

PENTIREGLAZE HAVEN

and Pentire Haven

These two small inlet sandy beaches are part of Hayle Bay and joined to the beach at [Polzeath](#) at low water. Pentireglaze Haven is the larger and more popular.



Pentireglaze Haven a sandy inlet with New Polzeath beyond



PL27 6UG - 7kms from Wadebridge on the B3314 the road to New Polzeath and Pentireglaze is signposted; after a further 3.5kms at new Polzeath there is a car park (capacity 130 cars) which is the nearest to both beaches. There is roadside parking along Atlantic Terrace (about 60 cars) but this largely serves [Polzeath](#) Beach; there are parking restrictions on other roads. The Coast Path to Pentireglaze Haven is at the end of Gulland Road next to a property named Medla (160m). To get to Pentire Haven continue along the Coast Path for a further 500m or when the tide is out walk along the sand or park at Pentire Farm and walk down the path. Alternatively park at [Polzeath](#) and walk either across the beach (at low water) or along the Coast Path (about 700m).



Pentire Haven inlet



Sand and rock at Pentire Haven



Pentireglaze Haven is a wonderfully sandy beach with a small area of sand above high water and a small stream crossing the beach. Although it faces



A cave and purple rocks



View out across Hayle Bay

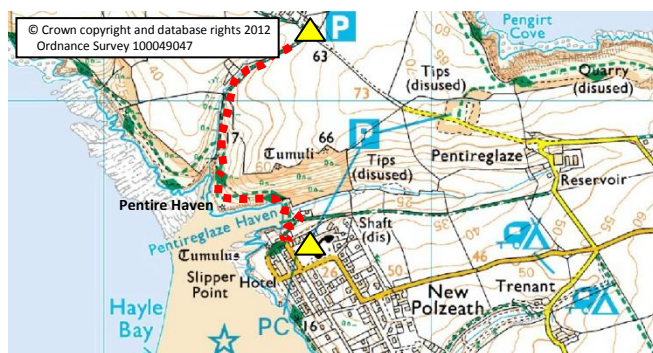
west it can be surprisingly sheltered with a number of rocky outcrops (and caves). At low water the amazing expanse of Hayle Bay is revealed. On the southerly side of the inlet at Slipper Point there are unusual purple coloured rocks. Pentire Haven is a very narrow inlet of sand and rock with a stream crossing the beach and again joins up with the whole bay at low water; there is little or no beach at high water.



There is safety equipment at Pentireglaze Haven but nothing at Pentire Haven. Lifeguards are on duty at [Polzeath](#) (see details) which serve both beaches when the tide is out but not when the inlets are cut off from the rest of the bay. Swimming and bathing can be undertaken at low water but only at the designated area because of rip currents and undertow. Swimming at Pentireglaze Haven is possible on a rising high tide but taking care to not go out to the mouth of the inlet. Swimming at Pentire Haven is not recommended. [Polzeath](#) is a well known surfing beach (see details). They are not snorkelling beaches but there are a number of rock pools.



There is a restriction on dogs from Easter day until the end of September. There are toilets next to the car park (New Polzeath). The nearest range of all other facilities is at [Polzeath](#).



Location – Part of OS Explorer Map 106



Water quality is generally good despite occasional problems at [Polzeath](#). The National Trust own and clean both beaches; they provide a more secluded and quieter alternative to [Polzeath](#).