

# CANCELVE STRAND and Broad Strand

Two north-west facing shingle, stone and rocky beaches which are joined at low water beneath some of the highest cliffs in Cornwall. They are not especially memorable but the arduous access to Cancleave most certainly is. They are undoubtedly quiet with often no one on the beaches even in the height of summer.



Cancleave Strand with Broad Strand beyond

  **EX23 0DQ** - On the A39, 5.5kms south of Bude, there is a junction at Copperthorne; after 1.2kms there is a T junction; turn left past [Wanson Mouth](#) and continue along the coast road for 1.8kms and down a very steep hill to [Millook](#) and then a further 1km where, next to a property called Cancleave Bungalow, is a small parking lay-by on the left hand side. Alternatively, take the coast road from [Crackington Haven](#). Opposite the lay-by is a short length of path which joins the Coast Path; turn right



Path to the beach



Rope to abseil on to the beach



Various views of Cancleave showing the stony and rocky beach

and then immediately on the left is the public footpath which winds its way down the cliff but be warned it is a lengthy descent; at the bottom it is necessary to abseil down a rope at least 20m in length; this is due to recent cliff falls which is self evident on arrival. Broad Strand is at the northerly end of the beach.



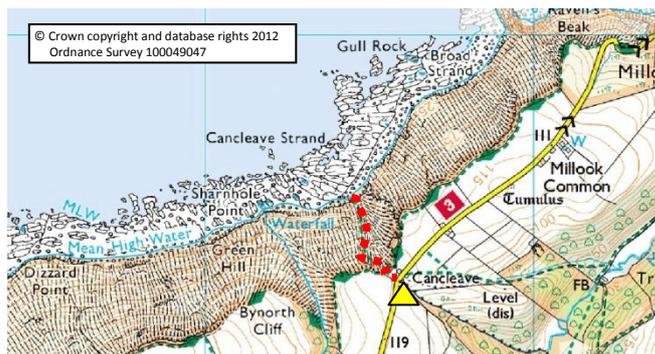
Cancleave is stony at high water mark with rocky reefs at low water with a mixture of stone and shingle in between. At Broad Strand the stone/shingle goes right down to low water but beware of the tides as there is little or no beach at high water. The unstable cliffs are constantly being eroded.



There is no safety equipment and it is not safe to swim at low water and only when calm conditions prevail on a rising high tide. They are not recognised surfing or snorkelling beaches but the wealth of some quite large rock pools at Cancleave is a feature.



There are no restrictions on dogs and the nearest facilities are at [Crackington Haven](#) (4.5kms). Water quality is very good but there is water borne litter. The waterfall at Sharnhole Point is worth seeing in winter.



Location – Part of OS Explorer Map 111