

TREGONHAWKE and Wiggle Beach (Whitsand Bay)

This marvellous 2.5kms stretch of Whitsand Bay starts at Captain Blake’s Point north of [Polhawn Cove](#) all the way to [Freathy](#). It is a favourite spot for those from Plymouth. At low water it is a superb sandy beach interspersed with small rocky areas. The southern end of Wiggle Beach has more rock outcrops. There are a maze of paths down to the beaches often past the many quirky chalets that are scattered along the cliffs.



Wiggle Beach in the foreground with Tregonhawke beyond



PL10 1JS & PL10 1JH – For the main car parking areas at Tregonhawke. 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 1.8kms past [Sharrow](#) and 400m beyond [Freathy](#) is a large seasonal car parking area (capacity over 300 cars) on the left; opposite is a lengthy path (480m) that winds down to Tregonhawke Beach. 1km further on from the above parking is another seasonal car park (capacity 300+ cars) next to the Whitsand Bay Holiday Park with various small roadside parking opportunities in between. The main path to Tregonhawke Beach is opposite past a cafe. For Wiggle Beach continue along the road – **PL10 1JY** - for



Views of Tregonhawke Beach at low water



Wiggle Beach at low water



Chalets at Wiggle Cliff

500m to 1km where there are a number of small parking areas and 4 paths down to the Beach as shown on the map. All the paths are quite steep.



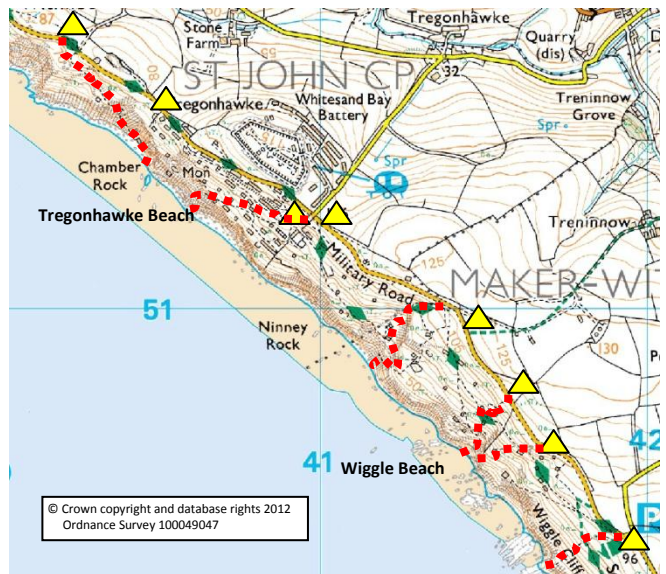
The biggest drawback to these special beaches is the lack of sand at high water although there are many pockets, some with no access off the beach.



There is safety equipment at Tregonhawke and a RNLI Lifeguard Service from early May to the end of September. It is advisable not to swim along this stretch of beach except when the Lifeguards are on duty due to strong rip currents. There is often good surfing conditions. It is not a snorkelling beach although a favourite spot for divers out in the Bay; there are a few rock pools.



Dogs are permitted along the whole of the beach. There are no toilets, the nearest being at Millbrook (2kms). There is a cafe at Tregonhawke and a restaurant on the coast road at Wiggle. There are pubs and village shops at Millbrook.



Location – Part of OS Explorer Map 108



Water quality is not known but believed to be good. It is an exposed beach which although popular is never overcrowded except at high tide.