

PORTHBEAN

and Creek Stephen

Porthbean comprises of two easterly facing beaches that are sheltered from the prevailing winds and represent the true quality of the coastline of 'The Roseland'. Creek Stephen is just north of Porthbean. A short section of the Coast Path actually crosses part of Porthbean Beach and is therefore frequented by those walking the Path but otherwise it is never crowded; the northerly part of Porthbean is very secluded as is Creek Stephen which can only be reached by clambering across the rocks by the old fisherman's slipway at the end of Porthbean.



The northerly part of Porthbean at low water



TR2 5EW - From Truro to St.Mawes on the A3078, at Trewithian, (6kms from St.Mawes) a narrow road is signposted to Rosevine. After 300m there is a T junction – turn right and immediately look for a suitable place to park alongside the road in the vicinity



Steps to the northerly end of Porthbean Beach



Steps (part of the Coast Path) to the southerly end of Porthbean



Southern end of Porthbean



Creek Stephen looking north

of the Roseland House Hotel and a property named Ansells. Care needs to be taken with parking to ensure that there is adequate access to properties and fields and the narrow road is not obstructed. There is only a limited amount of parking without involving a longer walk.



To get to the southerly end of Porthbean take the public footpath on the northern side of the Roseland House Hotel. After 150m take the right-hand fork where after 60m it joins another public footpath – turn right for a further 160m where it joins the Coast Path; turn left and descend down the wooden flight of steps to the beach. It sounds complicated but is fairly straightforward.

To get to the northerly of the two Porthbean beaches take the public footpath next to the property titled 'Ansells' and follow it for 260m where it joins the Coast Path; turn left for about 360m and on the right there is a narrow path of stone steps down to the beach. Use this path to get to Creek Stephen; when arriving at Porthbean, turn north towards a slipway and fisherman's track, and by the side of it, scramble over the foreshore around Creek Stephen Point (about 100m and not too demanding).



All three beaches are fairly similar being mostly a coarse sand and patches of shingle which gently shelf down to flattish rock platforms at low water. The southerly beach at Porthbean has the most sand and this includes a narrow strip above high water: it is over 400m long at low water. The northerly beach at Porthbean is smaller (200m long) and has little or no sand at high water. Creek Stephen (250m long) has a strip of sand above high water and is similar to Porthbean. Care needs to be taken with incoming tides at Creek Stephen – 1 hour either side of high water access is either very difficult or not possible. The rock formations between the three beaches are interesting by illustrating the near vertical nature of the sedimentary rock strata. The cliffs are constantly under attack from the sea resulting in regular cliff falls. There is a small waterfall on to the northerly Porthbean beach. The gap in the rocks below the slipway is probably why it has historically been used

by fishermen. All the beaches have a tendency to be affected by seaweed after periods when the wind is on-shore.



Creek Stephen



There is no rescue or safety equipment at any of the beaches and no lifeguards.



When conditions are favourable it is good for swimming, especially on a rising tide three hours after low water. The rocks at low water are not conducive to enjoyable bathing.



It is not a surfing beach although there are times when a swell produces conditions that enable bodyboarding to be undertaken. When there is an offshore wind inflatables should not be used, even if it appears relatively calm on the beach.



At high tide, or over two hours either side of high water, the rocky areas between the beaches, particularly at Creek Stephen Point, offer some excellent snorkelling and diving conditions.



Waterfall at Porthbean



Cormorant or rock formation?



There are numerous rock pools, even when the tide is relatively high. The rock formations are particularly good for trapping water and so forming pools of a variety of sizes.



There are no restrictions on dogs at either of the beaches.



There are no toilets or other facilities at all. The nearest are at [Portscatho](#) (2.5kms), or at [Porthcurnick](#) (1km), but then only in the summer holiday period.



Southerly part of Porthbean in winter



Location – Part of OS Explorer Map 105



The quality of the sea water is excellent although the quality of the water in the stream that crosses the smaller of the Porthbean Beaches is unknown. All three beaches are remarkably free of water borne litter.



Porthbean Beaches are quite special and offer much for families if the lack of facilities is not an issue and the road side parking does not present a problem.