

# PADSTOW TOWN BAR BEACH

## and Oldtown and Dennis Coves

The westerly foreshore of the Camel Estuary is easily accessible from the Camel Trail (cycleway) from Padstow to Wadebridge, unlike the easterly foreshore where there is no public access upstream from [Porthilly Cove](#). The string of beaches upstream from Padstow might not have the immediate appeal of the wonderful sandy beaches nearer the mouth of the Estuary, but they nevertheless provide great spots to



Looking towards Dennis Cove



Looking towards Town Bar

Dennis Cove is a further 400m with a number of access points from the Trail on to the beaches easily found. For Oldtown Cove it is best to take the A389 road from Padstow to Wadebridge, and at the village of St. Issey, turn left for Tregonce then follow the signs to the Camel Trail where there is a small parking area – **PL27 7QL** – go up on to the Trail and turn left and after 130m there is access to the beach on the right.



The beaches are all a mixture of grey sand and shingle which gives way to patches of yellow sand at low water. There are small strips of beach above high water mark. They are all very sheltered. There is no safety equipment. There are strong tidal currents in the Estuary so swimming should only be undertaken at high tide and slack water. They are not surfing or snorkelling beaches and there are few rock pools.



There are no restrictions on dogs. Toilets are located at the Padstow Station car park. Padstow has a full range of shops, cafes, restaurants and pubs close to the car park.



Padstow Town Bar Beach at low water

have a picnic and look out over a memorable landscape and if the tide is right the wading birds feeding. The best stretches of foreshore are at the southerly end of Padstow next to the start of the Camel Trail, also a little further on next to Dennis Cove, and the most secluded being at Oldtown Cove some 2kms south of Padstow. There is however considerable accessible foreshore in between.



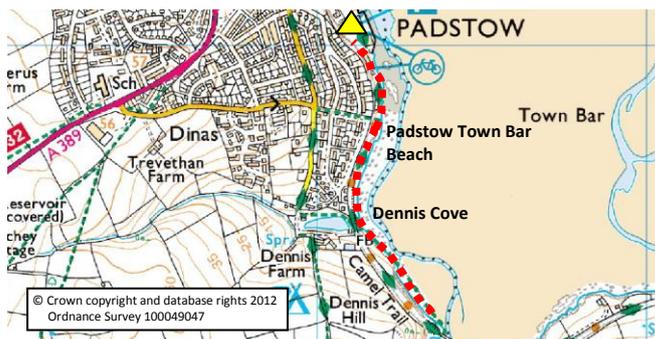
**PL28 8DA** – For the Padstow Beaches next to the Trail the car park on the former station (capacity 210+cars) is the best although there are a number of other car parks in the town. It is then only 300m along the Trail to the first stretch of beach;



The secluded Oldtown Cove



Access to Oldtown Cove



Location – Part of OS Explorer Map 106



Water quality is believed to be variable. Oldtown Cove beach has much to recommend.