

LANTIVET BEACH and Palace Cove

These are two small secluded south facing coves at the centre of Lantivet Bay are about 300m apart amidst striking cliff-land scenery. They are close to [Lansallos Cove](#) but parking and access is different.



Lantivet Beach at low water



PL23 1NP - 3kms on the coast road east of [Polruan](#) and 2.5kms west of Lansallos is a small National Trust car parking area next to Frogmore Farm (capacity about 40 cars) which is the nearest to both beaches. On the coast road opposite the car park there is a footpath that crosses two fields before joining the Coast Path (700m). At the confluence take the Coast Path eastwards for 500m and there is a small path down to Palace Cove. Similarly, by taking the Coast Path westwards for 150m, a narrow path doubles back to Lantivet Beach. However, it is possible to park in Lansallos and walk westwards along the Coast Path from [Lansallos Cove](#) to Palace



Palace Cove with the path to the beach on the right



Looking towards Palace Cove

Sand and rocky outcrops

Cove a distance of about 1.5kms, but a great walk.



Lantivet Beach has a small stony area above high water which gets cut off at high tide. At low water a sandy beach has patches of shingle with rocky outcrops. Palace Cove is similar but has small areas of sand and shingle at high water some of which do not get cut off by the tide and has the feel of a real cove.



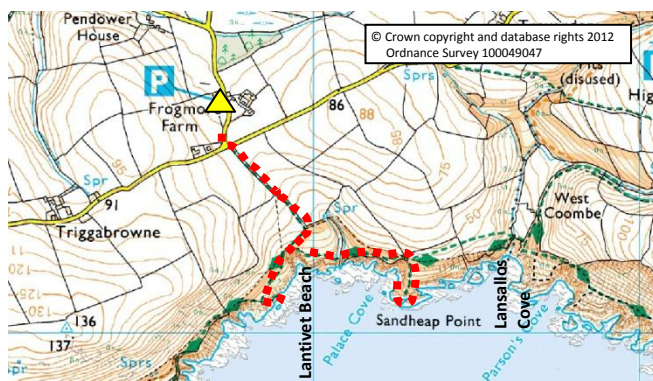
There is no safety equipment. Swimming at both beaches is safe enough on a rising tide providing care is taken with submerged rocks although Palace Cove is marginally better. Neither beach is suitable for surfing.



There is excellent diving and snorkelling from both beaches around the Bay but especially Sandheap Point next to Palace Cove. There are numerous rock interesting pools at low water and fishing off the rocks recommended.



Dogs are permitted. There are toilets at the parking area which are seasonal. The nearest cafe and shops are at [Polruan](#) (3.5kms), or [Polperro](#) (5.5kms).



Location – Part of OS Explorer Map 107



Water quality is thought to be very good. Both beaches never get crowded and have endearing qualities especially Palace Cove. The walk to both is fairly strenuous but well worth it.