

VAULT BEACH and Little Sand Cove

A wonderful sweeping beach which is over 1km long and set in the lee of Dodman Point on its westerly side and Cadythew Rocks on the other. It faces south east and can be surprisingly sheltered for a beach of its length. It is a naturist beach at the westerly end. Little Sand Cove is a small rocky, and undistinguished, beach the easterly side of Cadythew Rocks. Vault Beach is a short distance from [Gorran Haven](#) (550m).



The wide sweep of the beach at low water



PL26 6JS - There is no straightforward way to get to the beach; the easiest is from the A390 Truro to St.Austell road to take a number of signposted routes to [Mevagissey](#) but the destination is [Gorran Haven](#). On dropping down the main road into Gorran (Rice Lane), just before reaching the main car park on the left, is a fork in the road; turn right up Lamledra Hill and after about 400m there is a National Trust car park (capacity over 100 cars) at Lamledra. There is a gate in the car park and a path (which is relatively easy walking) which joins up with the Coast Path and then doubles back down to the short access track to the beach (500m); access to Little Sand Cove is across the rocks in the other direction once at Vault Beach. An alternative is to park in [Gorran Haven](#) and walk along the Coast Path as it is very scenic.



Track down to Vault Beach



Little Sand Cove



Above high water mark



Coarse sand and shingle



It looks a white sandy beach from a distance but is actually a mixture of coarse sand and fine shingle that shelves down from high to low water. During summer there is a narrow strip of sand/shingle above high water mark with Sea Lime and other pioneer grasses taking a foothold. There are rocky reefs at either end of the beach and an area of low rocks in the middle of the beach at low water. The Dodman end of the beach is stonier and rocky. The beach is backed by vegetation covered cliffs.



There is no safety equipment. Swimming is relatively safe on a rising high tide. It is not advisable to swim at low water. It is not a surfing beach although bodyboarding is possible. Inflatables should not be used when the wind is offshore. There is some excellent snorkelling at either end of the beach at high water especially towards Penveor Point. There are many interesting rock pools.



There are no restrictions on dogs. There are no facilities at, all the nearest being at [Gorran Haven](#) (1km along the Coast path) where there are toilets, cafes, shops, restaurants and pubs.



Location – Part of OS Explorer Map 105



Water quality is very good. It is generally a very clean beach. It is owned by the National Trust and is large enough to never feel too crowded.