

LELANT BEACH

and Porthkidney Sands

These beaches are one of the same although the area on the western side of the River Hayle is usually referred to as Lelant Beach whilst the large area of sands backed by sand dunes is Porthkidney Sands. The beaches usually for the north coast face north/east and form part of the southerly area of the wonderful St.Ives Bay. Across the river is [Hayle Towans](#).



An autumnal view of Porthkidney Sands at low water



TR26 3DY - From the centre of Lelant on the A 3075 to St.Ives, there is a road that is signposted to Lelant Church. There is a limited amount of roadside parking (20 cars approx.) in the vicinity of the Church. Follow the footpath next to the Church which crosses Lelant Golf Course and underneath the railway line, a distance of 400m then down a flight of steps on to Lelant Beach. For Porthkidney Sands go along the footpath from the Church but continue along the Coast Path then over the railway footbridge and through the dunes to the beach; this route provides an access to the main part of the beach.



It is a wonderful expanse of fine yellow sand at low water which is at its widest next to the mouth of the river. The amount of sand at high water will vary



Lelant Beach next to the River



Porthkidney Sands at low water



Lelant Beach from Hayle Towans Porthkidney from Hayle Towans

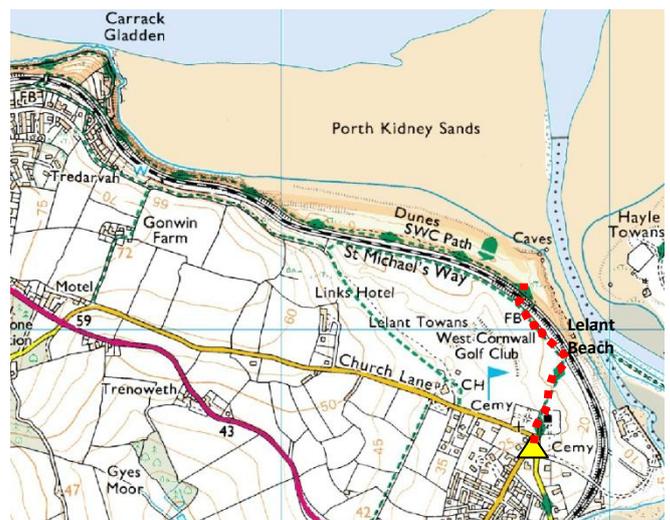
considerably throughout the year and during spring tides can be minimal. Lelant Beach is mostly sand nearer the mouth of the estuary but can be stony with shingle opposite the stony spit that separates the two arms of the river.



There is safety and rescue equipment. Lifeguards are on duty from May until the end of September. The lifeguard lookout is located in the dunes. Swimming and entering the river is prohibited because of strong currents. It is advisable to only swim in the designated area patrolled by lifeguards. Swimming at the mouth of the estuary is dangerous, especially at low water. It is not a recognised surfing beach because of its aspect but at the far end of Porthkidney Sands at Hawks Point when there is a huge swell, a fine surf is produced for the more experienced; generally the beach is only good for bodyboarding and kite surfing. It is dangerous to snorkel and there are no rock pools.



There are no restrictions on dogs. There are no toilets or other facilities. There is a pub and shop in Lelant village.



Location – Part of OS Explorer Map 102



Water quality is very good. Although the inherent dangers of bathing it can be a sheltered beach and never gets crowded. At low spring tides it is possible to walk around Carrack Gladden to [Carbis Bay](#)