

POLRUAN BEACHES

or Back, Quay & Hallwood Beaches

A picturesque fishing village at the mouth of the Fowey Estuary (opposite [Fowey](#)) with some small beaches, namely Back Beach and Quay Beach in the centre of Polruan and Hallwood Beach at the mouth of Pont Pill. Whilst the beaches are very accessible in themselves there is only one road in and out of Polruan and it is not easy to get to from the west.



Back Beach from the Harbour

  **PL23 1PR** - From the west, the best way to get to Polruan is across the Bodinnick Ferry from Fowey; it is then some 6kms along fairly narrow roads but is signposted. From the east it is signposted from Polperro a distance of 9kms, again along narrow roads. There is a small car park (capacity 25 cars) on the left at the entrance to the village but involves a walk of 780m down to the waterfront. There is a larger car park (capacity 125 spaces) 500m further on down the hill on the left; this involves a short walk down the hill to get to Quay and Back Beaches. There are a few parking spaces on the Quay but negotiating the narrow streets to get there is not recommended at any time during the summer. To get to Hallwood Beach involves a walk of about 500m from the Harbour along East Street and then up a flight of steps and follow a well marked path for about 250m, then turn left down a path to steps on to the beach.



Views of Quay Beach



Views of Hallwood Beach



Back Beach and Quay Beach face west and are fairly sheltered and have gently sloping sandy beaches (with patches of shingle) once the tide starts to go out but they disappear completely at high water. Quay Beach is a working harbour and this can affect use of the beach but there is always boating activity to see. Hallwood beach is north facing and sheltered from both the sun and wind. There is no beach at high water but the higher level is sandy and that gives way to stone and weed at low water; it is very secluded with fine views across the estuary and all the boating activity.



There is safety/rescue equipment on the harbour but nothing at Hallwood. Swimming can be undertaken at all three beaches but might not be that appealing; it is best when the tide is fairly high; care needs to be taken with boating activities. There is no surf and they are not snorkelling beaches. There are no rock pools except a few on the foreshore at Hallwood.



Dogs are not allowed at Quay and Back Beaches but there are no restrictions at Hallwood. There are toilets and a shop on the Harbour Quay and cafes, pub and restaurant close by.



Location – Part of OS Explorer Map 107



The slipway by the Quay can be used but access to it is often not easy. There is no information available on the water quality in the estuary but it is believed to be very variable. They are not everyone's idea of good Cornish beaches but are fairly popular and have boat trips from the Quay.