

TREGEAR BEACH and Newton Beaches

Between [St. Just Pool](#) and [Castle Cove](#), [St. Mawes](#) there is a strip of accessible foreshore along the eastern side of Carrick Roads (Fal Estuary) where there are four beaches of note. The most northerly is Tregear Beach which runs into three beaches below Newton Cliff, the most southerly of which are only accessible from along the foreshore. They are owned by the National Trust and have splendid views across the Estuary.



Newton Beach – sand, shingle and rocks at low water



TR2 5AA – On the A3078 road from Truro to St. Mawes, 1km north of St. Mawes the main road splits at the hamlet of Halwartha. Just before the junction is a water tower with a profusion of aerials on the top and some roadside parking spaces next to a track and public bridleway; go through the gate and after 600m the bridleway meets a public footpath which runs above the foreshore from St. Mawes to St. Just. For Tregear turn right and after 520m there is a gate on the left which leads to a short path to the beach. For the Newton Beaches turn left from the bridleway and just beyond a stile is a gate and a short path to steps down to the main beach; to get to the southerly two beaches beneath Newton Cliffs means a walk of 260m/ 500m along the foreshore. It is also possible to walk from St. Mawes Castle along the



Tregear Beach at low water



Newton Beach



Path above Tregear Beach



Steps down to Newton Beach

public footpath or foreshore – 1.4kms to the steps at Newton Beach, or, southwards from St. Just - 1.2kms to the access point to Tregear Beach.



All four beaches are very similar, namely a thin strip of stones above high water mark giving way to a mixture of sand/shingle then sand and flat weed covered rocks. In between the foreshore is a mixture of low flat rocks and shingle making it easily walkable along the foreshore between the beaches. There is no safety equipment. It is not advisable to swim at low water and on an ebbing tide because of strong tidal currents in the Estuary. However on a rising high tide with the lack of swell, swimming can be very enjoyable. It is not a surfing beach but there can be some good snorkelling at high water; there are few rock pools.



There are no restrictions on dogs. There are no toilets or facilities, the nearest being at [St. Mawes](#) (2kms)



Location – Part of OS Explorer Map 105



Water quality is believed to be good. These are good beaches to explore the foreshore and watching all the boating activities in the Estuary.