

ROCK and Brea Beach

These are interesting sandy beaches on the Camel Estuary opposite Padstow Harbour and the infamous 'Doom Bar' which over the years has been so treacherous to shipping. One end of the beach at Rock links up with [Porthilly Cove](#) at low water and the other end, which is known as Brea Beach, adjoins [Daymer Bay](#). At high water Rock Beach and Brea Beach are separated. Brea Beach is backed by sand dunes and faces west whilst Rock Beach is backed by the settlement of Rock and is somewhat dominated by the sailing club and yacht club with the beach often used by numerous dinghies and other small craft.



Rock Beach and the mouth of the Camel Estuary at low water

  **PL27 6LD** - From the B3314 Wadebridge to Delabole road, 4.5kms from Wadebridge take the road signposted to Rock; the car park (capacity 140 cars) is at the end of the road (4.5kms). There is a limited amount of roadside parking on the approach Road. There is a direct access from the car park on to the beach. An alternative way to get to Brea Beach is along a public footpath (1.5kms) from opposite the 'Old Kiln' above Rock Beach. There is a ferry service to Rock from Padstow and this makes a very interesting way to visit the beaches from the other side of the Estuary.



Rock Beach: Brea Beach beyond Brea Beach and sand dunes



Southern side of Rock Beach



Looking down the Camel Estuary



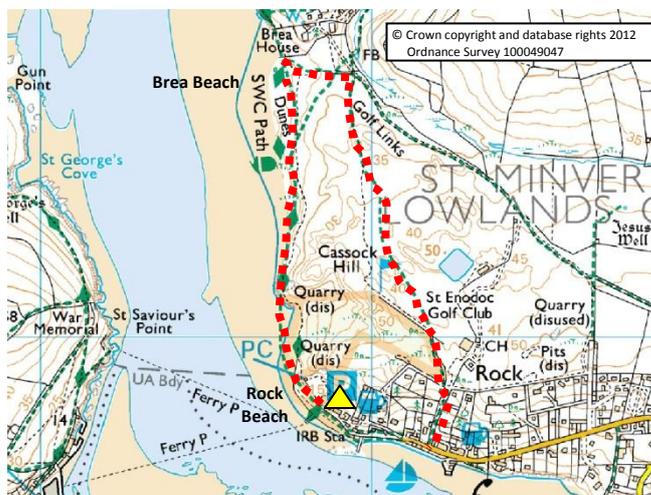
East of the Ferry slipway, the beach is south facing with little or no sand at high water but when the tide recedes there is a section of golden sand that merges into shingle. West of the Ferry Point there is a glorious sandy beach at high water round to Cassock Hill which at low water is quite extensive and joins up with Brea Beach which in turn is over 700m in length.



There are safety equipment points above Rock Beach. Swimming on a rising high tide is generally fairly safe all along the beaches but swimming in the channel at low water especially at Brea Beach can be dangerous due to very strong currents and steeply shelving sand. They are not surfing beaches but are often ideal for windsurfing when tides and winds are favourable. They are not beaches for rock pooling or snorkelling.



There are no restrictions on dogs. There are toilets in the car park. There are a range of facilities including a beach shop, cafe, restaurant and pub just above Rock Beach. There are five slipways which are controlled by the Padstow Harbourmaster or sailing club; contact needs to be made with the Beachmaster on arrival.



Location – Part of OS Explorer Map 106



Water quality can be variable. Brea Beach can be quiet and peaceful but is quite a walk.