



TREGARDOCK BEACH

A splendid sandy and rocky beach that is over 700m long at low water but with little or no beach at high water. It faces north-west and is fairly exposed to both swell and wind. The beach includes the unusually named Minehousedoor Cove (after the mine situated in the cliffs above it), and Trerubies Cove at the southern extremity. Access and parking tend to regulate the numbers able to use the beach which is owned by the National Trust.



Tregardock with Minehousedoor and Trerubies Coves beyond

  **PL33 9ED** - On the A39 4kms south of Camelford there is the B3267 which goes through St.Teath and meets the B3214, 1km south of Delabole at Westdowns; turn left and then right along a narrow lane signposted to Treligga. After 1km there is a turning on the left to Tregardock; follow the lane which ends in a farm. Parking is very limited to about 17 roadside spaces above the farm but be careful not to obstruct the road and gates as they are used by



Footpath to the beach



Steps down to the beach



Rocky ledges and pools



The northerly end of the beach

farm machinery. At bottom of the road on the right is a track and public footpath; after 150m the path forks, so take the left hand route above the stream and continue for a further 600m to the steps down to the beach. It is a pleasant walk but the final descent to the beach is by steps carved out of the rocks which can be very slippery when wet.



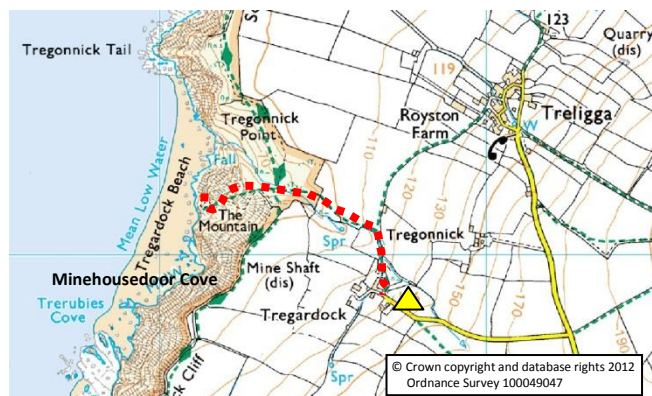
The flat sandy beach has areas of rocks and rocky ledges. Care needs to be taken not to get cut off by the tide in the two coves south of the access point on to the beach. There are constant cliff falls.



There is safety equipment above the beach steps. The rip currents and undertow together with submerged rocks make it unsuitable for swimming at all stages of the tide. It is a good surfing beach for the more experienced where the beach break is best at low to mid tide and can be hollow, fast and powerful. It is not a snorkelling beach but there are countless interesting rock pools.



There are no restrictions on dogs. The nearest toilets, cafe, pub and local stores are at Delabole, 3.5kms from Tregardock Farm.



Location – Part of OS Explorer Map 111



Water quality is very good. The beach is cleaned by tidal action. The pyramid shaped hill to the north of the steps is known as 'The Mountain'. There is a glorious walk along the Coast Path to Backways Cove and Trebarwith Strand.