

PORTH SAWSEN

or Porth Saxon & Porthallack

These two small beaches on the northern side of the mouth of the Helford River are popular with visiting water borne craft but are easily accessible on foot.



Porthallack at low water looking towards Glendurgan

  **TR11 5HX** - 1.5km south of the village of Mawnan Smith is Mawnan Church. There is a limited amount of parking next to the church from which there is a well marked track (public bridleway) which leads to Porthallack (750m) with memorable views over the Estuary. Porth Sawsen, or Cow Beach, is a short walk westwards along the Coast Path. An alternative route is to use a path through the gardens of Carwinion House on the outskirts of Mawnan Smith. Parking is on the roadside; a track next to the house leads to the path down to Porth Sawsen (1km).

 Both beaches are a mixture of sand, shingle and stone although Porth Sawsen has a small area of



Porth Sawsen with the Coast Path crossing the beach-head

sand above high water whereas Porthallack is stony at high water. They have a southerly aspect and fairly sheltered. Porth Sawsen is slightly larger than its neighbour, and for most, it would be more attractive.

   There is no lifesaving equipment. Both are very good for swimming and fairly safe at all stages of the tide, although bathing is advisable on a rising high tide. Being within an estuary there is little or no swell so neither is suitable for surfing.

  Between the two beaches snorkelling can be interesting especially at high water although the limited rock pools are not particularly exciting. Both beaches have a reputation as good for fishing.

 Dogs are permitted on both beaches.

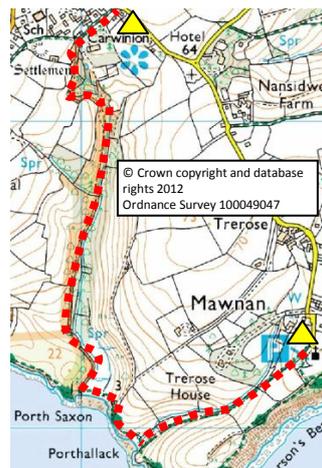
    There are no facilities at either beach; the slipways at both beaches are to private boathouses.



Porth Sawsen looking west



Porthallack looking east



Part of OS Explorer Map 103



Slipway at Porthallack

  Water quality is not known specifically for this part of the Estuary although it is likely to be variable. Neither beach is cleaned but levels of water borne litter appear low. Porth Sawsen, with its attractive access and great views is a fine beach. The boating activities in the Estuary are also of interest.