

# PORTHNANVEN

## Nanven and Progo

These delightful westerly facing beaches at the end of the Cot Valley have a fascinating mining legacy. Porthnanven and Progo have coarse white sand and smooth sculptural granite boulders. They are owned by the National Trust with Porthnanven (the main beach) known locally as Penanwell or Nanvar.



Porthnanven at low water from the Coast Path



**TR19 7NT** - From the A3071 in the centre of St. Just, follow the road signposted to Cape Cornwall then turn left to Bosorne past the Primary School; the narrow road leads to the Cot valley and ends in a small car park (capacity 20 cars) a distance of 1.75kms. Porthnanven Beach is less than 50m but is a scramble down across the boulders. For Nanven and Progo, follow the Coast Path southwards and just beyond the crest of the cliff overlooking Porthnanven, a narrow path winds down to the beaches (parallel



Path down to Progo & Nanven



Access point to Progo & Nanven

with the Coast Path) but access on to the beaches past mining remains is not easy.



The sandy beaches at Porthnanven and Progo only appear from half tide and below and then they are punctuated with boulders. Progo and Nanven is essentially one beach with Nanven being the rocky northerly end nearest Porthnanven.



There is safety equipment only at Porthnanven. It is dangerous to swim at all stages of the tide due to strong currents (and submerged rocks) except in very calm conditions. They are not a surfing or snorkelling beaches but all have beautiful rock and sand pools especially Nanven.



All are dog friendly but there are no facilities at all, the nearest being in St. Just where there are cafes, pubs and shops.



Porthnanven



Rock pools at Nanven



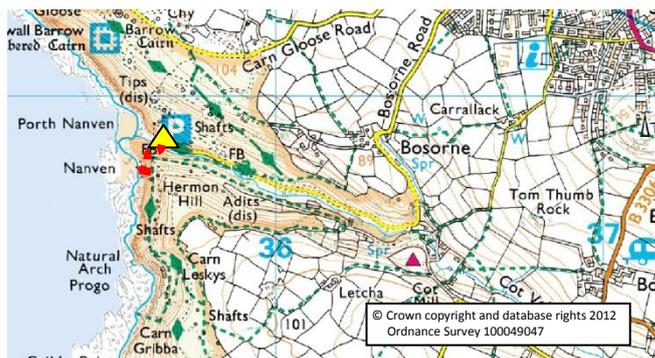
Progo at low water



and from the Coast Path



The quality of the water is excellent although the stream crossing the beach can be variable according to local sources. At low water, and a setting sun, Porthnanven has a spot of West Cornwall magic not to be missed.



Location – Part of OS Explorer Map 102