




# PORTH MEAR

A little known inlet beach right next to the Coast Path, 1km north of Park Head and 1km from [Porthcothan](#), both of which have places to park.



The Beach next to the Coast Path at low water

  **PL28 8LW** – The car park at [Porthcothan](#) is 7.3kms south of Padstow on the B3276 coast road to Newquay. The car park (capacity 125+ cars) is signed and is in the centre of the village and mainly serves the beach at Porthcothan. The Coast Path is almost directly opposite the entrance to the car park going past the village store and involves an interesting walk (1km) past Trescore Islands immediately offshore. Porth Mear is around the headland and a gentle descent to the valley bottom where, by the footbridge and stream, is access on to the beach. It is also possible to park at the National Trust Centre at Park Head (Pentire Farm) and take the permissive path down the valley to the beach (1km).

 The higher part of the beach is mostly shingle and stone but has patches of grey sand, some of which are above the high water mark. Further down the beach at low water the shingle gives way to flat rock platforms all the way to the entrance to the inlet. A stream coming down the valley crosses the beach.



Grassy areas above the beach



The inlet



Shingle and sand



The stream crossing the beach

Above the beach is a grassy area suitable for sitting and picnicking.



There is no safety equipment. When conditions appear conducive, that is when it is relatively calm and the tide is high, swimming can be undertaken with extreme care and keeping close to the shore. Swimming at low water can be positively dangerous because of submerged rocks and currents. It is not a surfing beach despite the ever present north coast swell. Conditions rarely make it suitable for snorkelling but when they do the inlet (at high tide) can offer much in the way of fish to spot. At low water there are interesting rock pools.



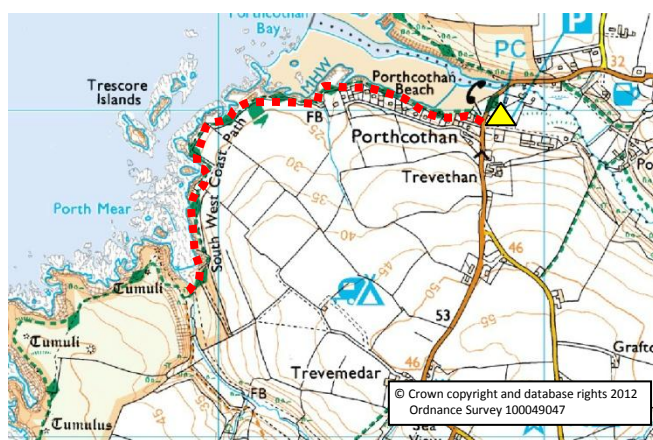
There are no restrictions on dogs. The nearest toilets and other limited facilities are at [Porthcothan](#) or cafes, pubs and shops at [Mawgan Porth](#) (5kms) or [St.Merryn](#) (4kms).



The mouth of the inlet



The easterly side of the beach



Location – Part of OS Explorer Map 106



Water quality depends on the stream where quality is variable. Whilst it does not have the fine golden sand of other beaches along this stretch of coast it offers a fine walk and quiet retreat.