

POLSTREATH

On the northern side of the well known fishing village of [Mevagissey](#), there is Polstreath, a fine easterly facing beach backed by high cliffs that can only be reached from the Coast Path and a long steep flight of steps. It is very sheltered from the prevailing westerly and northerly winds.



Polstreath from the path down to the beach



PL26 6TE - From the A390 in St. Austell, take the B3273 to the centre of Mevagissey (9kms), and at the harbour turn left up Cliff Street for 360m then turn right into Beach Road. The Coast Path runs across the grassy area between Beach Road and the cliffs. Take the Path in a northerly direction for 80m and on the right is a path, then steps down to the beach. There is a limited amount of roadside parking around Beach Road but it is recommended that the main car parks in the centre of Mevagissey are used as they are less than 500m away from Beach Road. It is quite a strenuous climb back from the beach.



Looking down to the beach



The final flight on to the beach



The main beach at low water



Little Polstreath



The path down to the beach goes on to the main beach but on the right (and separated at high water) is Little Polstreath. Both beaches are sandy with a strip of dry sand above high water. At low water the gently shelving beaches often contain areas of shingle mixed in with the sand; there are flat rock platforms in some parts of the beach when the tide is right out.



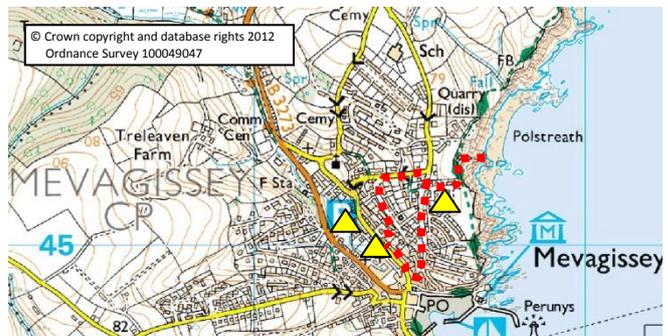
There is no safety/rescue equipment but is a relatively safe beach for swimming, especially on a rising tide and there is not a strong onshore wind and swell. It is not a surfing beach and inflatables should not be used if there is an offshore wind, however calm it may be on the beach.



On a high tide it is very good for snorkelling towards the harbour to the south and off the rocks at the northern end of the beach.



Dogs are permitted all year. The nearest toilets are on East Warf at the harbour, a distance of 700m. Alternatively there are toilets just below the main car park on the B3273 about 800m from the bottom of the beach steps. There are no facilities nearby and it means a walk down to the village/harbour centre, a distance of over 750m, where there are shops, restaurants and pubs.



Location – Part of OS Explorer Map 105



Water quality is excellent and the beach is reasonably clean and never gets overcrowded and well worth the walk and descent.