

# COLONA

A little gem of a beach nestling in between Chapel Point and Turbot Point but can only be reached by a walk along the Coast Path from either [Portmellon](#) or [Gorran Haven](#) (2.1kms)



The sheltered beach at low water with Chapel Point on the left



**PL26 6XD** - The easiest way to get to Colona is to park in [Portmellon](#) in the centre of the village on Portmellon Park Road or other roadside places depending on the time of year. Parking is not permitted on Chapel Point Lane and the access track to the houses on the Point. (See access directions for [Portmellon](#)).



Taking the Gorran Haven Road out of Portmellon, 100m on the left is Chapel Point Lane and the Coast Path. 1.3km along the Coast Path, Colona Beach appears across an expansive grassy field. There is a gently sloping path and slipway on to the beach



The path to Colona



Sandy areas above high water



Sand and shingle



Rocky outcrops on both sides



At high water there are small areas of sand and shingle but as the tide recedes a fine 'inlet' beach is exposed with large areas of sand and rocky outcrops on either side. Facing east it is relatively sheltered from the prevailing winds.



There are no lifeguard facilities or safety equipment. On an incoming tide it is a relatively safe beach for swimming but it is not advisable to swim out beyond the inlet due to strong currents. Although in certain weather conditions there can be a swell and surf it is not a recognised surfing beach.



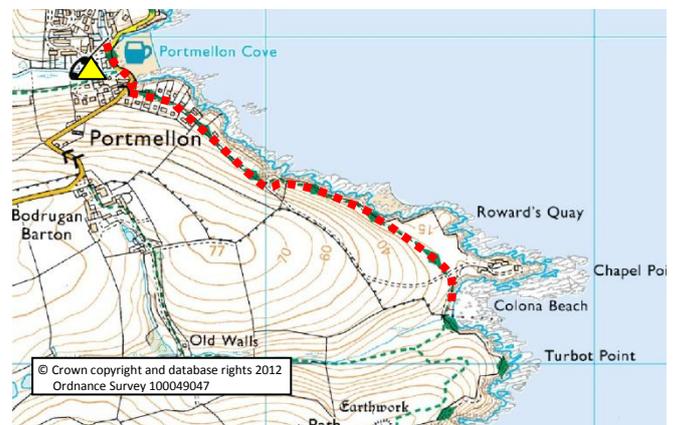
When the tide is high it is a good spot for snorkelling and when the tide is out numerous rock pools are exposed in the rocky areas on either side of the beach. It is also good for fishing.



Dogs are permitted all year.



There are no toilets or other facilities and the slipway is private.



Location – Part of OS Explorer Map 105



The beach is not cleaned but the water quality is believed to be good. It is a great beach in a fine setting and well worth the walk.