

POLRIDMOUTH

Two very sheltered south facing coves in the lee of Gribbin Head and Southground Point that are linked at low water. The Coves are in a wonderful setting with a backdrop of the Menabilly Estate and woodlands, the home of the Rashleigh family, and made famous by Daphne du Maurier.



The westerly of the two coves with Gribbin Head beyond



There are two ways to get to the beaches. The most popular is signposted to Menabilly on the A3082 to **Fowey - PL24 2TN**. At the end of the road is a car park (capacity over 80 cars). The footpath to the beach is clearly signposted and is approx. 1km in length and gently sloping. The other is from the B3415 at the entrance to **Fowey** by taking the road marked **Coombe – PL231HW**. At Coombe Farm there is a small car park (capacity 30 cars) with a footpath along a track (950m) across farmland down to the beach; this comes out by the lake above the easterly of the two coves and is an attractive walk.



The footpath from Menabilly



An attractive walk to the coves



The beaches are mostly sand but with areas of shingle. Unfortunately there are only very small areas of beach at high water, and like so many south facing beaches in Cornwall, the coves are prone to an inundation of seaweed in certain conditions. At low water the coves coalesce with a fine area of sand. The lake and land above the easterly cove is private.



There is no safety equipment. It is generally safe for swimming but it is advisable to bathe on a rising tide towards high water; it is not a surfing beach.



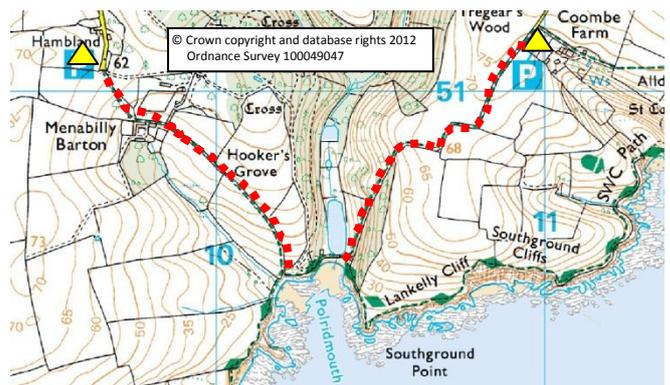
At high water it provides excellent conditions for snorkelling especially around Lankelly Cliff. At low water the rock platforms either side of the beach have numerous interesting rock pools.



Dogs are allowed all year but there are no toilets or other facilities, the nearest being at **Polkerris** over 3kms away.



The easterly cove with lake above The westerly cove at low water



Location – Extract from OS Explorer Map 107



The quality of the sea water is generally good although that of the three streams that cross the beaches are unknown but believed to be acceptable. The beaches are not cleaned but are delightful and in a fine setting. The red and white beacon nearby is a marker for mariners and to distinguish Gribbin Head from other prominent headlands.