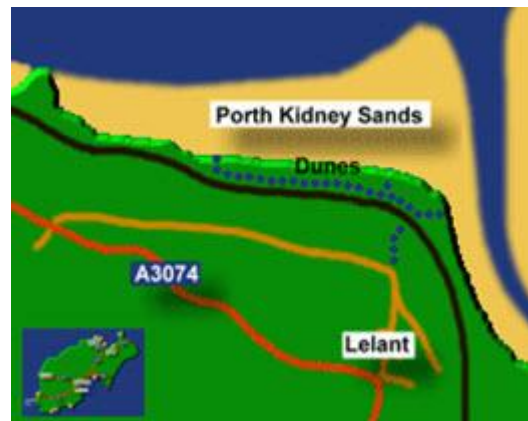
## Crantock beach

A pleasant sandy beach with a huge expanse of sand at low tide. There are also extensive dunes



## Porthkidney Sands

A deceptively large stretch of white sand with a huge expanse of sand at low tide. There are extensive dunes. Unfortunately there is only very limited road parking and there are no facilities.



## Harlyn Bay

One of the best family beaches in Cornwall, Harlyn Bay is a wide and spacious beach popular with families and surfers. There are several access points to the beach. The coast path can be walked to Mother Iveys Bay and Trevoise Head. Note that part of the coast path is on the beach, so this route may be impassable at high tide.

