



EPPHAVEN COVE

A small cove that is just over 1km west of [Port Quin](#) and usually linked with adjacent [Lundy Beach](#) and Lundy Hole as it is possible to walk below Pennywilgie Point on the sand between the two at low water. It is often mistakenly referred to as part of Lundy Bay which historically is actually Port Quin Bay. Whilst it is a fine cove at low water there is little or no beach at high water and access from the path is a scramble.



A delightful sandy cove at low water

  **PL27 6RB** From the A39 at Wadebridge take the B3314 signposted to Delabole. After 8kms at the 'T' junction follow the signs to [Polzeath](#) and then a further 600m at the crossroads, the road to [Port Quin](#). After 500m there are 2 properties on the left where there is a limited amount of roadside parking; there is a public footpath (signposted to the Coast Path) along the track next to the bungalow named 'Tresawl'. After 680m the path joins the Coast Path above the Cove. If parking is a problem an alternative is to park in the small National Trust car park on the Polzeath road that is nearest to [Lundy Beach](#) and follow the path to the Coast Path; the walk is about 1km to the Cove past the photogenic Lundy Hole and the steps down to Lundy Beach and around Pennywilgie Point. Access on to the beach at Epphaven involves a scramble down rocks which may not be easy for some. At spring tides and very low tides there is short window of



The scramble down to the beach The Cove at half tide



Looking west



Way down to the beach

opportunity to walk to and from Lundy Beach.



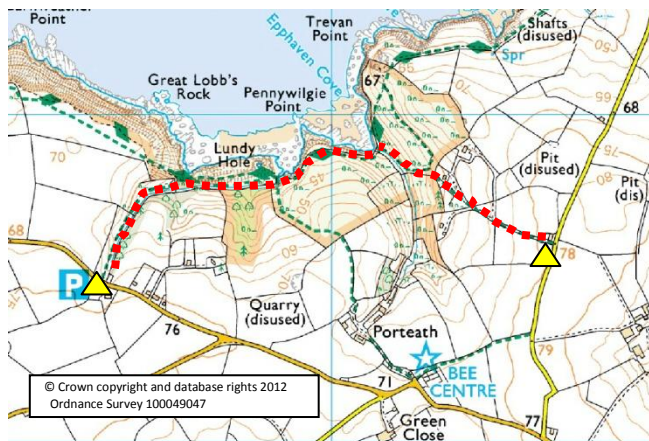
The upper part of the beach is rocky and most of it gets covered at high water. However, as the tide retreats areas of fine flat yellow sand are exposed which is over 150m in depth and when it joins up with Lundy Beach is over 650m long. Although the Cove faces north-west it can be quite sheltered. There are some good caves to explore.



There is safety equipment above the beach. Swimming is not safe at low water but when conditions are favourable swimming can be undertaken on a rising tide in the upper part of the Cove providing it is done with care. Surfing an hour or so either side of low water is possible but within the Cove is not recommended at all. It is better at adjacent Lundy Beach although it takes a large swell to make it worthwhile. Occasionally conditions are right for snorkelling. There are numerous rock pools at low water.



Dogs are permitted. There are no facilities at all with the nearest being at [Polzeath](#) which is either 3kms or 1.5kms depending on which parking location is used.



Location – Part of OS Explorer Map 106



Water quality is good and the delightful Cove is always quiet and secluded.