

RUSEY BEACH

Adjacent to the towering High Cliff, Rusey Beach has a dramatic setting and in this respect is similar to [The Strangles](#), about 1km to the north. It faces west but has a degree of shelter from the headland and Rusey Cliff immediately to the south. Access is not that easy but the lengthy decent to the beach is well worth it when the beach is finally reached.



A sandy and stony beach dominated by High Cliff

  **PL35 0HN** - From [Boscastle](#) take the B3261 northwards and after 4kms take the coast road to [Crackington Haven](#), signposted to Trevigue. After 1.5kms there is a parking lay-by on the right (capacity 20 cars). Alternatively, from [Crackington Haven](#) take the coast road south of the village and after 4kms there is the lay-by on the left, immediately after Newton Farm. Opposite the farm entrance is a track (Public Bridleway) and after 480m there is a public footpath on the right that leads to the Coast Path. Turn right and follow the Coast Path which winds down the cliff; after about 380m there is a path on the left which is hard to distinguish. It is narrow, steep and at times quite stony and eventually ends up by a post and rescue box just above the scramble down to the foreshore. There are at least two other ill-defined paths that start from the Coast Path and coalesce towards the bottom of the descent.



Rocky foreshore at low water



Sandy Beach below the cliffs



Stony path down the cliff



The descent on to the beach



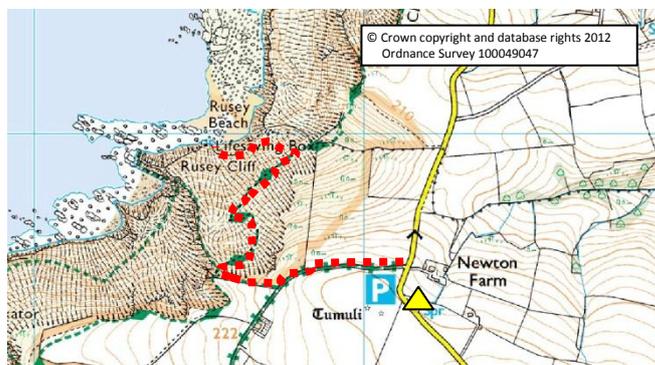
There is no beach at high water. As the tide recedes a gently sloping sandy beach is exposed which turns stony then a mixture of boulders and rocky reefs. The amount of sand can vary considerably and on occasions there can be sand right down to low water. There is an unnamed sandy cove 600m north of the beach which can be easily reached at low water.



Remarkably for such a remote and isolated beach there is rescue equipment above the beach. Swimming is not recommended due to strong currents especially at low water. On a rising high tide when conditions are favourable it can be undertaken with care. A very few experienced surfers use the beach but how they get their boards down is not known! It is not a snorkelling beach but there are many interesting rock pools.



Dogs are allowed. The nearest facilities are at [Boscastle /Crackington Haven](#).



Location – Part of OS Explorer Map 111



Water quality is good. It is a spectacular beach if the access can be negotiated.