

# LOE BAR

This unique geomorphological feature is a bank of shingle and sand that separates Loe Pool, which is the largest area of fresh water in Cornwall, from the sea. Originally Loe Bar was the mouth of the River Cober but is now a special habitat with rare species of plants, bryophytes and insects. A disused mine adit, or tunnel, is now used to take the excess water from Loe Pool directly into the sea.



The partially vegetated shingle/sand bar and beach



**TR13 9ES** or **TR12 7PY** Access to the Bar can be obtained from either end, depending on which direction. From the Porthleven End - at the entrance to the Harbour village of Porthleven on the A 3304 from Helston, Loe Bar is signposted. The small National Trust car park (capacity about 20 cars) is at the end of the road at Highburrow or **Parc an Als**; it is then a walk along the Coast path for 1km; access from the Carminowe end is from the A3083 from Helston to RNAS Culdrose; by the HMS Seahawk.



Screen to the water tunnel



Water outlet from the Pool



Loe Pool



Looking south along the Bar

bridge is a narrow lane which leads to Chyvarloe and just beyond is parking by the side of the road for about 10 cars – continue along the track (900m) to the Bar.



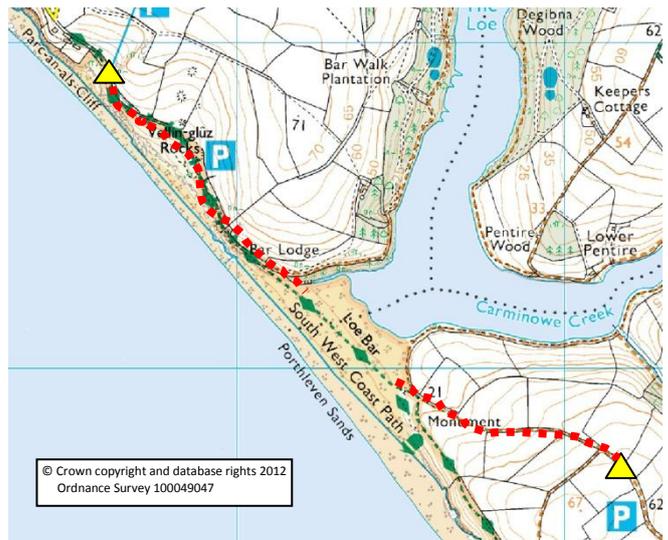
The Bar with the sea on one side and fresh water on the other is over 400m in length and is part of a 4km long stretch of shingle and sand from **Porthleven** to **Gunwalloe**. The beach at Loe Bar shelves dramatically and is an exposed beach to wind and swell.



There are three safety rescue points but swimming and entering the water is dangerous even in calm conditions due to a fierce undertow and currents. It is unsuitable for surfing, extreme sports and snorkelling. There are virtually no rock pools.



There are no restrictions on dogs. There are no facilities at all, with the nearest being at Porthleven Harbour a walk of 2.5kms.



Location – Part of OS Explorer Map 103



Water quality is good. There have been a number of famous shipwrecks on the Bar which are marked by a monument to the tragedies at the southerly end.