

TREVONE

and Newtrain Bay

Part of a stretch of coastline with some of the best beaches in Cornwall, Trevone is a gem and somewhat of a surprise. An 'inlet' sandy beach, it has high cliffs on one side and a series of rock platforms on the other leading to Newtrain Bay which is known as Rocky Beach by the locals.



Above High Water in summer



PL28 8QX. 3kms from Padstow, access is from the B3276 is through the small village of Trevone along a road which ends up at the beach and the two privately managed car parks, of which one is on the left hand side next to the cafe and shop (capacity 170 cars), and the other, on the right hand side in a field (capacity about 200) – both are clearly marked and serve both beaches. A few cars can park just above the beach.



There are two short flights of steps from the cafe car park on to Trevone Beach whilst there is an easy access from the other car park which is suitable for those with certain disabilities. Access to Newtrain Bay is along the road from the cafe car park; it is a short walk (150m) and is marked as the Coast Path.



The area of sand at low water



A secluded part of the beach



Rock pools



Rock platforms and mussel beds



Trevone Beach is a great expanse of fine golden sand at low water and a small area of dry sand above high water (in summer) which makes it popular with families. At low water there are numerous rock pools and mussel beds on the westerly side of the beach. Parts of the beach can be quite secluded and sheltered.

Next to the cafe car park above the beach there is a pleasant grassy area which is ideal for sitting and watching beach activities. A stream dissects the beach and is an interesting feature and popular with children in the summer.

Rocky Beach (which is joined to Trevone Beach at low water) is a complete contrast. Apart from small areas of sand and shingle (mostly at high water) it is a wide area of low rock platforms with good views towards Trevose Head but can be very exposed. It is a quiet beach in comparison to its sandy neighbour. It has a natural pool which ideal for children.



There is safety/rescue equipment all year at both beaches. Lifeguards are on duty on Trevone Beach from mid-May to late September but not at Newtrain Bay. The Lifeguard facilities are prominent at the beachhead. There is a designated and patrolled bathing area



Newtrain Bay (Rocky Beach)



Real care needs to be taken as Trevone Beach is not ideal for swimming. There is a powerful rip current on the north easterly side of the beach (even



One of the access points and steps down to the beach

when the conditions seem docile). A large warning sign on the cliffs above makes this apparent. It is advisable to only enter the water when the Lifeguards are on duty and then in the designated area.



It is an excellent surfing beach having an exposed beach break that has fairly consistent surf all year. The best swell direction is the north-west with windswells and groundswells in equal measure. It is best from low to mid tide and most suitable for intermediate to experienced surfers when nearby beaches are blown out by storms. In summer it is good for body-boarding.



It is not a beach for snorkelling except in exceptionally calm conditions and then only by those who are experienced.



Trevone Beach has a few rock pools at low water although the exposure to the surf limits their general interest. Newtrain Bay is covered with rock pools and can provide much fun searching for spider crabs, shrimps and small fish. There are good spots for fishing notably for pollock, mackerel, wrasse, dabs and garfish.



Dogs are not permitted from Easter to the end of October.



These are located next to the cafe, shop and car park and include facilities for the disabled.



Trevone has good facilities for its size. The surf shop sells a wide range of goods: wet suits and boards etc can also be hired. The cafe is licensed and has an outside sitting area. Both are only open

from Easter until October but also at weekends throughout the year. The village (300m from the beach) has a local pub, Post Office and General Stores.



Location – Part of OS Explorer Map 106



Trevone Beach is partly owned and managed by Cornwall Council who clean it on a regular basis throughout the summer. There is a recycling/rubbish point above the beach. The quality of the sea is excellent and it is recommended in the Marine Conservation Society Good Beach Guide 2006. There is no information available for the quality of the stream.



Trevone is a family friendly beach that has much to offer especially at low water. There is a large 'blow hole' in the cliffs on the north-eastern side of the beach known as Round Hole. It is over 27m deep and during stormy weather is worth the short walk from the beach to view the spectacle although care needs to be taken.



A winter view at low water



The stream in flood