

# PORTHGUARNON

A small boulder strewn cove that is a close to [Penberth Cove](#) and only accessible by walking along the Coast Path. It faces south and can be fairly sheltered. It is surrounded by granite cliffs and is fairly remote. The stony foreshore is very accessible but whether it can be called a beach as such is open to question. It is included on the basis that it is an ideal place to rest if walking the Coast Path and even take a swim. On occasions there can be patches of sand just below low water mark.



A small cove set between granite cliffs



**TR19 6HJ** - Take the A30 from Penzance to Lands End and after 4kms turn left on to the B3283 through St.Buryan. Follow the road for a further 3kms and at the hamlet of Treen take the road to Penberth which is signposted. After some 700m there is a short length of road with parking next to the river (capacity about 12 cars). Parking is limited but it is usually possible to find a place without obstructing the road. It is then a walk of about 400m along the road past the cottages that make up Penberth down to the Cove and on the left is the Coast Path. Follow the path over the cliffs for about 500m then it winds down into a valley with Porthguarnon at the bottom. There is a short path and scramble onto the foreshore. It can also be reached by walking along the Coast Path from [St.Loy](#) (1.3kms).



Views of Porthguarnon



Path down to the foreshore



Granite boulders



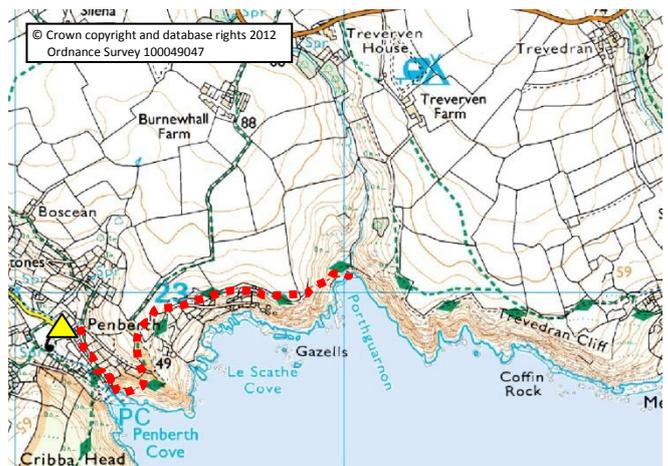
There is an area of stones and boulders above high water mark and the stony 'beach' slopes down to low water mark where the stones get smaller.



There is no safety/rescue equipment. If negotiating the stones is not a problem it is a good place to swim and safe in favourable conditions especially at high water; it is not advisable to go too far out into the cove. It is not a surfing beach at all. It is a wonderful place to snorkel when the tide is high. At low water there are some rock pools on the westerly side.



There are no restrictions on dogs. The nearest toilets are at [Penberth Cove](#) and there is a shop, cafe, pub/ restaurant at Treen (1km from Penberth).



Location - Part of OS Explorer Map 102



Water quality is believed to be very good. On the walk from [Penberth Cove](#) the remains of a minute field system on the side of the cliff for growing early potatoes and bulbs can be seen.