



Duckpool



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

Sandy Mouth



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.

Polzeath



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



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

Harlyn Bay



Long crescent beach of sand and pebbles surrounded by dunes and cliffs. Rock pools, cliff walks. Surf hire.

Booby's Bay



Large sandy bay surrounded by cliffs, close to Trevoze 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.

Trevarmon Bay



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

Porthcothan



Long sandy bay surrounded by cliffs and dunes. Renowned deep sea pool. Excellent family beach, good surf.

Mawgan Porth



Sheltered sandy beach, good surfing.

Watergate Bay



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