

HARBOUR COVE

or Tregirls Beach

A wonderful sandy beach along the westerly side of the Camel Estuary which is no more than 2kms from the centre of Padstow. Backed by sand dunes, the beach extends far out into the Estuary at low water and includes the infamous ‘Doom Bar’ and all its dangers to shipping. At low water it is possible to walk along the sand to nearby [Hawker’s Cove](#) to the north and [St. Georges Cove](#) to the south past Gun Point. There are magnificent views out across the estuary to [Daymer Bay](#) and [Rock](#).



The beachhead



Sand dunes and ‘Doom Bar’

permissive path from the car park. It is also possible to walk along the Coast Path from Padstow (1.8kms).



At high tide the beach is over 500m long with a fine stretch of dry sand backed by a sand dune system. As the tide ebbs a marvellous flat sandy beach extends for over 600m in places out into the estuary culminating in Doom Bar. There is a rocky foreshore on the westerly side of the beach which extends to [Hawker’s Cove](#). It is very sheltered from the Atlantic swell and also from westerly winds.



There is no safety equipment. It can be a dangerous beach for swimming especially at low water because of strong currents in the channel but it is possible to swim on a rising high tide right in the Cove if care is taken. It is not a surfing or a snorkelling beach. Inflatables should be used with caution. There are a few rock pools on the northerly side of the beach.



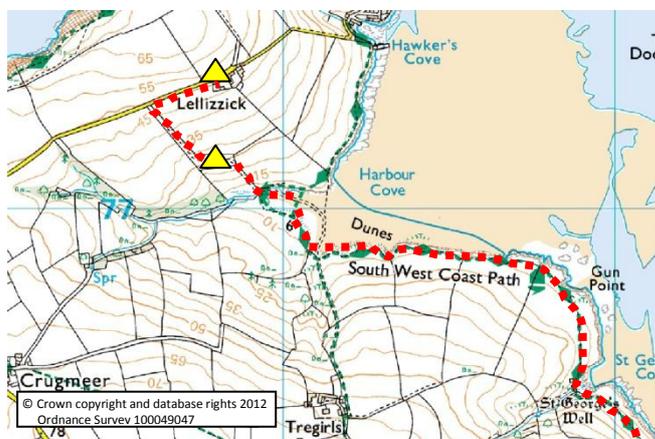
There are no restrictions on dogs. There are no toilets or other facilities, the nearest being at Padstow or [Trevone](#) (5kms by car). However, cream teas are available at the Lellizzick Farmhouse.



The large sandy beach at low water



PL28 8HR - From the B3276 coast road between Padstow and Newquay, 1km from Padstow is a cross roads and a narrow road signposted to Crugmeer. Follow the road for 3kms to Lellizzick Farm where there is a limited amount of roadside parking or the car park (capacity 230+ cars) which is near the beach. It is a short walk (150m) along an attractive



Location – Part of OS Explorer Map 106



Path from the car park



Access from the Coast Path



Water quality is very good. The beach is not cleaned. For a north coast beach it has little swell and waves and so is popular but never gets crowded.