

MOTHER IVEY'S BAY

or Polventon Beach and Long Cove

A striking sandy beach that faces north east but is remarkably sheltered from the Atlantic swell and prevailing westerly winds by Trevoze Head. It is privately owned by the adjacent Caravan and Camping Site, although there is legitimate access from the Coast Path. Its unusual name is taken from the legend of a local wise-woman called 'Mother Ivey'.



View at low water looking northwards to Trevoze Head



PL28 8SL - From the B3276 Newquay to Padstow coast road, take the road to Trevoze Head from St. Merryn either through the villages of Harlyn or Constantine Bay. There is no parking area dedicated to the beach and although there are alternative places to park, all involve a walk along the Coast Path. It is recommended that the parking area at Trevoze Head is used (capacity over 100 cars) and then walk back along the road and the access road to the Lifeboat Station which joins the Coast Path – turn southwards and access on to the beach can be made by Mother Ivy's Cottage or by the Caravan Park (1.2kms in total). It can also be reached by parking at [Harlyn Bay](#) and walking along the Coast Path in a northerly direction (1.8kms).

Parking on the approach (private) road to Trevoze Head should not be considered due to restrictions.



The main access point



The Lifeboat Station



Little Cove



Looking towards Long Cove



The gently sloping beach of golden sand is made up of a number of 'coves' with rocky areas in between. The largest and most popular is Little Cove immediately below the Caravan Site which has the only significant area of sand at high water. There are a number of other more secluded sandy areas northwards towards the Lifeboat Station, with Long Cove being the largest although this can only be reached at very low tide.



There is no safety equipment and no lifeguards. When the conditions are favourable it is relatively safe for swimming on a rising tide but there are strong currents in the deeper water offshore. It is not a surfing beach but conditions can sometimes be excellent for bodyboarding. The use of inflatables should be carried out with care when there is an offshore wind. Unusually for the north coast it can be good for snorkelling on a high tide towards Long Cove and the Lifeboat Station. There are only a few rock pools.



There are no restrictions on dogs. There are no facilities if you are not staying at the Caravan and Camping Site. The nearest toilets and refreshment facilities are at [Harlyn Bay](#) and [Constantine Bay](#) (2kms by road) with shops at St. Merryn on the B3276 (3kms by road).



Location – Part of OS Explorer Map 106



Water quality is excellent. It is a shame that general access is not easier to such a wonderful beach, that although well used, is not overcrowded.