

GREAT MOLUNAN

and Little Molunan

or St. Antony Head Beaches

Two small coves that nestle in the lee of St. Antony Head that are joined at low water and have splendid views across the mouth of Carrick Roads. They are very popular with the boating fraternity from around the Fal Estuary.



Little Molunan in the foreground and Great Molunan beyond



TR2 5HA - From the A3078 to [St. Mawes](#), at Trewithian, follow the road signposted to [Portscatho](#) and Gerrans and then continue for 5kms to St. Antony Head where there is a National Trust car park (capacity 75 cars).



There are two routes down to the beach. The slightly longer (500m) but more attractive route is to follow the signs to the lighthouse and then take the Coast Path; alternatively take the footpath at the entrance to the car park (300m). Little Molunan is the



Activities on the rocks at Little Molunan



Little Molunan



Path from the car park

first beach with a relatively easy access from the Coast Path although the rocks are often very slippery. The larger Great Molunan is a further 130m with a path down the cliff on the far side of the beach and this is relatively straightforward with a rope for help if required but is unsuitable for those less mobile; it is accessible except at high tide. An alternative way to get to both beaches is to take the summer only ferry from [St. Mawes](#) to Place and walk around the headland on the Coast Path past [Cellars Beach](#), a distance of 2kms, but thoroughly recommended.



Both beaches are gently sloping with coarse yellow sand. Great Molunan has a very small area of sand above high water (except at spring tides) but the smaller beach is covered at high tide. As a result it is not advisable to expect to use the beaches at least one hour either side of high water. They are sheltered from all but westerly and south westerly winds but do not experience the Atlantic swell like so many other beaches in Cornwall with this aspect. It is therefore a good place to moor craft off the beach. Rock platforms edge both beaches and are a feature of the beaches.



Great Molunan Beach



The access rope if required



There is no safety equipment and no lifeguard service.



It is a good safe swimming beach although it is advisable to keep relatively close to the foreshore and



Great Molunan from the path to the beach.

not venture out towards the headland because of tidal currents.



It is not a surfing beach although if there is a strong westerly wind it can be suitable for body boarding for children.



It is an excellent beach for diving and snorkelling especially towards Carricknath Point and St. Anthony Head.



Rock pooling at Little Molunan



It is a popular beach for exploring the numerous rock pools at low tide, especially on the southern side of Little Molunan.



Dogs are permitted all year.



There are toilets at the car park which are closed in winter and it should be remembered are some distance from the beach, their location essentially being to provide a facility for those visiting the National Trust property, including the lighthouse.



There is a cafe next to the car park that serves snacks, refreshments and lunches. The nearest shops and pubs are at [Portscatho](#).



The water quality is good and the beaches relatively clean.

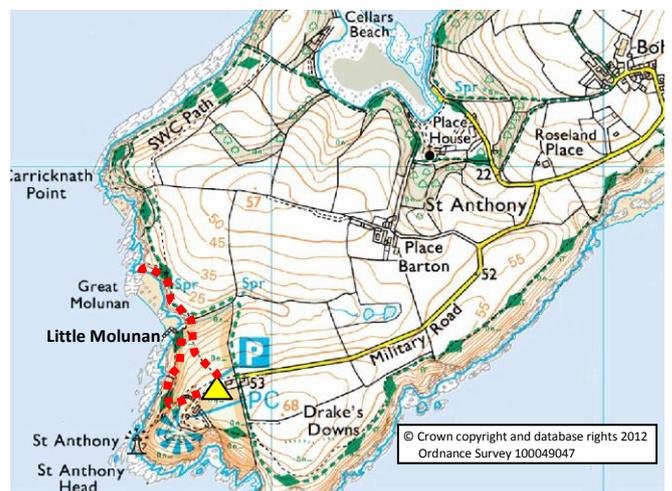


The views and the activity on the water make this a particularly interesting beach. Close to the beaches is the St. Anthony's Lighthouse which was built in 1835 to guide shipping into Fal Bay and the Estuary. Up to 1954 the lighthouse possessed a huge



Part of Great Molunan Beach

bell, as a fog signal, which hung outside the tower. It was replaced by a modern fog on an adjacent platform. In the same year the lighthouse was connected to mains electricity and was automated in 1987. Adjacent to the lighthouse are the 19th Century fortifications and World War 2 gun batteries; these have a certain military significance and of much interest. There is a landing stage in the rocks on the southern side of Little Molunan with a path to the Coast Path and next to the beach.



Location – Part of OS Explorer Map105