

# DOWNAS COVE

An interesting beach in the lee of Beagles Point and the Bees that only appears at low water. Although easily accessible it is quite remote and involves a walk along the Coast Path.



Downas Cove at low water



**TR12 6SH** - From the B3293, from Helston to St. Keverne at Zoar Garage, turn right and follow the signs to Gwenter. At Pensongarth turn left and after 750m turn right along a concrete track and through a farm gate and follow the very rough track until it meets the Coast Path at Lankidden Cliff. Parking is on the grass (capacity about 12 cars).



Follow the Coast path in an easterly direction for almost 1km when it descends to sea level by a stream; this is Downas Cove. The walk has magnificent views of an outstanding stretch of coastline.



Access from the Coast Path



Caves, pools and serpentine



A fine stretch of sand



Pools and boulders



At high water there are only serpentine boulders and stones but as the tide recedes a wonderful flat stretch of sandy beach is exposed with an array of shallow sandy pools. It is relatively sheltered and grassy areas above the beach are ideal for picnicking when the tide is high. The spherical serpentine stones on the eastern side are an interesting feature.



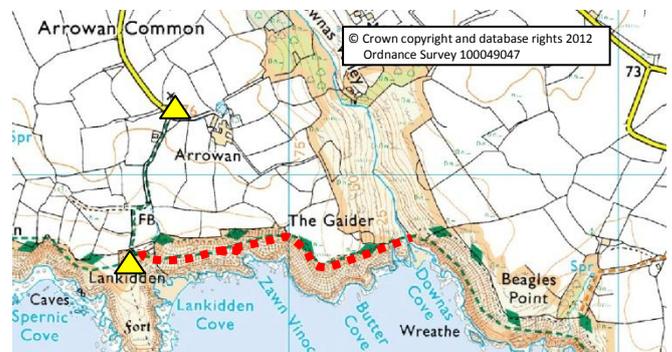
There is no rescue/safety equipment and it needs to be remembered from a safety aspect the beach is remote. When the sea is fairly quiet swimming is safe, especially on an incoming tide, although wading out on the flat sand can be tedious. Care needs to be taken whilst swimming at high water. There can be good surf at low water although it is not a recognised surfing beach.



There is excellent snorkelling from Downas to nearby [Lankidden](#). The outstanding underwater geology adds to a great experience. Rock pools abound at low water and are rich in wildlife.



Dogs are permitted but there are no facilities at all, with the nearest being the village of [Coverack](#) (a drive of over 4kms).



Location – Part of OS Explorer Map 103



The water quality of both the sea and the stream is believed to be very good. It is an interesting beach in a wonderful setting.