



RINSEY

or Porthcew

A westerly facing beach backed by dramatic cliffs and sitting beneath the prominent former engine house of the disused mine known as Wheal Proper. It is owned by the National Trust.



A fine sandy beach at low water

  **TR13 9TS** - On the A394 at Ashton, 7kms west of Helston, the road to Rinsey is signposted. The road turns into a track after 1.5kms, and leads to a small National Trust parking area (capacity 50 cars) which can be full early in the day in summer. The alternative is to park by the roadside in Rinsey but being careful not to obstruct entrances to fields and properties. The path, (off the Coast Path immediately after leaving the car park) down to the beach involves a walk of 400m. To get on to the beach involves a scramble of the rocks which can be difficult for some.



Steep and narrow access path



Engine House above the beach



In summer there is little or no sand at high water but at low water an extensive area of fine white sand makes it a wonderful beach bordered by rock platforms. However, in winter it is dramatically different as there is little or no sand but instead beautifully smooth and rounded granite boulders. 100m along the rocks to the south of the beach at low water is a deep natural pool which is popular with locals for diving off the surrounding ledges.



There is safety equipment on the path above the beach but no lifeguards. Swimming can be dangerous at low water because of notorious currents around Rinsey Head but can be relatively safe at high water when there are favourable conditions. Surfing can be good although like nearby [Praa Sands](#) it is usually heavy at high tide but otherwise can provide a quality wave when there is a good Atlantic swell and the wind is from the north.



In quiet conditions in summer snorkelling can be really good off the rocks on either side of the beach. The many rock pools provide much of interest, especially to children.



High tide in winter storm



Flat rock platforms



Dogs are not permitted from Easter until October. There are no facilities, the nearest being at Ashton and [Praa Sands](#) (4.5kms).



Location - Part of OS Explorer Map 102



The beach is clean and water quality is excellent. A fine secluded family beach if facilities are not required. A walk to the spectacular engine houses perched on the cliffs at Trewavas Head is worth it.