

SUNNY COVE

A south facing beach midway between [Swanpool Beach](#), Falmouth and [Maenporth Beach](#) whose aspect very much lives up to its name. It involves a walk along the Coast Path from either direction. It is a naturist beach and known as 'Arthur's Beach' with a sign on the access path informing everyone that 'costumes are optional'.



View from the access path in autumnal sunshine at low water

  **TR115BG** - [Swanpool](#), or **TR115HN** - [Maenporth](#). Swanpool is signposted from the A39 in Falmouth; the large car park (capacity 250 cars) is opposite the beach. The Coast Path is a short walk up the road (on the southern side); continue past Pennance Point where there is a Memorial stone and there is a path on the left down to the beach; the path at the point is an angler's path and it is the next path that is required. The walk in total is about 850m. See the access and parking details for [Maenporth](#) if this direction is favoured. This involves a walk (1.4kms) northwards along the Coast Path where, after 1km, there is a path on the right which winds down to the beach access point which some might not find easy.



Shingle and sand

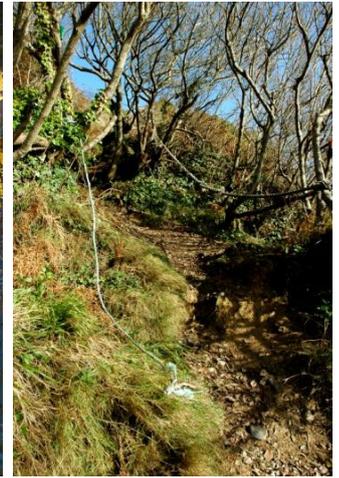


Looking towards Pennance Point

 The upper parts of the beach are a mixture of shingle and coarse grey sand with only a very small



Arthur's Beach



Access down to the beach

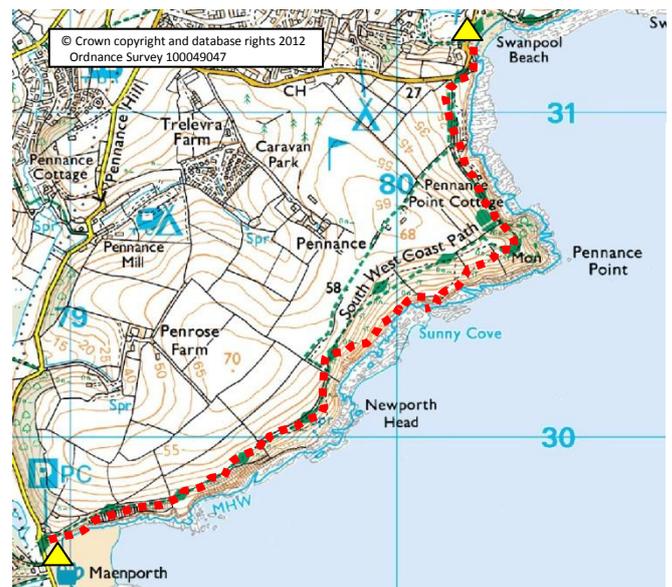
area of beach above high water mark. There are two sections of the Cove divided by a low rocky area. The shingle slopes down to rocky platforms at low water. After periods of southerly or easterly winds parts of the beach can be inundated with seaweed.



There is no safety/rescue equipment. Swimming is fine on a rising high tide; at low water the rocky foreshore makes it more difficult. It is not a surfing beach. There is some excellent snorkelling, not just in the Cove but all the way from Pennance Point to Maenporth Beach. There are many really interesting rock pools at low water.



There are no restrictions on dogs. The nearest toilets, cafe, restaurant and beach shop are at Swanpool and also at Maenporth.



Location Part of OS Explorer Map 105



Water quality is good; it is a fine Cove.