

Duckpool



Pebbly, shelving beach, good surf, not recommended to swim. No lifeguards.







Long sandy beach surrounded by cliffs, good surfing. Access from National Trust car park down steps. Limited access at high tide.

Northcott Mouth





Third of a mile long, popular with surfers and swimmers. Sheltered nooks. Lifeguards in school holidays only.

Bude – Crooklets —





Renowned amongst surfers. Gently shelving from cliffs, rock pools and nooks.

Bude - Summerleaze





Perfect family beach. Free open-air swimming pool. Dunes on one side and canal on the other. Surf hire. Dogs on leads 10am - 6pm May - Sept.

Widemouth Bay 📥







North & south beach backed by low cliffs and grassy fields. Rock pools & cliff walks. Dog ban - North beach only.

Crackington Haven















Popular small beach sheltered by 400-ft cliffs. Lifeguards in school holidays only.

Trebarwith Strand







Fine sandy beach at low tide broken up by large rocks. Good surf. Warning signs. Access limited at high tide.









Broad, gently sloping beach at mouth of Camel Estuary. Good surf. Surf hire.

Daymer Bay & Cassock



Sandy beach with views to Padstow. Great place to sunbathe and watch passing boats. No lifeguards.

Harbour Cove

Short walk from Padstow. No lifeguards.

Trevone Bay









Mawgan Porth ____



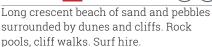




Gently shelving beach of fine sand in an area of great geological interest.

Harlyn Bay ____





Large sandy bay surrounded by cliffs, close to Trevose Head. Limited access at high tide. Good surfing and superb coast walks.

Constantine Bay





West- facing beach backed by large dunes. Good surfing. Rock pools. Warning signs.

Treyarnon Bay 📥



Lovely clean beach. Expanse of fine sand at low water with plenty of nooks. Do not ignore warning signs.

Porthcothan



family beach, good surf.



Watergate Bay 📙



Mile-long sandy beach, popular with surfers. Beach surf/hire. Extreme sports.