

# COMPIT

Two small sandy coves that are joined at low water and are only 1.5kms due north of [Polzeath](#) but are fairly remote with a difficult and dangerous access because of recent cliff falls. They face north east but are very sheltered from the Atlantic swell and prevailing winds by Pentire Head and 'The Rumps'. They can only be reached along the Coast Path and are in the ownership of the National Trust.



*The dangerous section of path      The scramble down to the beach*



There is no beach at either cove for about an hour either side of high water but a fine sandy inlet and a sandy cove are exposed at low water and join up giving an impressive beach over 150m in length. It is possible to scramble over the rocks from the southerly cove when the tide is coming in.



There is no safety equipment. There are usually strong currents, especially at low water so swimming is not advisable but when it is calm and on a rising tide it can be undertaken with extreme care. The same can be said for snorkelling which is best off the southerly cove. It is not a surfing beach. There are many rock pools on the southerly cove at low water.



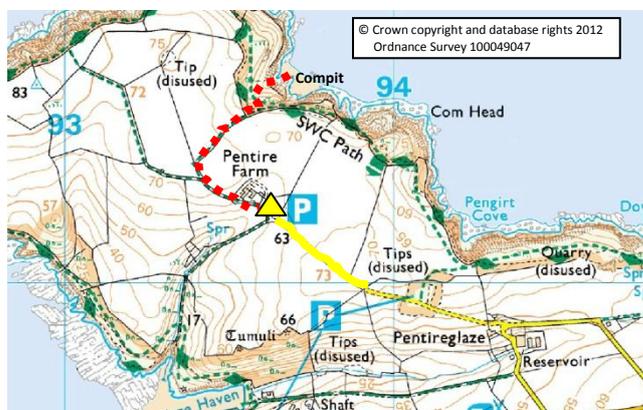
There are no restrictions on dogs. There are no facilities at all with the nearest being at [Polzeath](#) (2.7kms from Pentire Farm).



*A sandy inlet - the northerly of the two coves at half tide*



**PL27 6QY** - From the A39 at Wadebridge take the B3314 and after 7kms at the 'T' junction take the road to [Polzeath](#); after 550m turn left at the cross roads and continue for 2kms on the road to New Polzeath and Pentire then branch right at a fork and continue for a further 1.3kms to Pentire Farm where there is a small car park (capacity 35cars). The walk to the coves involves following the public footpath through the farm out to the headland and after 250m branch right along a footpath which after about 250m joins up with the Coast Path; Turn left and immediately on the right is a path that leads down to the coves. Part of the way down is a sign which warns of the dangers of access thereafter. It is not recommended that the path is used until it is made safe. Access on to the beach is not easy and involves a scramble down rocks to the northerly of the coves.



*Location – Part of OS Explorer Map 106*



*The southerly cove*

*A sheltered sandy inlet*



Water quality is excellent and the beach is cleaned by the tide. It is a lovely secluded beach notwithstanding the problems over the access path.