

# NEWQUAY

(overview of all beaches)

Newquay has undoubtedly some of the finest beaches in Cornwall backed by a holiday resort that conjures up different emotions with different people. Whilst the jewel in the crown is undoubtedly [Fistral](#), all the others, namely [Towan](#), [Tolcarne](#), [Lusty Glaze](#), [Great Western](#), [Porth](#) and the [Harbour](#) contribute to over 4kms of glorious golden sand with so much to offer.



Fistral Beach at low water looking towards East Pentire



**TR7 2FD** - For Newquay Town Centre; from Truro, Redruth and the west take the A3075 from the A30 at Chiverton Roundabout; from St.Austell, the A3058 via Summercourt. From Bodmin and the east take the A392 from the A30 at Indian Queens and from Padstow and the north coast the B3276. Car parking for [Porth](#) and [Fistral](#) are detailed in the pages for these beaches. There are numerous car parks for the other beaches which are closer to the Town Centre. For [Lusty Glaze](#) the nearest car park is adjacent – **TR7 3AE** - For the Town Centre and [Towan](#), [Great Western](#) and [Tolcarne](#) Beaches the following are best; Mount Wise – **TR7 2BP**; Oakleigh Terrace – **TR7 1RN**; Manor Road – **TR7 1JQ**; St.Georges Road – **TR7 1RE**; Albany Road – **TR7 2NS**; Clevedon Road – **TR7 2DP**. For the [Harbour](#) and [Towan](#) beaches the following are best; The Harbour – **TR7 1HR**; Fore



Towan Beach



Tolcarne Beach



Great Western Beach

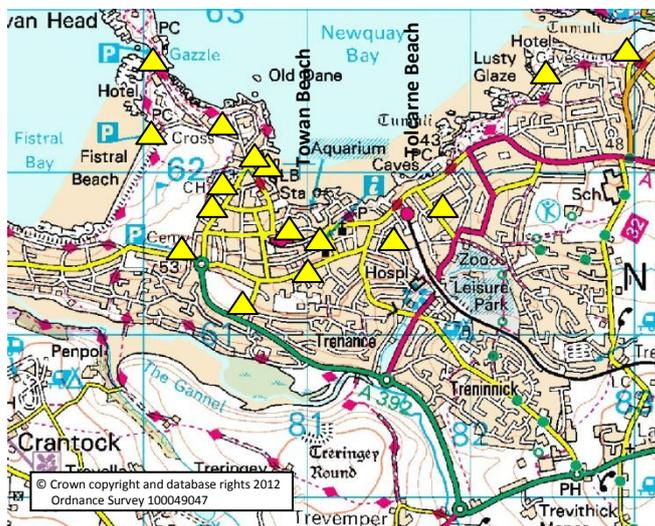


Lusty Glaze

Street – **TR7 1LP**; Towan Headland – **TR7 1HN**; Dane Road – **TR7 1HL**; Tower Road – **TR7 1LS**; Alma Place – **TR7 1LP**; Belmont Place – **TR7 1HG**. There is a large car park at Tregunnel Hill – **TR7 1QT** - on the main road approach to Newquay which is recommended.



All the beaches have golden sand and are ideal for families; details of the suitability of access for pushchairs and the less mobile are shown for the individual beaches. It is possible to walk along the sand from the [Harbour](#) to [Lusty Glaze](#) at low water. The [Harbour](#) is the only beach where swimming is relatively safe but care needs to be taken with boating activities. It is possible to swim at all the beaches when the Lifeguard services are in operation and the conditions are suitable but at low water on an ebbing tide there can be rip currents which are a danger. [Towan](#) Beach is often less affected by the Atlantic swell and surf than the others and [Fistral](#) the most exposed and the home of surfing in the UK (details are in the page for the beach). However, all the beaches are packed with surfers during the summer. At [Towan](#) Beach (and some degree [Great Western](#) and [Tolcarne](#)) the waves can be very different and inconsistent but often clean when [Fistral](#) is wild and stormy; they can also be better for beginners. The Lifeguards need to segregate surfing from bathing at peak times. Details for [Porth](#) are in the pages for the beach. There are some rock pools at low water on the edges of the beaches; none of the beaches are suitable for snorkelling.



Location – Part of OS Landranger Map 200