



# UPTON BEACH


Lower Longbeak Strand, Efford Ditch, Philip's Strand, Higher Longbeak Strand, Water Cove and Tom's Cove

Between [Widemouth](#) and [Compass Cove](#) and [Breakwater Beach](#) (close to Bude), there are a series of beaches. The most northerly is Efford Ditch, then two beaches below the village of Upton, and going towards [Widemouth](#), Philip's Strand, Higher Longbeak Strand, Water Cove, Tom's Cove and Lower Longbeak Strand. However, the beach below Upton Cross and Lower Longbeak Strand are the only two where there is some form of path access although at low water it is possible to walk along the foreshore to all of the beaches but only when the tide's permit.



Accessible beach below Upton Cross

  **EX23 0LY** - For roadside parking next to the beach at Upton Cross. **EX23 0AW** - For the car park for Lower Longbeak Strand. From [Bude](#) take the coast road to [Widemouth](#) and vice versa. Upton Cross is 1.7kms from Bude and 2.2kms from Widemouth – there is no car park and it is a case of parking along Marine Drive wherever it is safe to do so. The path down to the beach is 200m south of Upton Cross off the Coast path which is right next to the road. It is narrow and should only be used by those confident to do so. The Lower Longbeak car park (capacity 55 cars) is 1km north of Widemouth along Marine Drive. The narrow and steep path to the beach is 150m from the car park towards Lower Longbeak Point and is on the right and again is not an easy descent.

 All the beaches have a similar format which is a mixture of grey sand, shingle and stone both above



Lower Longbeak Strand



Higher Longbeak Strand

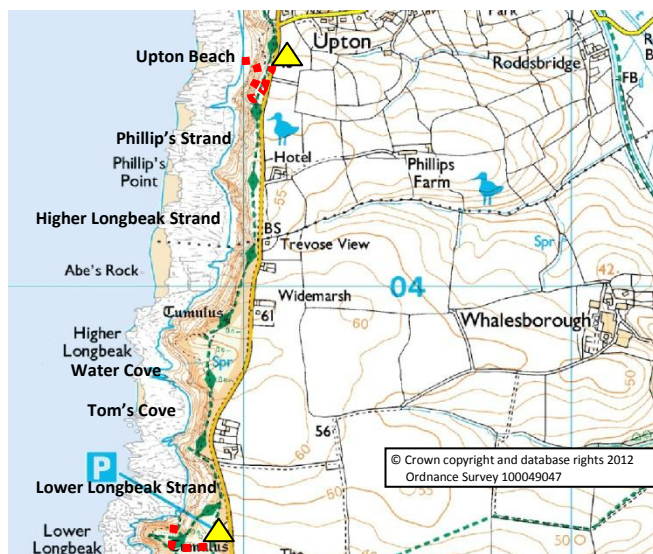
high water mark and immediately below it. This turns into an area of 'rocky fingers', a feature of this stretch of coastline. At low water there are small areas of fine yellow sand. The beaches are all fairly exposed both to the wind and Atlantic swell.



There is safety equipment at Upton Beach but nothing at any of the others. Swimming at low water is dangerous because of strong currents and submerged rocks but at high tide in favourable conditions can be fine (but care is needed). Experienced surfers do frequent Upton Beach but it is not recommended for those who do not know the local conditions. None of the beaches are suitable for snorkelling although conversely have excellent rock pools at low water.



There are no restrictions on dogs at any of the beaches. The nearest toilets are at [Widemouth](#) (600m from the Lower Longbeak car park) or at Bude (1.5kms from Upton Cross). There cafes, a pub and a beach shop at [Widemouth](#) and a full range of facilities in [Bude Town Centre](#).



Location – Part of OS Explorer Map 111



Water quality is believed to be very good. All the beaches suffer from fairly large amounts of water borne litter above the high tide line. If the access is not a problem they are fine beaches.