

LANTIC BAY

This sheltered, south facing beach is the jewel in the crown along this stretch of coastline and can often appear idyllic with its white sand and turquoise sea.



The view of the beach from the access path



PL23 1NP - It is midway between [Polruan](#) and [Lansallos](#), which are both about 2.5kms from the National Trust car park (capacity 75 cars) which is the nearest to the beach being some 200m west of Triggabrowne Farm.



The footpath to the beach (850m) is clearly marked and involves using the traffic free path created by the Trust, then crossing farmland and down a lengthy sloping path and a never ending flight of steps. The wonderful views of the Bay make it a memorable walk. Unfortunately it is strenuous and unsuitable for those who have difficulty walking. Little Lantic Beach is only accessible from the main beach.



Steps on to the beach



Path from the car park



Little Lantic Beach



The beach looking west



The main beach (Great Lantic) is 'half mooned' and back by high cliffs and a grassy area above high water. It is mostly fine white sand but can have areas of shingle which can dominate after periods of winter storms. In summer there is an area of dry sand above high water. Little Lantic Beach has a more westerly aspect and can have a small area of sand above high water but care needs to be taken with the tides and the return to the main beach. There are two small sandy coves at the westerly end of the Bay that can be accessed by scrambling across the rocks but again care needs to be taken with the tides.



There is safety equipment but no lifeguards. Signs advising on strong rip currents are appropriate but for most of the summer, swimming on a rising high tide can be fairly safe as is snorkelling. There are some rock pools but it is not a surfing beach.



Dogs are permitted all year. There are no facilities. The nearest toilets are at the National Trust car park at Frogmore towards Lansallos. Other facilities are at [Polruan](#).



Location - Part of OS Explorer Map 107



The beach is not cleaned and above high water there is considerable water borne litter which tends to spoil such a wonderful spot. The water quality is excellent. On a fine day it is a magical beach in a memorable setting.