

POLHAWN COVE

(Whitsand Bay)

This small secluded Cove is at the most easterly extremity of Whitsand Bay. It is not easy to get to and the only straightforward access is down a private flight of steps from Polhawn Fort which is perched on the cliff above the beach; the only public access is across the rocks and then only when the tide permits.



Looking down to the Cove from the cliffs above



PL10 1LF - From the A374 Trerulefoot to Torpoint road, turn off on to the B3247 and continue to the viewing lay-by next to Tregantle Fort; just beyond is a right turn to the coast road; continue for 5kms past [Sharrow](#), [Freathy](#) and [Tregonhawke](#) and at a 4-way junction the road veers left just before Trenhill Farm; park on the wide grass verge at this point. On the coastal side of the junction is a gate and path down to the Coast Path (300m) and just beyond in an easterly direction is a gate on the right to the path that winds down to the foreshore but is not suitable for those less mobile. Alternatively, continue along the coast road (as above) but at the 4-way junction continue straight on for 500m – **PL10 1LG** – and on the right are a couple of small grassy areas to park. From the second one, walk down the track on the right and the footpath to the Coast Path; turn right and 150m beyond a property (Polhawn Cottage),



The Cove looking west



Interesting rock pools



The Cove



The beach next to the Cove

turn left at the gate and on the left is the path to the beach. It is then a 300m scramble across sand and rocks to Polhawn Cove. Remember this can only be undertaken during about a 3 hour low water window.



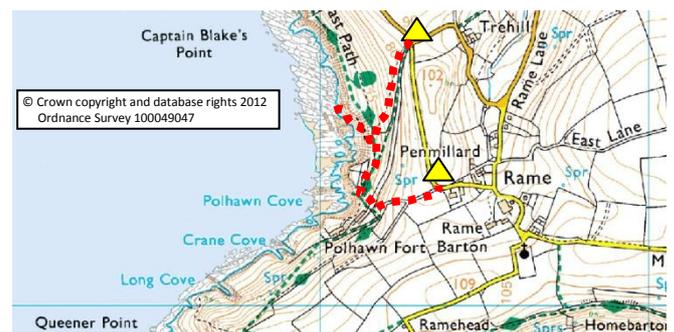
The sandy Cove has an area of flat stones at high water mark and there is a small area that is not covered at normal tides. Westwards there is a combination of 'fingers' of rock stretching out seawards with areas of sand and shingle in between.



There is no safety equipment. There can be strong rip currents at low water but it is possible (with care) to swim on a rising high tide. It is not a surfing beach because of rocks. It is not normally a snorkelling beach but there are many great rock pools. It is a popular spot for beach fishing.



There are no restrictions on dogs. The nearest public toilets are at [Cawsand](#) and [Kingsand](#) (1.5kms from parking location) plus a range of cafes, pubs, restaurants and village shops. There are also cafes along the coast road at [Tregonhawke](#).



Location – Part of OS Explorer Map 108



Water quality is believed to be good. There are unnamed sandy and shingle beaches below the access cliff path which are less affected by tides. At low water it is possible to wander westwards along the foreshore past Captain Blake's Point (although it is quite rocky to start with) to the large sandy beaches of [Wiggle Sandway](#), [Tregantle](#), [Freathy](#), [Sharrow](#), [Tregantle](#) and [Long Sands](#). Polhawn Cove and the foreshore up to Wiggle Sandway never get crowded.