

PONSENCE COVE

Bosahan & Padgagarrack Coves

These three delightful coves on the southern side of the Helford Estuary are unlike any other beaches in Cornwall as they face north, but are incredibly sheltered and backed by mature woodland that runs down to the foreshore. On a summer's day they can appear quite magical and often with no one on them. They are easily accessible yet mostly visited by boat.



Ponsence Cove looking out to the mouth of the Estuary

All the Coves can be accessed along the Coast Path either from [Helford](#) or [St. Anthony](#). Ponsence, (also called Porsenna), is the most easterly of the Coves with Bosahan in the middle and the smaller Padgagarrack Cove to the west nearer Helford. In addition there are a couple of small unnamed coves immediately west of Ponsence Cove and also one west of Padgagarrack all of which are accessible from the Coast Path. All the Coves and foreshore are part of the Bosahan Estate which includes the little known, but wonderfully exotic sub-tropical gardens, and is just one of a number of gardens which are a trademark of the Estuary. The House was built by the



Bosahan Cove – a sandy cove backed by trees and woodland



An unnamed shingle Cove adjacent to Ponsence Cove

Grylls family in the 19th Century and it has been described as 'the most Cornish of all Gardens'.



TR12 6JU - From Helston take the A3083 and south of Culdrose 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). Alternatively, see the access and parking details for [St. Anthony Beach – TR12 6JW](#). A further alternative, and one favoured by the author, is in the summer months when Bosahan is open to the public, to visit the House and park in the car park – [TR12 6JL](#) - and walk down through the woodland and exotic gardens down to the Coves and the Coast Path.



From the car park at Helford walk along the public footpath past the Sailing Club across the road and past [Treath Beach](#); continue along the Coast Path,



Views of Ponsence Cove at low water

past the disused limekilns and on through Padgagarrack Woods (800m) to Padgagarrack Cove. Bosahan Cove is about 130m further and Ponsence some 350m. Access to all the Coves from the Coast Path is easy and straightforward. From the Car Park at St. Anthony turn left along the road and then after 90m turn right along the Coast Path and continue for 1.3kms to Ponsence Cove; this is slightly longer but has stunning views out across the mouth of the Helford Estuary and across the Falmouth. If accessing from Bosahan House, take the Estate path down through 'The Fern Glenn' to Padgagarrack Cove, the path through 'Big Wood' which ends up at the Boat house at Bosahan Cove, or through 'The Grove' to Ponsence Cove. Access by boat from [Helford Passage](#) and other locations along the Estuary is easy.



Access to Ponsence Cove

Access to Bosahan Cove



All three of the main Coves have only a small area of beach above high water mark. Ponsence and Bosahan are mostly sandy with patches of small stone and shingle. Padgagarrack is a fine shingle as are the smaller Coves. At low water Ponsence is a gently sloping sandy beach with a stones whilst Bosahan is mostly sandy; Padgagarrack is a slightly more shelving and much narrower than the other two. Except when there is a northerly wind they are very sheltered and experience little or no swell. There are wonderful views out over the Estuary with its boating activities.



There is no safety equipment at any of the beaches.



All the Coves are good for swimming although it is recommended that this is done on a rising high tide as there are fast tidal currents in the Estuary so care needs to be taken. They are not surfing beaches.



There is some excellent snorkelling along this stretch of the Estuary especially east of Ponsence



Padgagarrack Cove at low water

Cove and around the rocks known as the Gew. There are a number rock pools along the foreshore either side of the Coves. Fishing off the rocks between the Coves can yield good results.



There are no restrictions on dogs although if access is through the Bosahan Gardens, dogs need to be on a lead.



The nearest toilets are is the Helford Car Park. However, if having paid to enter Bosahan then there are toilets and other facilities which are available.



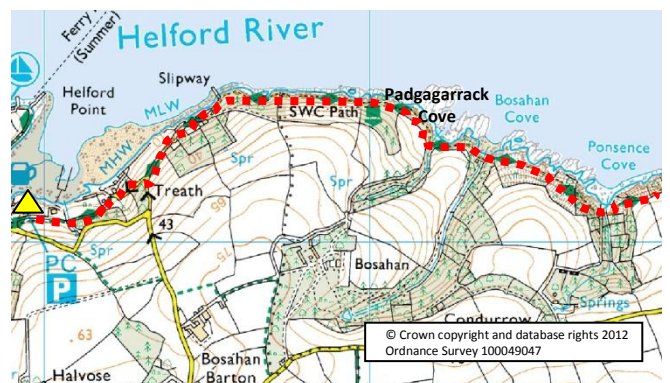
Bosahan Cove looking across the Estuary to Porth Saxon



Access to Padgagarrack Cove



Padgagarrack Cove



Location – Part of OS Explorer Map 103



For an Estuary water quality is generally good. There can be water borne litter above the high water mark but this should not detract from the qualities these beaches have to offer.