



HENDRA

This beach is really the southerly end of [Praa Sands](#) but practically it feels very separate, probably because the easiest access is very different, and locals refer to it as Hendra. Nevertheless, it shares many of the attributes as Praa Sands although it never gets crowded and can be feel very secluded.



Sand above high water looking towards Rinsey Head

  **TR13 9TU** - On the A394 at Ashton, 7.5kms west of Helston, there is a narrow lane that is signposted to Hendra. This ends just above the beach with some very small informal parking areas created by the side of the road (capacity 20 cars). There is a limited amount of roadside parking but care needs to be taken with parking restrictions. Alternatively, there is a rough public byway to Hendra from [Praa Sands](#) (800m) which runs from the small car park at the Pengersick end of the beach at Praa Green. It is a short walk (100m) along the Coast Path to the steps which lead down to the beach.



Steps down to the beach



Granite rock formations



In summer there is always plenty of glorious fine white sand at high water and at low water plenty more sand. The southerly part of the beach consists of rock platforms and sculptural granite boulders beyond which is a small beach, Lesceave Por, which is very secluded. Like [Rinsey](#) nearby, in winter the beach can lose much of the sand and it becomes stonier. Further northwards, the beach takes on more of the characteristics of Praa Sands with development above the low crumbling and unstable cliffs.



There is safety equipment by the steps above the beach and the seasonal RNLI Lifeguards at Praa Sands patrol up to Hendra periodically but there is no designated bathing area. Swimming is not recommended at low water but can be relatively safe on a rising high tide but only when sea conditions are favourable. The surfing conditions are similar to [Praa Sands](#). Very occasionally conditions will be favourable to snorkel around the Lesceave rocks at high tide but generally it is not recommended. At low water, rock pools about the Lesceave rocks.



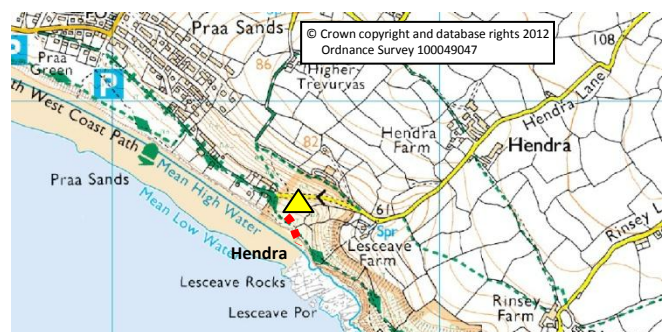
Looking towards Praa Sands



Granite boulders at Lesceave



Technically there are seasonal restrictions on dogs from Easter to October as it is part of Praa Sands. There are no facilities, the nearest being at Praa Sands.



Location - Part of OS Explorer Map 102



It is a clean beach with excellent water quality. Parking issues will always keep this section of Praa Sands quite secluded and feel far away from the hustle and bustle at the other end of the beach.