

TREYARNON BAY

Chair Cove, Pepper Cove and Fox Cove

This is yet another wonderful sandy bay in a stretch of coastline that has so many. In local tourist information it is referred to as 'One of Seven Bays for Seven Days' which seems very appropriate. The Bay is popular in summer largely because there are many caravan, camping and holiday complexes in the locality.



The Bay at low water early on a summer morning

The Bay, which is bounded by Treyarnon Point to the north and Trethias Island on the south, faces west and includes Long Cove and Well Cove its northerly side and Benges Cove to the south all of which are covered at low water but are areas that provide a degree of shelter depending on the wind direction. Just beyond Treyarnon Point is Chair Cove, a small rocky inlet with an area of sand at low water and is also close to nearby [Constantine Bay](#) which is less than 500m away along the Coast Path. Pepper Cove and Fox Cove are small inlets immediately to the south of the Bay and reached by the Coast Path to [Porthcothan Bay](#).



PL28 8JR - 4.5kms west of Padstow on the B3276 coast road to Newquay, and 500m west of the cross roads village of St.Merryn, is a narrow road;



Well Cove



Above high water mark



Benges Cove and Trethias Island on the far side of the Bay

this is signposted to Treyarnon Bay and is about 1.5kms and ends right next to the beach and a large car park (capacity 450+ cars). There is no roadside parking due to the narrow road and parking restrictions.



Access on to the Treyarnon Beach from the car park is down a ramp/slipway and is straightforward for the less mobile. Chair Cove can be reached along the Coast Path northwards towards [Constantine Bay](#) and down a path next to a property named Constantine Cottage. Pepper Cove is 500m southwards along the Coast Path and is the second major inlet (the first is not accessible). Access is a difficult scramble down a narrow steep path on the northerly side of the Cove and can only be done with extreme care. Fox Cove is a further 300m past Warren Cove which is inaccessible. Again access is down a small tortuous path on the northerly side of the Cove.



Fox Cove at low water



Treyarnon Beach and the small coves within the Bay have fine golden sand. There is a strip of sand (about 140m wide) above high water which can be fairly large in summer when there is a build up of sand. At low water the tide retreats out to the Point exposing a wonderful flat beach. A small stream



Pepper Cove which is part sand but stony at low water

crosses the beach. It is exposed to the winds and the Atlantic swell. A small area of low sand dunes backs the beach. To the north of Well Cove is a swimming Pool in the rocks which has been made from damming a natural hollow. Chair Cove is mostly relatively flat rocky ledges at high water with a small area of coarse sand at low water in summer. Pepper Cove is partly sand but stony at low water and is covered at high water. Fox Cove is mostly sandy but with a few rocks and is also covered at high water.



There is safety equipment above Treyarnon Beach but nothing at any of the Coves outside the Bay. RNLI Lifeguards are on the main beach from the end of April until the end of September.



Treyarnon Bay is not a swimming beach and should only be undertaken in the designated bathing area when the lifeguards are on duty. Rocks and rip currents make it dangerous at low water but in calm conditions on a rising high tide swimming is possible. The other coves are not suitable for swimming at all.



A popular surfing beach that has a classic Cornish beach break suitable for beginners and also a reef break on the southerly side which is only for the more experienced; it is best from mid to high tide. It can be very 'messy' when the wind is from the westerly quarter and is not good with a large swell. The smaller coves outside the Bay are not suitable for surfing at all.



Pepper Cove - steep access path Fox Cove - difficult access path



The Bay is not suited to snorkelling although in very calm conditions (which are rare) the rocky ledges around Treyarnon Point and Chair Cove can be good on a high tide. Snorkelling conditions in the other Coves are not known but the normal swell would make them unsuitable.



The rocky areas around the 'swimming pool' and northwards to the Point are excellent for rock pooling at low water and is a popular area with children looking for crabs, shrimps and small fish.

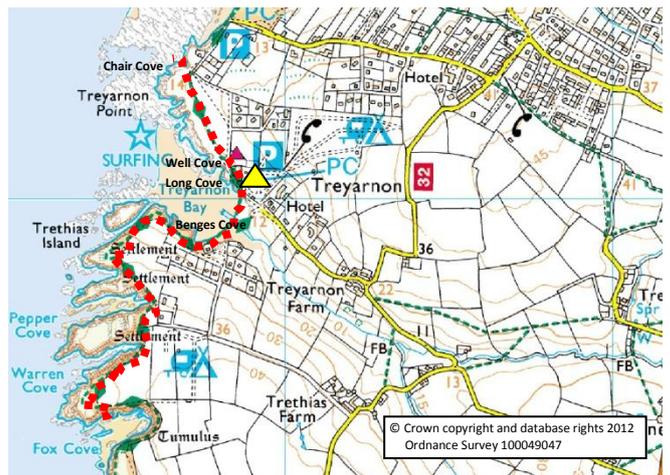


There are no restrictions on dogs at any of the beaches. There are toilets



Views of the Bay

(including disabled) above the beach on the northerly side of the Bay. There is a small shop that is open during the summer that is located by the entrance to the car park that also includes equipment hire. There are other beach shops, cafes pubs and restaurants at nearby St. Merryn. There is a shop, equipment hire and surfing tuition at [Constantine Bay](#) 1.5kms away.



Location - Part of OS Explorer Map 106



The slipway can be used for kayaks and small craft. The beach is part owned by Cornwall Council who clean it. Sea water quality is very good but the stream is unknown. The easily accessible Bay has much to recommend it whilst Fox Cove is a real find but only for the adventurous.