

PENTREATH BEACH

A striking westerly facing large sandy beach that is difficult to access and as a result is little used but a favourite for many local surfers. It is only 550m from [Kynance Cove](#) but is a stark contrast in every respect.



View from Holestrow Cliffs at low water



TR12 7PJ - Access is along the 'toll road' to [Kynance Cove](#) from the A3083 Helston road to Lizard Village and is well signposted. 1km along the 'toll road' on the left-hand side is a track at a property called 'Holestrow' which leads to a small parking area (capacity about 15 cars). A path leads to the Coast Path and on the Holestrow Cliff is a narrow, steep path which leads to the beach – the section just above the beach is especially difficult and care needs to be taken. There is an alternative at the other end of the beach which can be accessed from the Coast Path but due to Cliff falls it is quite dangerous for those not used to negotiating the descent. It is not suitable for families, the young and elderly.



Dangerous cliff access



Access down Holestrow Cliffs



Looking towards Kynance Cove



Flat sandy beach at low water



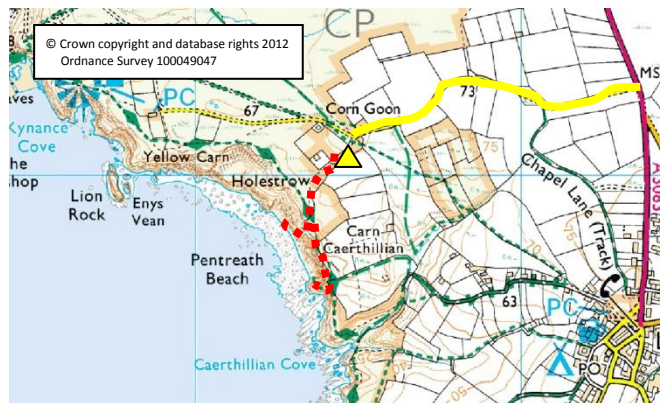
At high water there is a narrow strip of shingle and stone but when the tide is out there is a wonderful sandy beach that is over 500m in length. In winter there is a tendency for the sand to disappear and it to be stonier and with more rocks exposed. Cliff falls are a major hazard. There is little shelter from the prevailing westerly winds.



There is no safety equipment and the beach is inherently dangerous for swimming at all stages of the tide due to strong currents. Exposed to the full Atlantic swell, conditions are often good for surfing especially if the wind is from the north or east. It is not good for snorkelling but there are a few rock pools at either end of the beach.



There are no restrictions on dogs (if they can get down to the beach!). There are no facilities, the nearest being at [Kynance Cove](#) where there are toilets 400m along the Coast Path (next to the car park) and a cafe about 550m in the cove itself. Shops and other facilities are at Lizard village about 650m along signed footpaths.



Location - Part of OS Explorer Map 103



There are no official statistics for water quality but it is believed to be good. There is always a certain amount of water borne litter above the high water mark. It is a short walk (about 250m) to [Caerthillian Cove](#). When [Kynance Cove](#) is very busy, Pentreath can be a quiet alternative.