

## LANSALLOS COVE and Parson's Cove

These are two accessible coves are part of Lantivet Bay. Lansallos Cove is the most well known and is often referred to as West Coombe Beach after the valley you walk down to get to it from the village of Lansallos, (or Lannsalwys in Cornish). It is a beautiful semi-circular cove that has a secluded southerly aspect. Parson's Cove (owned by the National Trust) is a short walk eastwards from the main Cove along the Coast Path and is much smaller.



Lansallos Cove from the Coast Path



**PL13 2PX** - Lansallos is 3.5kms west of [Polperro](#), and is signposted either along Langreek Road or Raphael Road, both of which are fairly narrow. Coming from the west it is 4.8kms from the Bodinnick Ferry at [Fowey](#) with Lansallos being signposted at Whitecross. The National Trust car park (capacity 55+cars) is about 220m on the road above the Church. There is little roadside parking due to parking restrictions.



Lansallos Cove at low tide



The public footpath to the Coves along West Coombe starts between the Church and a property called Victory Cottage and is signposted. The first part of the delightful walk to the main Cove is next to a stream and is wooded and opens out across fields nearer the sea. Although a distance of about 1.3kms from the car park it is fairly easy going. Access on to the beach is through an unusual cutting in the rock whose origin, according to folklore, is linked to smuggling which is so famous along this stretch of coast. Parson's Cove can be reached by following the Coast Path east of Lansallos Cove. After about 300m there is a spur off the Coast Path which winds down to the Cove although care needs to be taken as it is narrow and quite steep.



Lansallos Cove has a strip of mostly white sand and shingle above high water but at low water, a gently sloping beach of sand and white shingle (mostly derived from quartz) is formed into magical crescent shape. The beach is backed by cliffs of interesting heavily folded rocks. At low water the sand and shingle gives way to a rocky bottom under water. There is an area of boulders and stones on the westerly side of the beach at low water. A stream crosses the beach and there is a waterfall known locally as Reed Water above the beach. Parson's Cove has little or no beach at high water and is a mixture of sand, shingle and rock with rocky outcrops reaching out to sea. It is very sheltered and secluded with a more westerly aspect than the main cove.



Parson's Cove at half tide



There is no safety equipment or lifeguards.



Lansallos Cove is an excellent beach for swimming especially from half tide and above. Parson's Cove has a number of submerged rocks and



Path from Lansallos village

Path down to Parson's Cove

swimming can be undertaken safely but care needs to be taken. Neither beach is at all suitable for surfing.



There is some excellent snorkelling and diving from Lansallos Cove around the Bay.



At low water there are a few rock pools at Lansallos Cove, mostly on the westerly side of the beach. There are virtually no pools at Parson's Cove. Fishing is regularly undertaken off the beach and the rocks on the eastern side of the beach although in some conditions care needs to be taken. Mackerel, Wrasse, Pollack and Sea Bass would seem to be the most common species that are caught.



Interesting rock formations in the cliffs



Dogs are permitted at both beaches all year.



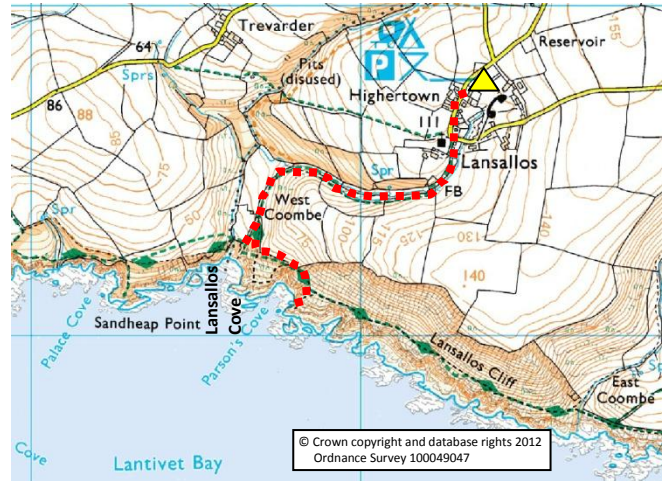
There are no toilets at the beach or in the village of Lansallos, although some years ago there were public toilets in the village. The nearest are in [Polperro](#).



There are no cafes, beach shops or restaurants, the nearest being in [Polperro](#).



Water quality is believed to be very good although there is no formal testing undertaken along this stretch of coastline. The quality of the water in the stream is not known. The beaches are not cleaned and there can be amounts of water borne litter on occasions.



Location – Part of OS Explorer Map 107



Lansallos Cove is certainly appealing and attracts larger numbers of people than the longish walk to the beach and lack of facilities would suggest; however, it does not get crowded except occasionally at high tide when the beach area is small. The smaller Parson's Cove does not have quite the same appeal and is often empty. It is possible to walk to [Palace Cove](#) from Lansallos Cove along the Coast Path a distance of 400m. [Polperro Heritage Museum](#) is worth a visit if details of smuggling and shipwrecks of the area are of interest.



Path on to Lansallos Beach through a gap in the rocks



'Reed Water' – waterfall above Lansallos Beach