

FLUSHING COVE

Gillan, Eastern & Coneysburrow Coves & St. Antony Beach

These Coves and beaches are on either side of Gillan Creek on the southern side of the mouth of the Helford Estuary. Flushing, Gillan, Eastern and Coneysburrow Coves nestle into the southern side of the Creek whilst St. Antony Beach, just below the



Flushing Cove and Gillan Creek at low water

Church is on the other side. Apart from Coneysburrow they are all easily accessible but there is nowhere to park if visiting the southern Coves; there is however vehicular access to Flushing Cove. The novel way to visit and explore the delightful Coves on the southern side of the Creek is to park at St. Antony and cross the Creek depending on tides and ferries.



TR12 6JW - This is location is for the car park at St. Antony (capacity about 35 cars). From Helston take the A3083 and south of Culdrose Naval Airbase the B3293 to St. Keverne. 2kms beyond Garras at crossroads turn left and through Newtown and follow the signs to Manaccan and Helford. After 5kms at crossroads just north of Manaccan continue straight on for St. Antony (2kms) and after passing the church the car park is on the right. If vehicular access to Flushing Cove is required – **TR12 6HQ** – follow the



Coneysburrow Cove



St. Antony Beach



Eastern Cove and the mouth of Gillan Creek

the above directions to Manaccan and in the centre of the village there is a signpost to Gillan and St. Keverne; follow this road for 2.4kms past Carne to crossroads signposted to Flushing and Gillan and continue for 580m to the end of the road. Note that the road to Gillan on the right is private and only a public footpath.



The beach at St. Antony is just below the car park and down the slipway. To get to the Coves across the Creek the coast path involves negotiating stepping stones which are located 400m along the narrow road beside the Creek; on the other side it is a 400m walk to Flushing Cove. However, approximately three hours either side of high water the stepping stones crossing Gillan Creek are submerged. When the stepping



Gillan Cove – a mixture of sand and shingle

stones are submerged there is a ferry service on demand across the Creek during normal working hours from the beginning of April to the end of October. This operates from The Boathouse at St. Antony, and from the signboard on the beach by a property known as Halamana opposite St. Antony Church on the south side of the creek. The sign is about 600m west of Gillan Cove and a 200m west of Flushing Beach. At low water it is possible to paddle straight across from St. Antony Beach to Halamana



Flushing Cove with boats moored up on the beach in summer

with the water no deeper than 180mm at low water. The narrow neck of water leading towards the old gypsy caravans is the deepest and should be avoided. The stepping stones are usually covered in slippery green seaweed and are not used by locals. If the Creek crossing is used remember the window of opportunity with the tide is at best 3 hours and the alternative is a 3.5km walk around the Creek on the road via Carne. The path to Flushing Cove and on to Gillan and Eastern Coves is clear and straightforward (300m and 400m respectively); access to the Coves from the path is easy with a slipway at Flushing. Coneysburrow Cove can be reached by scrambling down the grassy cliff from the Coast just beyond Eastern Cove but is not too difficult.



St. Anthony Beach is shingle at high water but shingle and fine silt at low water. Flushing, Gillan and Eastern Coves are a mixture of shingle and sand with small areas of beach above high water and fine gently shelving beaches at low water. There is also a good shingle and sand bank upstream from Halamana next to the coast path. All the beaches are very sheltered and beach use tends to focus on boating activities.



There is safety equipment at St. Anthony only. Swimming is best at Eastern and



St. Anthony Beach below the Church

Coneysburrow Coves towards the mouth of the Estuary and is relatively safe. Swimming at St. Anthony is best at high water and Flushing and Gillan Coves at half-tide and above. None of the beaches are suitable for surfing. Boats can be hired from St. Anthony.



Snorkelling can be good from Eastern Cove out to Men Aver Point and from St. Anthony Beach out to Dennis Point on the northern side of the Estuary. There are rock pools around Eastern Cove.



Dogs are not permitted at St. Anthony from Easter until the end of September



Eastern Cove



Gillan Cove

but there are no restrictions at the other beaches. There is a small shop at St. Anthony but no other facilities, the nearest being at Helford and Manaccan.



Location – Part of OS Explorer Map 103



The slipway at St. Anthony can be used to launch craft (for a small charge) and is operated by Sailaway St. Anthony Ltd but the slipway at Flushing is not for public use. Water quality is generally good for such a silted estuary. This is probably the most inaccessible part of Cornwall and as a result is quiet and secluded but can easily be reached by boat from the Helford Estuary and Falmouth. If access from St. Anthony to Gillan etc is not suitable it is possible to park along the roadside on the Carne to St. Keverne road (but not obstructing the road or farm gateways) and at the 'T' junction walk down the road to Flushing or public footpath to Gillan.