

# HELFDORD

## Treath Beach & Penarvon Cove

These beaches at the attractive village of Helford on the southerly side of the Helford Estuary are mostly shingle and sand at high water but leading to fine silt and mud at low water. Treath on the easterly side of the village is the best beach as the foreshore immediately next to Helford is not so inviting, and, Penarvon Cove is only at its best as a beach at high water although the bird life at feeding on the mudflats at low water can be of interest.



Treath Beach at low water looking across the estuary



**TR12 6JU** - From Helston take the A3083 and south of Cudrose Airbase the B3293 to St.Keverne. 2kms beyond Garras at crossroads turn left and follow the signs to Manaccan and Helford. After 5kms at a crossroads just north of Manaccan follow the road to Helford; just before entering the village is a car park on the right (capacity 120+ cars). There is little or no roadside parking in the village itself. Walk into the village (500m) and just beyond the pub is slipway access to the beach and foreshore. Penarvon Cove can be reached by turning left just beyond the pub along a footpath (and private road) for 50m then turning right along the footpath for about 200m with the path passing right next to the Beach. For Treath Beach walk out of the car park and



Penarvon Cove at low water – a shingle beach leading to mudflats



Treath Beach with Helford beyond Treath Beach looking west

along the public footpath past the Sailing Club and after 280m turn left at the road and there is direct access on to the beach.



Treath faces north to [Helford Passage](#) and is a mixture of sand, shingle and rocks at the higher tide levels but the westerly end towards Helford turns to mudflats at low water. Helford has a strip of shingle which quickly turns to fine silt as does the secluded Penarvon Cove. The beaches are little used as such but are dominated by the boating and sailing activities in the Estuary.



There is no safety equipment at any of the beaches but some at the Sailing Club facilities. Swimming is possible at the easterly end of Treath Beach but care needs to be taken with strong tides in the Estuary; it is not really possible at Helford or Penarvon except at a very high tide when there is enough water to escape from the mud but is not really recommended. Naturally they are not surfing or snorkelling beaches and there are no rock pools of note.



There are no restrictions on dogs. There are toilets at the car park and the village has a shop and a well known pub and restaurant.



Location – Part of OS Explorer Map 103



The slipway in the village is difficult to access. Water quality can be variable and depends on the tide. There are more attractive beaches a short walk eastwards along the Coast Path.