



# RESTRONGUET and Weir Beaches

Whilst much of the foreshore is accessible along the western side of the Fal Estuary these two beaches are worth a mention. They are usually associated with the boating activities but these easterly facing sheltered locations can be good spots to sit and watch the world go by and Restronguet (or Restronguet Passage) has the added advantage being next to a well known and popular pub especially by those on the water.



Restronguet Passage at low water

  **TR11 5ST** - for Restronguet. From Truro take the A39 to Perranarworthal then turn left and after 1.5kms at the junction bear left, and then left again, and continue for 2.2kms; at the crossroads turn left and park on the roadside before going down the hill as there is restricted parking further down and only parking for those using the pub. It is then a 200/300m walk to the Beach which is very accessible. From Falmouth take the B3292 and at Penryn follow Bissom Road to Mylor Bridge then straight through the village up Passage Hill to the crossroads and go straight over. **TR11 5SS** – for Weir. At the crossroads above follow the signs to Weir (1.2kms). There are roadside places to park below Restronguet Barton. It is then a short walk down the hill to the Beach. There is a delightful public footpath (700m) that joins the



Restronguet Passage



Weir Beach



Weir Beach looking towards Restronguet Point

two beaches if parking at either presents a problem.



Both beaches are a mixture of sand, shingle and seaweed covered rocks which are characteristic of sheltered estuary foreshore in Cornwall. There is little or no beach at high water but a fairly large area of foreshore is exposed at low water.



There is no safety equipment at either beach. Swimming at high tide slack water is possible but is not recommended at other stages of the tide due to shallow water and strong tidal currents. They are not surfing or snorkelling beaches and there are few rock pools.



The owners of Weir Beach request that dogs are kept on leads from Easter to September. There is the pub at Restronguet but no other facilities the nearest being at Mylor Bridge.



Location - Part of OS Explorer Map 105



The water quality is unknown but likely to be variable due to the location. Weir Beach is privately owned. They are not classic Cornish beaches but interesting nevertheless.