

TREGANTLE BEACH

and Long Sands (Whitsand Bay)

This superb stretch of beach is the westerly end of Whitsand Bay that stretches all the way from [Polhawn Cove](#) next to Rame Head, all the way to [Fennygook Beach](#) at Portwrinkle, a distance of over 7.2kms. This stretch of beach runs from [Oldhouse Cove](#), accessed from Portwrinkle, to [Sharrow Beach](#) which is over



Long Sands at low water from Tregantle Beach

2.2kms in length is either referred to as Long Sands or Tregantle Beach. Locally Tregantle Beach is known as the area of beach below Tregantle Cliff and the access point, and the westerly part as Long Sands. Much of the beach is part of a MOD Training area which involves live firing and at such times there is no public access; there are notices displaying times at the gate entrance to MOD property on the access point.



PL11 3AL - From the A374 Trerulefoot to Torpoint road, turn off on to the B3247 and continue to the viewing lay-by next to Tregantle Fort; 350m further on is the entrance to the car park on the left (capacity 200+cars). There is a lay-by in front of the car park for about 60 cars. Just beyond the car park is a turning right with a certain amount of verge parking capacity 200+cars). There is a lay-by in front of the car



Access point to Tregantle Beach



Long Sands and Barrack Cliffs



Access across MOD land



Access path to Tregantle Beach

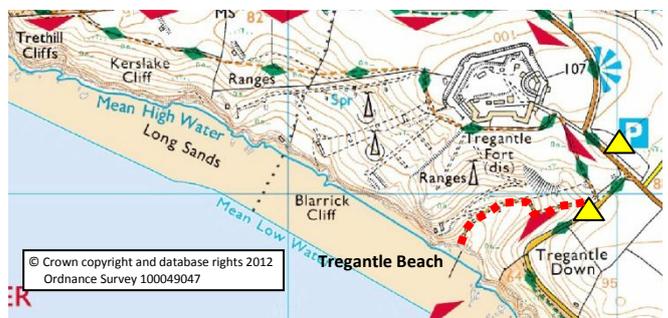
park for about 60 cars. Just beyond is a turning right and verge parking (40 cars); the gate into MOD land and the access path to the beach is on the right (120m) with a 480m walk down a good path to the beach.



It is truly a wonderful beach when the tide is out. At high water there is a small area of sand at Tregantle by the access point and a long strip below Barrack Cliff which can get cut off at high water. The westerly end of Long Sands is easily accessed from [Oldhouse Cove](#). There is safety equipment and a RNLI Lifeguard Service at Tregantle Beach from early May to the end of September. It is advisable not to swim along the beach except when the Lifeguards are on duty due to strong rip currents. There are often good surfing conditions. It is not a snorkelling or rock pool beach.



Dogs are allowed all year. There are no toilets, the nearest being at Millbrook (3.5kms). See [Tregonhawe](#) for other facilities.



Location - Part of OS Explorer Map 108



Water quality is believed to be good. The whole beach is dominated by Tregantle Fort which was built in the 1850's as part of the defence of Plymouth and is now a Scheduled Monument.