

HOLE BEACH

and Bagalow Beach

Set under high slate cliffs these westerly facing beaches are at the northerly end of [Trebarwith Strand](#) and can be reached at spring tides and times of very low water by walking along the sand. Otherwise access is down a very narrow and steep path. At the far end of Bagalow Beach is Dria Cove. Hole Beach is named after a quarried 'cave' in the cliffs above the beach. The cliffs at the southerly end of the beach have the remains of West and Lanterdan Quarries and an unusual rock 'pinnacle', the result of quarrying.



Hole Beach with Bagalow Beach on the right



PL34 0EJ - Take the B3263 south of

Tintagel which is signposted to Camelford. After 1km turn right to Treknow and after 250m there is a track (public bridleway) on the right (next to the Penallick Hotel) which is signposted to the Coast Path. There are a number of places to park by the roadside. At the end of the track (400m) turn right on the Coast Path; after 200m there is a path that winds down the cliff to the beach through what was Caroline Slate Quarry. It is narrow, steep and has patches of loose slate; the final descent is especially steep. It should only be attempted by those with confidence of the conditions and then with extreme care. Alternatively, walk along the beach from Trebarwith Strand at low water.



Quarried cave above the beach

Rock pinnacle



Path on loose slate



Narrow and steep path



The beach can vary enormously depending on the level or build up of sand. Hole Beach has a wonderful expanse of sand at low water but rocky ledges can be exposed at higher levels whilst at other times it can be virtually completely sandy with even a small area above high water mark. This phenomenon also affects Bagalow Beach and Dria Cove which can be reached from Hole Beach at low water and which can be either delightfully sandy or just very rocky.



There is no safety equipment. Swimming is dangerous due to strong currents and it is worth going down the beach to the Lifeguard patrolled [Trebarwith Strand](#). The surfing details are the same as [Trebarwith Strand](#). It is not a snorkelling beach at all. The number of rock pools much depends on the amount of rocky areas that are exposed but they are god at Bagalow Beach.



Dogs are permitted. The nearest toilets and other facilities are close by at [Trebarwith Strand](#) or Tintagel (1.5kms from Treknow).



Location – Part of OS Explorer Map 111



Water quality is believed to be good. Hole Beach can be relatively sheltered and very quiet.