



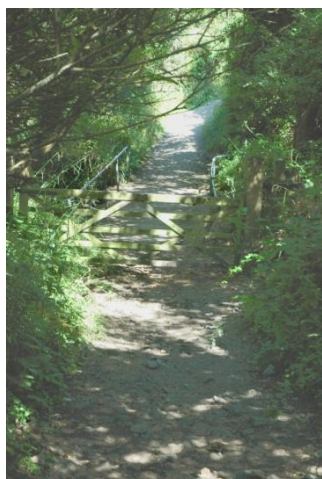
# WANSON MOUTH and Saltstone Strand

Two beaches which at low water are part of Widemouth Bay but in every other respect are very different, being very quiet, almost secluded, and backed by high cliffs. Access to Wanson Mouth is easy and straightforward: it is privately owned. The only means of getting to Saltstone Strand is along the rocky foreshore from Wanson Mouth.



Wanson Mouth at low water with the stream Wanson Water

  **EX23 0DF** – 5.5kms south of Bude on the A39 there is a junction at Copperthorne; after 1.3kms turn left at the T junction and at the bottom of the hill is a limited amount of roadside parking (5 or 6 cars). Alternatively, take the coast road south of [Widemouth](#) which leads to the same spot. There is supposed to be a public footpath by the sharp turn at the valley bottom but it is suggested that the path 100m back by the stream is used (by the roadside parking) as it is the best access to the beaches.



Path to the beaches



Fascinating geology



Saltstone Strand



Wanson Mouth



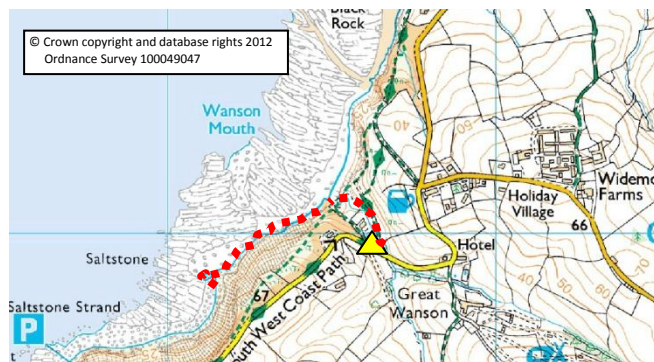
Wanson Mouth has over 200m of sand and patches of shingle at high water and is a larger beach than it might appear. The gently shelving sand and shingle give way to a large flat rocky reef at low water which is full of rock pools. Saltstone Strand is smaller and seems more enclosed due to the high cliffs but with similar characteristics as Wanson Mouth; the 300m scramble over the rocks is well worth it as it is very secluded but access at high water is not easy.



There is no safety equipment at either beach. Swimming is not possible at low water due to the rocks and strong currents; When the Atlantic swell and surf give way to calmer conditions swimming is possible on a rising tide but care needs to be taken and it is not advisable for young children. Both beaches have good conditions for surfing but the rocky reef and strong currents make it only suitable for the more experienced and those with local knowledge. They are not snorkelling beaches but a haven of interesting rock pools.



There are no restrictions on dogs. The nearest toilets are at [Widemouth](#) just over 1km northwards along the coast road. The same goes for cafes, a pub and beach type shops; there is a full range of facilities at [Crackington Haven](#), some 8kms to the south along the coast road.



Location – Part of OS Explorer Map 111



Water quality is very good but there is much unsightly water borne litter. Both beaches are notable for the geological formations of the cliffs.