

# CATCHOLE BEACH

## Perbargus Beach, Great Perlea and Little Perlea

Catchole is a small, sandy, south facing cove that is accessible from the Coast Path a short distance from [Portholland](#); Perbargus Beach is between Catchole and West Portholland and is only accessible at low water. Great Perlea and Little Perlea are two small coves that can be accessed at low water from Catchole in a south westerly direction.



Catchole Beach at low water with the Perlea Coves beyond



**TR2 5PU** - From the A390 St.Austell to Truro road, take the A3078 to Tregony and then from the northern end of the village take the road signposted to Portholland (7kms). Alternatively, take the B3287 from Hewas Water (near St.Austell) and after 3kms turn left and follow the signs to Portholland, (about 6kms). A narrow road (300m) links the East and West Portholland. There is parking for



Path down the cliff



Access on to the beach



Catchole Beach



The point around to Perbargus

about 25 cars immediately above the beach at West Portholland which is the nearest place to park. The Coast Path runs up the hill next to the car park in a south westerly direction for about 500m and on the left is a narrow and steep path that descends the cliff to Catchole Beach. It is possible to walk along the foreshore from Portholland at low tide.



In summer Catchole is a gently sloping sandy beach from high water down to a stony/rocky base at low water; in winter it is less sandy and stonier with areas of shingle. The Perlea coves are similar but with less sand and more shingle. Perbargus is generally stonier with areas of shingle and in summer the occasional patch of sand. Catchole and the Perlea coves are very sheltered.



There is no safety equipment and the beaches are relatively safe for swimming on a rising tide. They are not surfing beaches but there is excellent snorkelling especially off Cellar Rock between Catchole and Great Perlea.



There are no restrictions on dogs. The nearest toilets are at East Portholland where there are tea rooms in summer; the nearest pub and restaurant is at [Portloe](#) (3kms).



Location – Part of OS Explore Map 105



Sea water quality is very good but the stream across Great Perlea is not known. Catchole is a delightful cove and it is a shame that the Perlea coves have time limiting tidal constraints; it is an attractive walk from Portholland even if somewhat strenuous.