



LUNDY BEACH

A fine beach at low water that is far larger than it might appear at first sight and which stretches from Great Lobb's Rock in the west to Pennywilgie Point in the east. At very low water it is usually possible to walk around the latter point on the sand to [Epphaven Cove](#). The beach is widely known for its collapsed sea cave known as Lundy Hole which is close to the Coast Path. There is a legend that as St. Menfre was combing her hair the devil appeared in front of her and was so taken back he dug Lundy Hole. It is owned by the National Trust.



The sandy and rocky beach

  **PL27 6QZ** - 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 1.5kms and on the left is a small National Trust car park (capacity about 38 cars). There are parking restrictions on the approach roads. The public footpath to the beach is directly opposite and signposted. It is an easy walk of 700m to the beach past Lundy Hole where the view next to the hedge is well worth it especially if the tide is in and it is rough. There is a wooden flight of steps on to the beach and slightly further on what appears to be a former boat access carved out of the rocks which for some is the easiest way to get on to the beach.



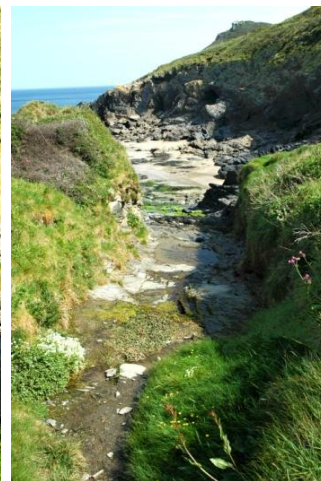
Flat sandy area of beach



Rocky upper part of the beach



Lundy Hole from the Coast Path



Access on to the beach



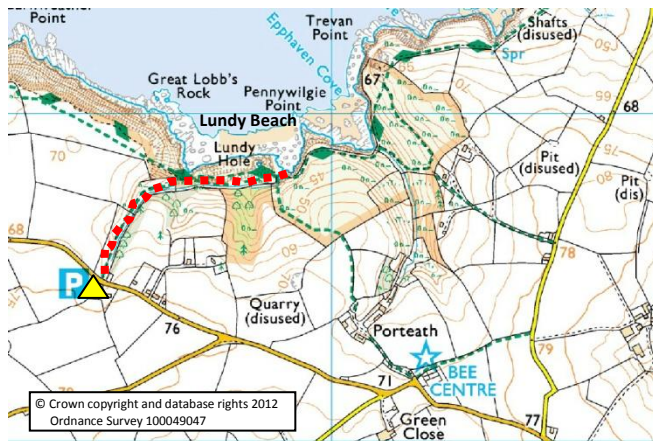
At high water there is little or no beach and as the tide goes out rocky ledges are exposed which then turns to a wonderful fine flat sandy beach which stretches for over 400m at low water all the way from [Epphaven Cove](#) to Great Lobb's Rock past Lundy Hole. The sandy inlet to the west of Lundy Hole is known as Markham's Quay (reputably a landing place for smugglers) but it gets cut off by the tide very quickly.



There is no safety equipment. There are often strong currents at low water so swimming and snorkelling are not recommended but on a rising tide is possible when conditions are right. At low water there is often good surf but the swell is not as good as locations further up the coast. It is good for rock pools at low water.



Dogs are permitted. The nearest facilities are at [Polzeath](#) (2.5kms)



Location – Part of OS Explorer Map 106



Water quality is good and it is a clean beach that is secluded and quite sheltered.