

PORTH JOKE

or Polly Joke

A north westerly facing inlet beach set between two prominent headlands, Pentire Point West and Kelsey Head. It is at the mouth of a wide valley made up of Cubert Common and The Kelseys, a large historical sand dune area that is now grazed and largely owned by the National Trust. One of the endearing qualities of the beach is the lack of any development at all and the openness of the surrounding landscape yet it is easily accessible after a short walk.



At low water in winter with Kelsey Head in the distance



TR8 5SE - From the A3075 just south of **Newquay** there are a number of roads which are signposted to Crantock. Continue through the village and follow the signs to West Pentire which is a further 1.5kms. At the end of the road there is a track on the left which leads to a car park (capacity over 200 cars). There is also a car park (capacity 100 cars) below the pub which largely serves **Crantock Beach** but is an alternative. The public footpath to the beach (550m) is signed from the end of the road. An alternative access is a car park (capacity 70 cars) in the valley - **TR8 5QS** - which can be reached by turning off the road from Crantock to Pentire through Treago Farm and camp site down a public byway to Treago Mill. There is a footpath (600m) which leads to the beach.



The head of the inlet



A flat sandy beach



Secluded sandy areas



The inlet beach in summer



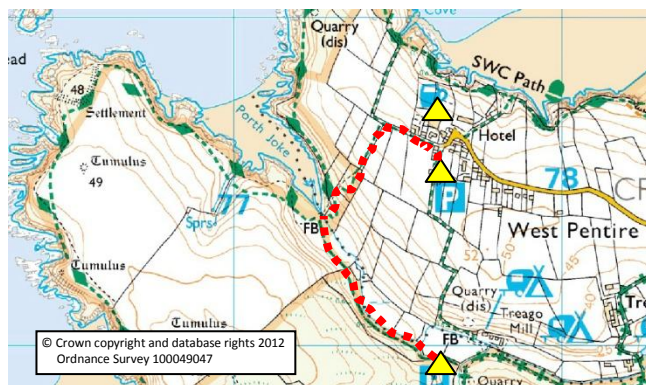
There is usually a strip of dry sand above high water although in winter the tide often comes right up to the footbridge over the stream which crosses the beach. At low water the tide goes out over 450m leaving a wonderful flat coarse sandy beach with three sandy inlets on the westerly side which can be sheltered and very secluded and offer a scramble up the cliff if required. At high water it is often fairly crowded as it a popular family beach but there are lots of good grassy areas around the beach to use.



There are two safety equipment points above the beach but there are no lifeguards. Because of the swell, surf and strong rip currents conditions are not normally suitable for swimming. However in very calm conditions on a rising high tide swimming and snorkelling can be considered with care but never at low or an ebbing tide. It is good for surfing with a consistent beach break which is best at half to low tide but never gets overcrowded with surfers unlike neighbouring beaches. It has very few rock pools.



Dogs are allowed all year. There are toilets in the West Pentire car park which are open during the summer. There is a pub and restaurant in West Pentire and shop, pub and cafe in Crantock.



Location – Part of OS Explorer Map 106



The sea water quality is usually good but the stream is very variable. It is a fine unspoilt beach.