

PORTHCADJACK COVE

and Mirrose Well Cove

Both these north facing coves lie beneath the formidable 'North Cliffs' that dominate the coastline between [Portreath](#) and [Gwithian](#). Porthcadjack Cove is just about accessible from the Coast Path although the narrow and steep path down to the beach has recently been affected by a large cliff fall which means a scramble down rock scree that many would not find easy. Mirrose Well Cove, named after the 'well' of the same name next to the [Basset's Cove](#) car park, can only be reached by walking along the foreshore at low tide from Porthcadjack Cove or Basset Cove from the westerly direction.



Porthcadjack Cove at low water in winter



TR14 OHE - 2kms west of [Portreath](#) on the B3301 to [Hayle](#) there is a track on the right which after 230m leads down to the small National Trust car park (capacity 25 cars) for [Basset's Cove](#) which is right on the cliff edge. Take the Coast Path in an easterly direction for some 600m and it drops down into a valley; on the left is a narrow grassy path which leads to a steep rocky scree slope on to the beach next to a waterfall which can mean getting wet after heavy rain. Care needs to be taken negotiating the scree as



Access down the scree slope



Porthcadjack Cove



Views of the shingle and sand at Mirrose Well Cove at low water

it is part of a major cliff collapse although it now appears generally relatively stable. To get to Mirrose Well Cove means scrambling over the rocks in a westerly direction for about 200m before reaching the shingle and sand beneath the near vertical cliffs.



Both Coves do not have any beach exposed at high water but at low water Porthcadjack has an area of mostly shingle but some sand which turns to flat rocky ledges and boulders. Mirrose Well Cove has a relatively small area of shingle and sand before turning to a rocky foreshore. It is only a short walk along the foreshore to the larger sandy beach of [Basset's Cove](#).



There is no safety equipment. Swimming is not recommended even on a rising high tide because of currents and the remoteness of the beaches. They are not recommended surfing beaches although the author has witnessed the occasional surfer. They are not snorkelling beaches but the rock pools hold much of interest at low water.



There are no restrictions on dogs. There are no toilets or other facilities, the nearest being at [Portreath](#).



Location – Part of OS Explorer Map 104



Water quality is believed to be good. The Coves are somewhat foreboding but the walk along the foreshore is an exhilarating experience.