

# SANDY MOUTH

## Warren Beaches, Eliza and Westpark Beaches

A fine westerly facing beach that at low water extends over 4kms from [Summerleaze](#), Bude in the south to [Duckpool](#) in the north. The beach has spectacular cliffs and rock formations. It is owned and managed by the National Trust. It is easily accessible but the nature of the foreshore at high tide makes it unsuitable for those who are less mobile. Warren Beaches, Eliza and Westpark Beaches are names given to the extremities of Sandy Mouth.



*Looking south-west at low tide*



**EX23 9HW** - (Post Code 1.5kms along the road leading to the beach car park) From Stratton on the A39 near Bude, follow the road to the village of Stribb and then the signs to Sandy Mouth Holiday Camp and beyond on the same road is the car park (capacity 160 cars) which is close to the beach. An alternative way is



*The flight of steps to the beach*

to take the road to Stribb 1km south of Kilkhampton on the A39. There is a limited amount of roadside parking where there are no restrictions but will involve a walk of over 750m.



Access to the beach is 150m from the car park down a surfaced path and a short flight of steps.



It is a beach of outstanding contrasts. At high water there is only a relatively small area of foreshore that is accessible and then it is stony and not particularly attractive. However as the tide recedes, a wonderful yellow sandy beach is exposed that at low water stretches as far as the eye can see in either direction punctuated by fascinating rock outcrops like fingers stretching out to the sea.

There is a waterfall close to the beach access which can be quite spectacular in winter after heavy rains. At low water it is possible to walk northwards towards Duckpool and Eliza Beach (600m from the access point), Warren Little Beach and Warren Gutter Beach (1km). These beaches are very little used even in the height of summer and offer a quiet refuge. However, extreme care has to be taken as the incoming tide can take even experienced locals unawares. At the far end of the beach it is quicker to go to Duckpool and walk back along the Coast Path if necessary.

Similarly, there are some quiet areas southwards, namely Westpark Beach (1km) but it is not advisable to go beyond Menachurch Point.

It is an exposed beach with little shelter.



*The beach below the access point*



There is safety equipment and emergency telephone available all year. RNLI Lifeguards operate from a station under the cliff to the south of the access point from mid-May until the end of September.



It is a dangerous beach for swimming especially at low water due to rip currents and the Atlantic swell which also produces strong surf. Access to the water is permissible when the lifeguards are on duty but then only in the designated area. When conditions are calm swimming is possible but should only be considered on a rising high tide



A popular surfing beach that is generally safe with a good beach break but when the swell is heavier the sandbanks can create strong rip currents. It is suitable for beginners at low to mid-tide and when the swell is not too heavy. It is not advisable to surf at high water due to submerged rocks.



The stony beach below the beach access point



It is not a snorkelling beach even in favourable conditions.



The rock formations produce a host of excellent rock pools of real interest. The colourful Coral Reed and Red Epiphytes are prolific together with mussels and welks and if you are lucky echinoids



Facilities and car park

and Spider Crabs. Limpets, and Shrimps are common with small fish such as Shanney, Blenny and Goby;



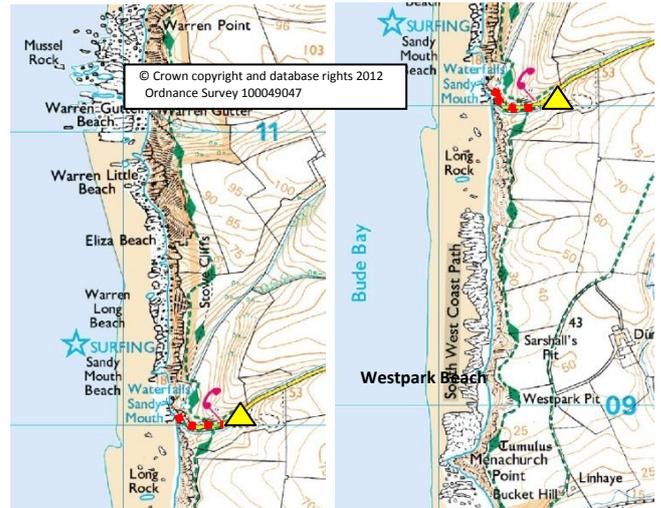
Dogs are permitted all year.



There are toilets adjacent to the car parks which are only open during the summer.



The cafe and shop are located next to the car park and are open from May until October.



Northern section of beach

Southern section of beach

Location – Part of OS Explorer Map 126



The beach is cleaned by National Trust volunteers and has won a 'Tidy Briton' Group award. The water quality has been excellent for many years.



It is a fine family beach when the tide is out and its expanse is good for beachcombing. The cliffs above the beach are liable to cliff falls but support an array of wildflowers.



Stony above high water