



MILLOOK MOUTH and Foxhole Strand

Also known as Millook Haven it is an easily accessible shingle, sand and stony beach at the end of a very steeply sided valley where the stream, Millook Water, meets the sea. It is backed by high, almost intimidating, cliffs with world famous ‘Chevron Folding’ of the rock strata which is most prominent at Bridwill Point and Penhalt Cliff. The northerly end of the beach is known as Foxhole Strand and is separated from the Millook Beach at high water.



Millook Beach with Foxhole Strand beyond at low water

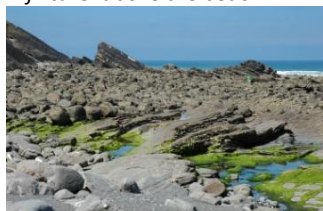
  **EX23 0DQ** - On the A39, 5.5kms south of Bude, there is a junction at Copperthorne; after 1.3kms there is a T junction; turn left past [Wanson Mouth](#) and continue along the coast road for 1.7kms and down a very steep hill. In the valley bottom there is very limited roadside parking for a few cars. On the bend in the road is the short path on to the beach. There is a parking area on Penhalt Cliff on the Wanson Mouth side of Millook involving an 800m walk.



A ‘fixture’ above the beach



Path to the beach



Boulders and rocks



Stony beach above High Water



Beach above High Water



Folded rocks at Bridwill Point



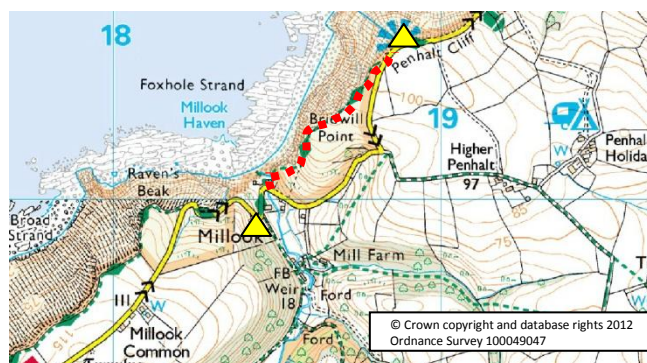
The beaches are stony above high water which give way to gently sloping areas of shingle with patches of sand which then turns into rocky reefs at low water. Although they face north-west they can be relatively sheltered. Both beaches are always quiet even in the peak of the holiday season.



There is safety equipment at Millook above the beach. Swimming is not recommend at low water because of the rocks and strong currents; on a rising tide it is possible to swim when the surf and Atlantic swell gives way to calmer conditions but care needs to be taken and it is not suitable for young children. It is a good surfing beach but only for those who are experienced and have a good local knowledge of the conditions. It is not a snorkelling beach at all but there are numerous rock pools of interest at low water.



There are no restrictions on dogs. The nearest toilets are at [Widemouth](#) just over 2.5kms northwards along the coast road past [Wanson Mouth](#). The same goes for cafes, a pub and beach type shops; there is a full range of facilities at [Crackington Haven](#), some 6.5kms to the south along the coast road.



Location – Part of OS Explorer Map 111



Water quality is good. There is considerable water borne beach litter unfortunately. It is a better beach than it may seem at first. A walk along to Foxhole Strand is well worth it if solitude is needed; the extraordinary geology is a bonus.