

THE TAMAR ESTUARY BEACHES

The Tamar and Lynher Estuaries contain large amounts of accessible foreshore including some recognised beaches. [Barn Pool](#) and [Cremyll](#) near the mouth of the Tamar are dealt with separately but the rest cover a wide area. Although much of the



Wearde Quay Beach near Saltash at low water

foreshore contains mud and fine silt at low water there are some shingle/stony areas most notably at Wearde Quay and Town Quay at Saltash, either side of the Ferry Terminal at Torpoint, and Millbrook.



PL12 4AT – For Wearde Quay on the southern side of Saltash. **PL12 4EL** – For Town Quay by the Brunel Bridge in Saltash. **PL11 2AU** – For the shingle beach at Torpoint. **PL10 1DP** and **PL10 1EN** – For shingle beaches close to Millbrook. There is limited roadside parking close to all these locations with easy access on to the foreshore.



The shingle beaches might not be that special by Cornish standards but nevertheless provide important places to go and reach the water. On the northern side of Town Quay in Saltash the shingle is



Shingle beach at Saltash



Imported sand at Saltash



Stony Beach at Torpoint



Hooe Lake Beach

covered in imported sand and is quite popular. Wearde Quay Beach is the most scenic with great views down the Estuary but has areas of weed so typical of Estuary beaches where there is little wave action. The Torpoint Beaches are fairly stony but very accessible. The strip of shingle beach at Lower Anderton on the southern side of Millbrook Lake is sheltered and secluded.



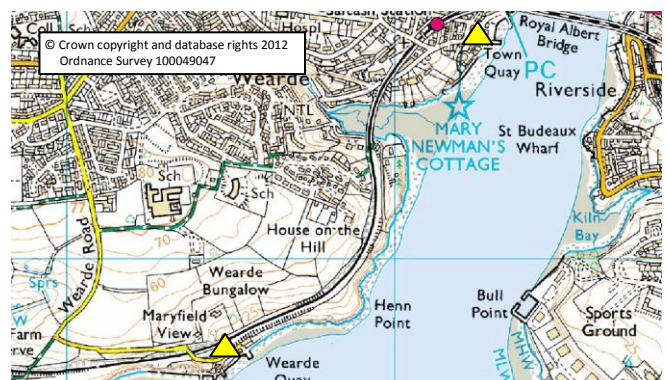
There is safety equipment at Saltash but not at any of the other beaches. Swimming is possible at slack water at high tide at Wearde Quay but is not recommended at the other locations either because of strong tidal currents or the foreshore is not suitable because of mud and a lack of depth of water. Surfing or snorkelling is not possible at any of the beaches and there are no rock pools of note.



There are no restrictions on dogs. Toilets, shops and other facilities are located in Saltash, Torpoint and Millbrook together with public slipways for launching craft.



Water quality at all the beaches is very variable being an estuary but details are not known. There is a rocky beach with patches of sand and shingle at the mouth of the Estuary at the southern end of Mount Edgcombe Country Park known as Hooe Lake that can be reached after a lengthy walk along the rocky foreshore from [Sandway](#) and [Kingsand](#) but care needs to be taken with the tides; it is next to Picklecombe Fort but access is private.



Location for Saltash Beaches only – Part of OS Explorer Map 108