

KENNEGGY SANDS

and Pestreath Cove

An exotic sheltered south facing beach which has a glorious stretch of fine golden sand at low water but never gets crowded as access is not easy.



At low water with Pestreath Cove at the far end of the beach



TR20 9AU - On the A 394, 500m towards Helston is a road sign-posted Higher Kenneggy. Go through the farm where there is limited parking along the track on the seaward side of the camp site. After parking, follow the track on foot which becomes a narrow path which after about 260m joins the Coast Path; Turn west along the cliff for some 280m go down to [Coule's Cove](#) and then scramble eastwards along the rocks to the beach but this is tide dependent. Alternatively you can park at [Prussia Cove](#) and walk eastwards to Kenneggy along the Coast Path a distance of 1km. There used to be a rope access down to the middle of the beach and more recently a stainless steel ladder but for safety reasons this access



A fine sandy beach

is currently blocked. The access problems have been caused by cliff falls which is a pity as it makes access to this special beach at certain times impossible.



Only a small beach exists at high water and often it is shingle and stone. At all other stages of the tide a flat sandy beach over 500m long is uncovered. Pestreath Cove is found at the eastern end of the beach but can only be accessed at low water. The cliffs above the centre of the beach are friable and care needs to be taken near them.



There is rescue/safety equipment on the path leading down to the beach. It is a relatively safe beach for swimming although it is best when the tide is high. Conditions can be good for body-boarding, but it is not a surfing beach.



Conditions for snorkelling towards [Coule's Cove](#) are thoroughly recommended with much of interest. There are also interesting rock pools at the western end of the beach.



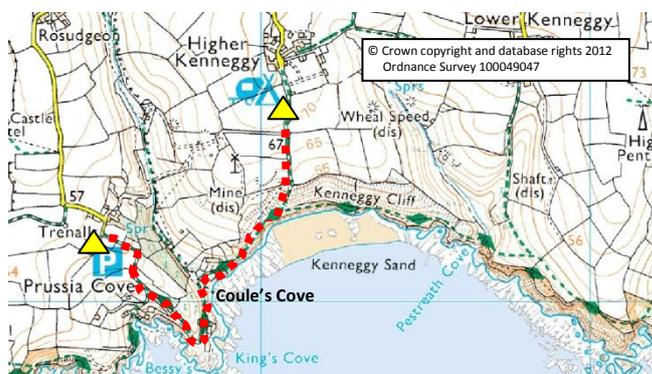
Dogs are allowed all year but there are no facilities at all.



Looking towards Coule's Cove



Friable Cliffs above the beach



Location – extract from OS Explorer Map 102



Water quality is excellent but the amount of flotsam above high water can be unfortunate. It is however a magnificent beach on the right day. Of interest is the former Speedwell Tin Mine on the cliffs above the beach.